



The Supreme Master Ching Hai
The Key of Immediate Enlightenment
Questions & Answers 2



Master's Words

Spoken by Supreme Master Ching Hai
Washington D.C., U.S.A. December 27, 1997
(Originally in English)

The meditation is important, but the theoretical teaching is also important. Make sure, at least, that you read or listen to the teachings of the Master every day. And there is a lot to learn from the past and present Masters. You also should keep some theoretical teaching in your mind, to control the mind. That is for the mind only; the soul does not need that.

So every time you encounter some problem or your bad habits, you should read the teachings of the Master, and that will tame your mind to a great extent. You must read or listen to good teachings and noble dharma every day, not only sit in meditation. Otherwise, you won't know why you sit in meditation. You won't know the purpose, and you won't get good results. Your heart will not long for it. Your mind will not be peaceful enough so that you can enter samadhi and have a real, real, good wisdom afterward.

Suppose you do all these and you meditate every day, but you still think you have a bad habit or you still think you are too attached to this and that. Then it's all right, don't worry. You have tried your best; at least your conscience is tranquil, and you will grow out of these bad habits in time.



*Master's painting: Oncidium Pulvinatum
(also known as dancing orchids)*



“You are already divine. I am here just to remind you to remember. God lives within you. So, you are God. Otherwise, who is God? Therefore, no matter what people choose to do, do not judge them. They chose a different way to know God. One day they will know they are God in their own way.”

~ The Supreme Master Ching Hai



The Supreme Master Ching Hai — Love Ocean Tour — 1st Stop:
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The Supreme Master Ching Hai
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Contents

Walk the Way of Love.....	10
Foreword	14
1. Chapter A	15
Ahimsa	16
Age & Spiritual Practice	17
Alcoholism	19
Ancestor Worship	22
Clearing the Atmosphere	23
Attachments	24
2. Chapter B	26
Blessed by the Living Master	27
Blessing Power as Differentiated from Magical Power	28
Bodily Sensations in Samadhi	29
Bodily Illness Differentiated from Karmic Illness	30
Bodily Movements during Meditation Practice	31
3. Chapter C	33
Chi Kung Practice	34
Illness in Children	35
Child Care	37
The Company We Keep	39
Convenient Method & Inner visions	43
Inner vision & the Convenient Method	44
4. Chapter D	45
Death of the Living Master.....	46
The True Meaning of Devotion	47
Disasters and Catastrophic Illnesses	49

Disasters and Negative Energy	52
Dreams	53
Bad Dreams	54
The Horror of Drugs	55
Confusion of Artists	58
5. Chapter E	62
The Aggression Quality in the Practitioner	63
Ambition	66
Anger and Hatred	67
Competition	70
Emotions in a Completely Enlightened Person	71
How to End the Feelings of Greed and Ambition	73
Ego or True Self	74
There Is No Ego, Really!.....	75
Ways to Eliminate the Ego	79
Dedicate Actions to the Master to Reduce the Ego	80
Employment and the Spiritual Life	81
Professions and Spiritual Practice	82
Defend What Is Right and Just.....	86
Enlightenment and Fate	90
Enlightenment and the Time Factor	91
Encounter a Master by Accident, also Get Enlightenment	92
Disturbance by Entities during Meditation	94
Entities: The Killing Karma	95
Environment for Spiritual Practice	100
Evil in Humankind	101
6. Chapter F	102
Roots of Fears and Anxieties	103
Fear of Letting Go of the Ego	104
Overcome the Fear during Meditation	105

How to Overcome Fear	106
Overcoming Fears and Worry	107
Fortune Telling	108
Free Will	109
Live for the Present	114
About Predictions for the Year 2000	116
7. Chapter G.....	119
Attributes of God	120
Another Form of Love	122
God's Will or My Will	124
8. Chapter H.....	126
Habits	127
Helping Others	129
Happiness	130
Heaven	131
9. Chapter I	133
Illness Cleans the Fixed Karma	134
Living in an Illusionary World	135
Initiates Who Drop Out of Spiritual Practice	136
Initiation and the Vegetarian Diet	137
Initiation When Physical Master Is Absent	138
Inability to See Inner Master during Meditation	139
Inner Realizations	140
Intimacy with Non-initiate	142
Immediate Enlightenment	143
10. Chapter K.....	144
Karma and Problems in Life	145
Karma and the Environment	146
Karma of a Couple	148

Cause of Actions	149
Karma and Prayer	150
11. Chapter L.....	151
Levels and Light	152
Live a Noble Life	154
The Difference between Love and Attachment	155
Love Others Wholeheartedly	156
12. Chapter M.....	158
Master Knows Everything	159
Master	161
Emotions of the Living Master	162
Definition of Master	163
Why Do Masters Need Initiation	164
Master's Physical Form	168
Thoughts of a Master	169
Trust in the Master	170
True Master Differentiated from False Master	171
Prior Master	174
Recognize the Role of Maya	178
Meditation Experience Prior to Initiation	182
Leaving the Body: The Transmigration Tunnel	183
Leaving the Body: Dying Daily	184
Why No Light?	186
Meditation Methods	187
Getting Used to the Higher Vibrations	189
Numbness during Meditation	193
Regularity in Meditation	194
Fruits of Meditation Practice	195
The Quan Yin Method:	
An Astounding Yet Marvelous Starting Point.....	196

Correct Practice of Quan Yin Meditation	197
Practical Benefits of the Quan Yin Method	199
Actually, There Is No Method	200
True Meditation	201
Silencing the Mind	202
Watching Master’s Videos:	
The Best Method to Calm the Mind	203
Make Up for the Mistakes	204
How to Make Our Motives Selfless	205
13. Chapter N	207
What Is in a Name?	208
14. Chapter O	209
Building Courage and Rising above Obstacles	210
Obstacles in Meditation	212
15. Chapter P	215
Past Lives	216
Prayer: How to Ask God	218
Prayer before Meditation	219
16. Chapter Q	220
Quan Yin	221
17. Chapter S	223
Our Real Self Knows Everything	224
Science and Spirituality	225
Seeing the Inner Master	226
Seeking God	227
Selfless Service and Meditation	229
Sexual Energy	230
Sexual Thoughts	234
Merits & Sin	235

How Does Sound Purify Us?.....	236
Attitude toward Spiritual Practice	238
Levels of Spiritual Practice	239
Progress in Spiritual Practice	241
Time for Spiritual Practice	247
Keys to Spiritual Progress	248
18. Chapter T	249
No More Transmigration	250
The Karma Has Disappeared!	252
Speak in a Positive Way	254
Will Positive Thinking Change Our Karma?	255
Trinity	258
19. Chapter V	261
Vegetarian Diet: Determination Is Better than Anything ...	262
Visions	264
God	265
20. Chapter W	266
War and God	267
Develop the Wisdom Eye to Understand the World	274
21. Chapter Y	275
Yin-Yang	276
Index	279
Initiation: The Quan Yin Method	288
Introduction to Our Publications	290
Supreme Master Television.....	294
How to Contact Us	295
 Pearls of Wisdom (25, 61, 65, 78, 110-113, 125, 172, 177, 192, 198, 214, 217, 243, 256-257, 260, 268, 277)	
Aphorisms (64, 78, 100, 103, 112, 128, 130, 153-54, 160, 163, 176, 251)	

A Little Message

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

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

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

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

Walk the Way of Love

Footsteps of a Living Enlightened Master

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

Supreme Master Ching Hai, 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 has 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, typhoons and fires. Not only are human beings the blessed beneficiaries of Her kindness, animals from different species are also the recipients of Her boundless benevolence.

Through these works, we witness countless reminders of compassion which is the trademark of this caring lady and the international foundation that has grown out of Her loving example. “Whatever we can share, we begin with sharing. Then we’ll feel a subtle change within ourselves - more love will be pouring into our consciousness, and then we will be aware of something. That is the beginning. We are here to learn, to learn to grow as well as to learn to use our power, our limitless power of love and creativity in order to make the world a better place wherever we happen to be.”

Her Early Years

Supreme Master Ching Hai was born in central Au Lac. During Her early years, She was often found helping hospital patients and the needy, as well as injured animals, in whichever way She could. 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 to this 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 both of them, Her husband agreed to a separation. She then embarked on what became a two-year journey in search for spiritual understanding.

Himalayan Pilgrimage

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 which contemplates

on 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 shared the Quan Yin Method with others, encouraging them 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 arrived from the United States, Europe, Asia, Australia, Africa and South America as well as important organizations for Master Ching Hai to give lectures.

Beautify the World We Live in

As well as being a noble example of humanitarian aid, Master Ching Hai also encourages people to beautify the world we live in. Through meditating with the Quan Yin Method, Master Ching Hai has realized many spontaneous talents that She expresses through artistic paintings and creations, including an exquisite array of lighting lamps, music and poetry, and aesthetic jewelry and clothing designs, expressing the inner and outer beauty of the cultures and peoples She has met. In 1995, upon the demand of the public, Her clothing creations were toured on the international fashion circuit, including London, Paris, Milan, and New York. The income generated from Her artistic creations has enabled Supreme Master Ching Hai to create an independent source of funding for humanitarian activities, in support of Her noble mission of assisting God's children in their times of need.

Recognition and Master's Dream

Although She does not seek acknowledgement of any kind, in recognition of Her selfless assistance, Supreme Master Ching Hai has been given awards worldwide by government officials and private organizations on numerous occasions. They include the World Peace Award, the World Spiritual Leadership Award, Award for Promotion of Human Rights, World Citizen Humanitarian Award, Award for Outstanding Public Service to Humankind. 2006 Gusi Peace Prize, Los Angeles Music Week Certificate of Commendation, and First Place Silver for the 27th Annual Telly Awards, 2006. In addition, October 25 and February 22 have been proclaimed as the Supreme Master Ching Hai Day in the United States. As former Mayor Frank Fasi of Honolulu states, "She is the light of a great person, an angel of mercy for all of us."

Supreme Master Ching Hai is one of the truly dedicated people of this era helping others find and create a beautiful vision of our future. Many great people in history have had a dream, and in Her own words, so does 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 takes billion, billion and trillions of years to produce this planet and it's so beautiful, so wonderful.

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

Foreword

At this time in our Homeward journey, we are very fortunate to have the exact recordings of the discourses of a Living Master, The Supreme Master Ching Hai. Many of these audio and videotaped recordings originally made in English, Chinese, Aulacese, French, and German have been transcribed word for word and made available in printed form.

Questions and Answers 2 is the second book in the English series comprising the Master's responses to questions posed by initiated practitioners and Truth seekers from around the world. It has been said that Masters speak according to the need of the time and not what They want to speak; They speak books and scriptures. Master Ching Hai's responses to the urgent issues catalogued in this new book are a testimony to the truth of this statement and Her lyrical phrases and poetic words mostly remain as originally expressed.

In this book, the designation "M" indicates that the answer was given personally by Master Ching Hai and is a direct quotation by the Master. A reference for the quotation is provided. An "A" designation is an answer given by Master's representative, a Quan Yin messenger. Although not personally spoken by the Master, the answer was reviewed and received the Master's personal approval for publication.

Chapter A



Time is running out! We must be really sincere in our spiritual practice. You can see that the climate is constantly changing, and people are coming and going; no one can exist forever.

~ The Supreme Master Ching Hai

Ahimsa

Spoken by Supreme Master Ching Hai
Hawaii, U.S.A., September 4, 1994 (VIDEO#443)
(Originally in English)

Q: *Master, I was thinking about how You said not to kill sentient beings. Does that include pests, bugs, termites, and mosquitoes?*

M: Well, we have to do what we need to do for environmental care, but then, we will have to pay for that. But they are small bugs; they are not a bigger form of life, so when we meditate for them, they will be all right. The important thing is not the act of killing. The most important thing is the violence in your heart that must be terminated. Some people don't actually kill with their hands but they kill with their thoughts. That is even more important than the act of killing. So, what we try to minimize is the violence in our hearts, the tendency to want to destroy other beings.

But if we have to do it for environmental hygiene, we must do it. And pray for them in our meditation. But it is best when we can avoid it — like we keep our place very clean so that ants and other insects won't come around. And if you spray around so that they will leave, they will not die. There are some ways to avoid killing. You have to take care of that. The less killing, the better, even the small insects, but sometimes they are too harmful for the children and babies, and then the mother has to do it, because after all, human life is more precious. We don't do it because we are bad or malicious; it's just the situation.

Age & Spiritual Practice

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *Is it all right for elderly people to practice the Quan Yin Method?*

A: Age has no definite effect on the results of spiritual practice. However, in order to practice the Quan Yin Method of meditation, one must receive transmission of the Method by being initiated by Master. At the time of initiation, Master will erase all the accumulated karma of many lifetimes. If an elderly person's karma changes too quickly, one's behavior, speech, and thoughts may be unable to withstand the sudden impact of Master's blessing power.

Furthermore, it may be difficult for an elderly person to pacify the mind in order to practice because of having eaten a purely vegetarian diet for only a very short period of time, or never before. Also, an older person's body may tire easily or he may not be able to concentrate well enough to do the required meditation, causing frustration. Therefore, people who start their practice at an older age indeed do have more difficulties than younger people.

However, this doesn't mean that elderly people cannot practice. The merciful Master has provided us with the Convenient Method to satisfy the needs of those who sincerely long for liberation in this lifetime, but are unable to receive initiation. Master takes care of all who truly believe in Her omnipresent power whether or not they are fully initiated. In fact, some non-initiated persons have better experiences than initiated ones because their minds are kind and pure, and they completely trust in Master. For instance, a non-initiated person in Mainland China witnessed the soul elevation of his five generations just

by sincerely practicing the Convenient Method. Therefore, elderly people should not be disheartened. Faith is the foundation of all meritorious methods!

Alcoholism

Spoken by Supreme Master Ching Hai
London, U.K., August 24, 1997 (VIDEO#593)
(Originally in English)

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 by talking with each other, they run away. They use any excuse, or go to another house, visit other friends, or do anything to run away instead of talking. Or instead of making the person understand why he or she is angry, they just run away.

And other people cannot talk and 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 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 and 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 alcoholism. And then they turn to alcohol, drugs, women, gambling, or whatever. And sometimes if they are weak, bad spirits, ghosts, also possess them and make them drink. If they don't believe in God too much or if they're too prone to negative, dark thinking too much, then they will 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 clean ourselves and become good, and our energy is good, then we attract more good energy, more positive elements and they surround us everywhere. And if we are bad or dark, then we attract more dark elements in the atmosphere of the surroundings. Do you know where the dark elements come from, and where the good elements come from? — From human society. When people think badly, they create the dark elements, dark energy, and woe to us if we become dark and susceptible to this kind of dark element; we say that we are possessed by bad spirits.

If we are cleansed and pure, and we raise our thinking and spirit to a noble level, then 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, say, if the people who are dark, who give in to the pressures of life and want to run away, don't elevate themselves, then they will attract this kind of bad energy from people who generate bad thoughts. Everything we think and 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 alcoholics, sometimes it is like that. Or gambling addicts, they are 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 are weakened. And then all the bad energy will overpower you, and you can't get up anymore. Once you are down, it's difficult to get up. Choose your way of life. The way you have chosen is good already, so just continue to make it better and better. Then you will just attract better and better energy. That's why your life has started to become better. It's not due to me; it's due to you. You've chosen a better way of life. You chose to walk in the sun, so you see the sun. If you choose to stay in a dark room, you will see darkness. It's all your doing. I am not doing anything.



“No matter where a Master is born, he or she is a “lit” candle, the light keeper for the next to come. Whoever comes to that person can be lit with this already —lit candle.”

~ The Supreme Master
Ching Hai



The Supreme Master Ching Hai — Love Ocean Tour — 2nd Stop:
Sri Lanka, April 29, 2000



“All of you are God already! The essence of life is love. The essence of God, of Buddha, of Allah, is love. There is nothing else but love. When we make the choice of love, which is the highest choice, the noblest choice, which is our True Self, we will feel that we are very near to God, very near to Buddha.”
~ The Supreme Master Ching Hai



The Supreme Master Ching Hai — Love Ocean Tour — 3rd Stop:
Kuala Lumpur, Malaysia, April 30, 2000

Ancestor Worship

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *After initiation, I understand that all my ancestors of the past five generations will be saved and taken to better worlds by Master and that we should no longer perform superficial ceremonies such as bowing and paying respect or having religious chanting gatherings. However, sometimes it is inevitable because of traditional customs. What should I do then?*

A: We worship our ancestors and hold religious chanting gatherings for our ancestors in order to show our remembrance and respect for them. It is not that they are still on the nameplates*. In case you must do that for the sake of your family, do it with your heart thinking all the time of the Master or the highest Almighty Power, which is also your God Nature. However, you must be aware that you are doing all these things to comply with the traditional customs. Never think that the soul of the deceased family member is still there on the nameplate. If we understand this clearly and we are not attached, then our spiritual practice will not be affected.

* Nameplate: a wooden plate engraved with names of ancestors for worshipping in an Oriental tradition.

Clearing the Atmosphere

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, October 30, 1995 (VIDEO#508)
(Originally in English)

Q: *Does playing the video and audiotapes clear the atmosphere in a certain room or area, and even if it's low and the ears cannot hear, does it help?*

M: It does help, generally, because vibration is vibration. If it's good, it's there; if it's bad, it's also there. So good vibration, of course, helps. That's how curses and blessings occur. You speak kind words to people, and it happens; you curse people with damnation and it happens, especially if you have determination and put your will power into it.

It helps, and normally the good vibration remains a long time. That's why when you go to a very holy place, you sometimes feel better. Then, when you go to a different place, it affects you because of the vibration of that particular place.

It does help, yes. Some people play my chanting tapes and cure themselves of sickness. There was one man who had been bedridden for eighteen years. He is finished with his trouble now. Nothing could cure him for eighteen years. He just listened to the tapes every day; that's all he did twenty-four hours a day. After a few months he got up and walked. He is still alive. This is a recent story. The vibration does heal you and it does clean the atmosphere. Whatever affects you is also the vibration of the atmosphere, so of course, we can counteract that with different vibrations.

Attachments

Spoken by Supreme Master Ching Hai
Houston, Texas, U.S.A., November 14, 1993 (VIDEO#395)
(Originally in English)

Q: *How do we begin to rid ourselves of all our attachments that might keep us further away from our spiritual path? Can we become more selfless, and not want to have this and be this?*

M: It's difficult if we water the plant from the leaves and not the root. The basis of all this misunderstanding, ignorance, and greed is because it comes from the root. We have not opened the power of understanding; therefore, we misunderstand and we think money will make us happy. We are seeking the Truth, which is eternal happiness, but then we misunderstand; we think money or beautiful girls will make us happy. The true thing that will make us happy, that we seek, is the true happiness: it's the Truth, our real spiritual power, the real God Self, but because we don't know that, we keep wanting this, that and the other. But as soon as your real source of understanding is opened for you, then you will understand differently. You will say, "This is what I want, not that!" Then all these things will fall apart. You don't need to do anything to it — just like watering a plant on the root and then all the leaves will be green.



Pearlys of Wisdom

Spoken by Supreme Master Ching Hai
 Washington, D.C., U.S.A., December 25, 1997 (VIDEO#610)
 (Originally in English)

To be detached doesn't mean that you become a stone or wooden statue. Being detached means that you have to do what you have to, but that it is not important. If you don't have to, or if you can't do it, it is OK, too. If you have to do it, you do it and then forget about it. You don't kill yourself over some problem of the world or a personal setback. You try to solve your problem as best as you can at that moment. Maybe tomorrow you will see things differently, and then you will do it differently. Today, you see it that way, and you do it that way. But then you are not overly grieved about this thing, and you forget it. We do still have sorrow, happiness, stress and all that; but the thing is that we forget it quickly; we overcome it fast.

More detachment comes later; as the days pass by, you become more detached in a very subtle way. So, even though sometimes you are angry or you are crying, you feel that you are very detached from that emotion. You still let the emotion show, but you are detached from it. In the depths of your heart, you know this is nothing. "I can cry, but I can also stop. And why should I stop? Why should I make the effort or take the trouble to stop?" If you need to stop, then you stop, and if you need to cry, just cry. You know that you are in control of that emotion. It is OK. To be detached means that you see yourself cry, but then you aren't overwhelmed by it. You let it be. You don't make it a more important issue and cling to that crying or that sadness all the time. Just let it be, and then move on.

Chapter B



Actually all blessings come from ourselves, and the Master is one with ourselves. It's just that, in duality, in a dual world, we have to see Master, disciples and different multiples of people. But once we step beyond the door of duality, we see things as only one – only glory, peace, love, and just a unity of all beings.

~ The Supreme Master Ching Hai

Blessed by the Living Master

Spoken by Supreme Master Ching Hai
Malaysia, February 25, 1992 (VIDEO#219)
(Originally in English)

Q: *What is involved in the process of You, as a Master, giving a blessing to people? For instance, when You want to give a blessing to the people here tonight, what is involved?*

M: I have not said that I will give any blessings to you or anyone. It's just that when people are extremely unhappy, they request it. Unless I do something, anything, they will not feel satisfied. Then, would you call that giving a blessing? I myself never feel that I give blessings to anyone. And if God consents to give a blessing to anyone through me, then it will be done. No problem! It's because I'm all there for God.

But what can I do for you? Why don't you bless yourself with your own God power and get the blessing every day and forever, instead of just once by the blessing from my hand, my feet, my eyes, or whatever? It's short-lived and it's borrowed. It is better to earn your own money, invest it, and become a millionaire in no time. The best blessing is your own blessing. When you develop yourself morally, in purity, and intellectually, then you will have wisdom. You will know that God is within you. You can contact that God and get blessed every day, unasked, and in plenty. If you get fed up with your blessing, then you can give it to someone else.

I cannot bless you if you do not bless yourself. I might give you some kind comfort and upliftment for the moment, should you be receptive to it, but the best and longest blessing is initiation — enlightenment.

Blessing Power as Differentiated from Magical Power

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *What is the difference between Master's blessing power and magical power?*

A: The so-called "magical powers" imply chanting mantras, hand mudras, willpower, or curing illness by touching certain parts of the body. These are still at the level of the body, speech, and mind. Magical power at any level derived from the body, speech and mind still consists of the "ego" and is within the three realms. When these magical powers within the three realms are being exercised, only one phenomenon or one response can be affected each time. For example, when you ask for the wind and rain you will only get the wind and rain. You can only cure a sickness when you want to cure one. However, when the Master is blessing, there isn't any concept of "I am blessing you." Everything is being generated naturally and without any deliberate action, just as naturally as having a meal and drinking water. But all those who are blessed will receive a corresponding response of enlightenment according to their needs. This is the "egoless" magical power of the Master.

Bodily Sensations in Samadhi

Spoken by Supreme Master Ching Hai
Lecture at Harvard University, Boston, MA, U.S.A. (VIDEO#101F)
October 27, 1989 (Originally in English)

Q: *What was the physical feeling at the moment You found the Truth? What did You feel?*

M: There are many ways. Sometimes you have no physical feeling whatsoever. You enjoy in a different dimension. It does not always relate to the physical feeling. You do not use a physical body to enjoy the heavenly bliss. It is a different kind of enjoyment which also manifests sometimes in a physical feeling, like you will feel very peaceful, that is, nothing will move you at all: no anger, no hatred will arise in your mind, and your body will feel so relaxed and so beautiful. That is a lighter kind of samadhi.

Once you are in a deeper samadhi, there's no connection whatsoever with your physical body, and you can't tell. But when you come back, the transcendentals of the Light take place at the physical level. For example, you will be more loving to people, you will do your work faster, you will think more quickly, you will be more tolerant, and you will look at all the books and understand them in no time. In other words, you are more intelligent, more loving, and calmer. That is how it manifests through a physical body. But otherwise, when you are in very deep samadhi, you are disconnected from the body, with no physical feelings.

Bodily Illness Differentiated from Karmic Illness

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *How do you distinguish between “bodily illnesses” and “karmic illness?” How do you treat them?*

A: Illnesses that 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, just by sitting next to him/her, their long-time illnesses suddenly are cured without taking any medicine. It is 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 for one’s sins, and find a way to restore one’s magnetic field. For instance, we should do good deeds, respect and follow spiritual practitioners, reduce our intake of meat and liquor, and eliminate greed, animosity, and attachment. We should search for a high-level method of practice to cure ourselves. This is the most fundamental way of treating illnesses.

Bodily Movements during Meditation Practice

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, October 31, 1995 (VIDEO#508)
(Originally in English)

Q: *Sometimes when I am meditating on the Light, I get something like an energy surge; and it just sort of rocks me one way and the other in various different ways. What is this?*

M: It's OK. Sometimes the negative and the positive are trying to battle with each other. As we are not yet completely stable and a hundred percent pure, it's like that. Later it will become stable. Don't worry. You don't have to go with the feeling; just let it go. That's why we have to keep ourselves pure with the guidelines and these all kinds of things, so that we can receive this kind of pure and tremendously strong energy. Try to take care that your food, speech, actions, and thoughts are pure; the problem will become better or disappear altogether.

Sometimes, if you are trembling too much, sit on the floor. Don't sit too high, in case you fall down. Or, try to sit on the wooden floor; it will absorb some of the energy for you and then you won't feel so badly shaken. Sometimes when you do the Quan Yin, it feels like a burning sensation. If it feels like you can't bear it anymore, then sit in another place. Don't sit on a cushion; find a wooden, cool floor to sit on or put your feet on a wooden board or maybe on the earth. It will neutralize some of the strong effect of the vibration while you're not able to withstand it. Only in that case, but continue to meditate on the Sound. The Sound is particularly strong.

If you are not pure, it is sometimes because you have had contact with people, and it's not necessarily your own karma. So, don't blame yourself all the time for whatever happens.

Sometimes we have contact with people, and their impurity and their karma also affect us. Sometimes we eat food that we don't know is impure; it also happens. So, whatever leads you to this, meditate more.

If you sit on a cushion and you don't feel comfortable, it could be it is too hot for you; sit on a wooden floor or on the naked earth, on the soil. Put your feet up and meditate, or sitting on the floor with a tatami mat is all right. It is more airy and cooler for you, because sometimes the cushion we sit on is made with plastic foam and it doesn't absorb the heat. It gives us trouble, is irritating, especially when you do the Quan Yin. Try to change your position, maybe change the place, or change your sitting cushion, and then it will be better for you.



“No matter where a Master is born, he or she is a “lit” candle, the light keeper for the next to come. Whoever comes to that person can be lit with this already —lit candle.”

~ The Supreme Master
Ching Hai



The Supreme Master Ching Hai — Love Ocean Tour — 2nd Stop:
Sri Lanka, April 29, 2000



“All of you are God already! The essence of life is love. The essence of God, of Buddha, of Allah, is love. There is nothing else but love. When we make the choice of love, which is the highest choice, the noblest choice, which is our True Self, we will feel that we are very near to God, very near to Buddha.”
~ The Supreme Master Ching Hai



The Supreme Master Ching Hai — Love Ocean Tour — 3rd Stop:
Kuala Lumpur, Malaysia, April 30, 2000

Chapter C



The Quan Yin Method is also a kind of martial art. With this martial art we can conquer all kinds of negative forces within and without ourselves.

~ The Supreme Master Ching Hai

Chi Kung Practice

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *Is it appropriate for practitioners of the Quan Yin Method to learn chi kung to heal people, or on the other hand, to receive therapy from a chi kung practitioner?*

A: Our practice will not be affected if we learn chi kung to strengthen our physique only, for example, tai chi chuan, etc. Generally speaking, the so-called “chi kung,” which supposedly cures illness, uses the intervention of outside spirits to generate some supernatural power that can cure diseases by stimulating the acupuncture points and by transmitting the chi. This kind of therapy, which belongs to magical powers, originates from our acts, speech and mind; thus, it will chain us within the three realms and keep us from liberation.

As a matter of fact, all kinds of spiritual energy already exist within us and there is no need to look for them outwardly. We, the practitioners of the Quan Yin Method, are searching within ourselves for the greatest, most primary, underlying Power, the most natural life-saving Power, in order to cure our disease of ignorance, which causes us to transmigrate life after life in the cycle of birth, old age, illness, and death. Therefore, there is no need for us to use those magical powers for healing illnesses, which inevitably will recur tomorrow or soon after being cured.

If we accept the therapy of these chi kung practitioners who permit the intervention of outside spirits and absorb the karma of other people, of course, we will be affected by their atmosphere, more or less. Because advanced practitioners are more sensitive, they will be affected to a greater extent. Master always reminds fellow disciples to silently recite the Holy Names at all times in order to protect the purity of their own magnetic field, and at the same time benefit other sentient beings.

Illness in Children

Spoken by Supreme Master Ching Hai
Lecture at Harvard University, Boston, MA, U.S.A., (VIDEO#101F)
October 27, 1989 (Originally in English)

Q: *I work in a hospital; 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. I used to say, “If we are adults, we can make some mistakes and take the retribution for it, but the children are so innocent.” But now I know. That is the law of reincarnation, As you sow, so shall you reap. If you do not reap enough in this life, you will reap in the next life. You reap the minute you are born; otherwise, how can we explain God’s mercy, which is so differentiated? Some are born with disease, some are born having some trouble, some are born blind, some are born deaf, etc. God is ever merciful; it is just that we must reap what we have sown. Otherwise, we can’t explain it. Now, it may be difficult to believe this, but it isn’t difficult if we meditate in some kind of transcendental way. We may go to a higher plane of consciousness and see through the past lives of a person, and we can know why it so happened. Then we are 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 will 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 and who deserve the help. The others have to go through some kind of lessons, some kind of cleansing process through suffering, in order to be greater in

the next lifetime. We are continually in eternity. We are not born only once. Otherwise, it would be too depressing. One hundred years — what a waste of creative energy on God's part. He creates, and we live all the time. What we do mistakenly in this life, we will make up for in the next. What we cannot pay for in this life, we will pay for in the next — just like taking out a mortgage.

Child Care

Spoken by Supreme Master Ching Hai
Houston, TX, U.S.A., November 14, 1993 (VIDEO#395)
(Originally in English)

Q: *We do hear so much about child abuse in terms of us as a society abusing our children sexually or physically with violence and also emotionally. We basically touched on children, and how innocent and free they are, but what would You have to say about abusing children, mistreating them, and not giving them the environment to develop into their highest selves?*

M: Well, fortunately, there are not many. Sometimes we read it frequently in newspapers or hear it on the news, but even as frequently as it is, they are just individual cases repeated, so it looks a lot. But actually our society is still OK, still clean. You can't help if some people have mental disturbances and they don't know it. If they knew it, they would go to psychiatrists or treat themselves. These, we can just look upon as disasters, accidents — the individuals' lives which they cannot grow out of, cannot help themselves, or the time has not come for them to realize their mistake. Besides, when we talk a little bit deeper, then there are many things that contribute to these crimes, as well as many other disasters. There is a root cause for all this retribution. So, no one is truly as innocent as we think, except God is innocent, except our soul is absolutely innocent. But we collect so much "not-innocent" information with which we live, through which we grow, and with which we die. We bring it back again, again and again until we are fed up with it, until we learn to grow out of it. That's the negative side of life. Fortunately we don't have that many, I think.

Q: *And is that the purpose of reincarnation, to return and conduct unfinished spiritual business with God or with ourselves?*

M: Right. Until we find the right way, the right purpose of our life in the universal plan, we always are miserable because we will be doing wrong. We don't do it exactly the way it is planned; therefore, of course, it is chaotic, so we have to come back and redo it until we touch the right "button." Then we are satisfied. That's the way. When we're enlightened, we find God, and then daily nourish this knowledge of enlightenment until we're completely sure and discover all the things that we have to discover, so we don't have to come back again. We can come back as a teacher, a spiritual guide.

The Company We Keep

Spoken by Supreme Master Ching Hai
Los Angeles, CA., U.S.A., July 20, 1997 (VIDEO#589)
(Originally in English)

Q: *I want to ask about dimensions. There's a law in physics that says that energy with the lower vibration always has to go to the higher vibration. So I'm wondering when sometimes we mix with people that are not initiated and it affects our meditation, if the law is still true that the lower vibration goes to the higher vibration?*

M: No, the higher vibration goes down to the lower vibration. The low cannot go up, only the high can come down. Is yours coming down? What are you wondering about? Are you wondering whether it's going up or coming down?

Q: *No, I'm wondering if our presence, because we're meditating and we're initiated, is helping others to come up or is it also bringing us down?*

M: Well, both ways. In order to help them to come up, you have to first come down.

Q: *I know sometimes it has affected me in my meditation, but I'm wondering does it actually bring my level down or is it just a natural karmic interchange with people that we mix with?*

M: If you talk in terms of business, then you've lost something. But then, you will be replenished again if you are strong enough. Sometimes if you are not strong enough then people will drag you down for a long, long time. So make sure your reservoir always has plenty of blessings. That's why you must meditate every day, or else you would have become fully enlightened already, or you would have remembered that you are already God. You would have no need to come here, no need to see me.

You would feel no need whatsoever about anything anymore if you didn't have to give anything to people.

That's why we are here also. We can't just come to this world, take a lot of food, eat, do everything, grow up and meet the Master, teacher, whatever; and then just say: "OK, that's it folks. You are on your own." You have to do something, automatically. Just like the electric or water bills come automatically from your bank account because you've used them. Actually, the things we use from this world are material, but now we can only repay spiritually. That's OK. We're all brothers and sisters. We give; it's fine.

Q: *So sometimes if we feel that we've been pulled down a little bit, we should just meditate more and hopefully we'll go back up?*

M: Yes, of course. Meditate more or let it go; let it be. This is the system that is the best system: the ones who have should give to the ones who don't have. It doesn't matter whether it's material or spiritual. That's the way it should be in every world. Our world is so depleted, so degraded, has so much suffering, because people don't give; the haves don't give to the have-nots — even materially. That's why we're so miserable the way we are. So we should change. We can't change the whole world, maybe. We can change ourselves, at least our environment, so that we can live in Heaven, Heaven inside, knowing that we are good, knowing that we do the things we should do.

As soon as this world becomes the way we are right now, in terms of materialism only, our world will never suffer from hunger, want or disasters anymore. Even if there are disasters, we should help each other very quickly. No one should be hungry in this world if we follow the automatic system the way we're doing with our spiritual heritage. We have blessings inside and we don't even think about it. Automatically, we give it to people. Sometimes, you go to the hospital or somewhere

visiting someone, and just by sitting there doing nothing, they will feel better because you have the blessings with you, and they just deduct them. That's the system of the universe — the haves must give to the have-nots. That's the only way we can be God. That's the only way that God is, because it's love. There's nothing else except unconditional love in the universe. That is the most important, and if we can't learn that lesson, we never can arrive anywhere. We have to come back again and again, feel sorry and feel bad until we really do what we have to do -- if we don't know, it doesn't matter; but if we know and we don't do it, then we will feel very bad.

Q: *When I'm around other fellow initiates, it doesn't matter whether I can speak to them or not, whether they're Chinese, Au Lac or whatever, I feel really comfortable, like I'm at home and they're family. It feeds me, so I know naturally, just intuitively that being around disciples is more elevating to my spirit. And when I'm around people who are not initiated, sometimes I feel really drained. So I'm wondering if it is harmful to my spiritual practice to hang out with people who are not initiated, or is it instead a natural process of what I'm supposed to be doing here in my practice in the first place?*

M: Just let it be. You can't avoid people. Besides, we don't practice to hoard all the blessings for ourselves. So just hang around with anyone that you have to. Be happy that you don't have only the non-initiates in this world, that you have also the initiates. You have to look at it that way. Then you can come together again, comfort each other, help each other, and go out and give to the world, get kicked, get knocked, and come back. We're lucky. We have a big family; we have people with whom we can share the same ideals, the same common interests, who understand us, who support and help us, and who are really hon-

est and sincere with us. That is a great comfort. Other people out there don't have it.

So, you should go out more. Let them know what a good person you are. Let them see that there are still trustworthy persons. Let yourself be an example, and they can follow you or not follow you; that's their problem. Why hide? It's OK. Go hang around. I go to all kinds of places. (Laughter and applause) I don't just hang around here. I'm happy to see you, but I hang around everywhere. What do you think? I stay in hotels, I eat in Denny's Restaurant, I go for coffee "n'importe quoi." I go to MacDonald's sometimes, eat chips and apple pie. Actually, I go anywhere. I don't even think that if I go here I'll have trouble or not have trouble. I just go. Everywhere is God's place. Everywhere is your house.

Convenient Method & Inner visions

Spoken by Supreme Master Ching Hai
Singapore, March 8, 1993 (VIDEO#327)
(Originally in Chinese)

Q: *Dear Master, I practice the Convenient Method. Once when I meditated, I saw a bright yellow Light and another time I saw a bright white Light. Can You please explain this?*

M: What else can I explain? You saw the Light, which means you saw your own Nature. Even if I just teach you the Convenient Method, you still have a taste of the Kingdom of God within.

The more we see the Light, the more intelligent and the more loving we will become. This is the result of meditation. It's not that seeing the Light or hearing the Sound is good, it's just good because of the results. Just like when food is tasty, it is fine, but we also derive nourishment from it, and that is the best part of eating food.

Similarly, if we taste the inner Food, it will not only lift our spirit, making us feel happy and charged with energetic power, but it will also open our inner wisdom, enabling us see things in a better light, to endure hardships in a better way, and so on. We can solve problems more quickly and in a better light, understand everything better than before, and become more loving and tolerant toward other people.

Inner visions & the Convenient Method

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *Why is it that just after initiation, the inner visions of people practicing the Convenient Method become worse?*

A: Those who practice the Convenient Method have already been endowed with Master's love and blessing and have already had inner visions of God's Light and Sound. Therefore, these inner visions may not seem unusual at the time of initiation. It is analogous to one who eats gourmet cuisine daily. He would certainly not be surprised or astonished if he is treated to the same sumptuous meals by friends.

Chapter D



We are not the body. And in the true Self, the big Self, we are all together as one.

~ The Supreme Master Ching Hai

Death of the Living Master

Spoken by Supreme Master Ching Hai
Kuala Lumpur, Malaysia, June 4, 1993 (VIDEO#377)
(Originally in English)

Q: *Master, You said that only a Living Master could lead disciples; so, my question is what will happen to Your disciples when You pass away?*

M: I don't "pass away" because I was never "born." It is just my physical instrument that gets rotten sometimes, just like your car after twenty years. We are always connected with each other spiritually. We are not the body. You and I are not the body; therefore, after you leave the body, your body is still there but it doesn't function. So, you have to understand that basically, we are not the body. I just borrowed the body to connect you with the spiritual Power. Once we are connected, we'll never be apart, and even if my body passes away, you are connected. That's important.

The True Meaning of Devotion

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, October 28, 1995 (VIDEO#506)
(Originally in English)

Q: *Master, please say something about devotion.*

M: Devotion? Look at me. I am very devoted to you. That's devotion! (Laughter and applause) There is no need to explain. Today, I just happen to be very tired and very sick. I don't want to see people, but I still come to see you and that's devotion. (Applause) Not for any selfish gain or for anything for me to be happy, especially not during these days — it's out of duty, out of love. I fulfill my obligation and make you happy. That's devotion.

Now, if you are a householder and you devote yourself to your family — that's devotion. If you love your wife with all your heart, try your best to make her happy, and do everything she requests — that's devotion. If you have a friend, and you lay down your life for him or her in a time of need — that is devotion. You have come all this way, spending all your money for the airplane, and spending your time sitting for your own liberation and world peace — that's devotion. Whatever you do, if it's a good, noble idea and you put in all your effort — that is devotion.

In everyday life whatever you do, if it's good for yourself and other people, put all your best into it. That doesn't mean you have to be successful in order to know that you are devoted. You don't have to be. Whether you are successful or you fail, if you put out all your best, your most sincere desire, to accomplish whatever you do, or to try to make that person happy — that is already devotion.

Devotion brings concentration, one-pointedness; and

devotion, one-pointedness, brings success and happiness to you, especially if you do it for a good cause, for a noble ideal. Because at that time, you concentrate everything on that thing, and then you forget everything else, so your mind is very clear. That is also a kind of putting down everything. That is also a way to practice. That's also a kind of samadhi.

Disasters and Catastrophic Illnesses

Spoken by Supreme Master Ching Hai
Houston, TX, U.S.A., November 14, 1993 (VIDEO#395)
(Originally in English)

Q: *As we approach the 21st century, what would You wish for humankind and the world?*

M: I wish whatever you wish — peace, prosperity and love between brothers and sisters.

Q: *Do You think that there is a message in all the human tragedies that we are witnessing, one event after the other — the hurricanes, the floods, the fires, the earthquakes?*

M: Yes, definitely, I think you know. I think all of us know.

Q: *What are we missing? Are we doing something wrong? Are we doing something to displease the universe or anyone?*

M: We are doing it all the time. And we have been doing it for thousands of years; that is, being unkind to each other; killing and suppressing each other, including our younger brothers and sisters, like the animals. I know I will displease many people by saying that, but since you've asked me I have to be absolutely frank.

Anything in the universe will return to where it began. Since we are in the Western world, in the Bible, it is said: ***As you sow, so shall you reap.*** And if we believe in the Bible, we have sowed too many things that unfortunately will yield undesirable fruit for us. Sometimes, it has accumulated to such a great intensity that individual cleansing or purification is insufficient, so there has to be a kind of great cleansing action, like disasters, earthquakes, fire, floods and hurricanes, etc., as you have mentioned.

So, the only thing to avoid this, to avoid the fruit, is to avoid the sowing of the seed. We have to start to be more God-

worshipping, God-loving, God-fearing. It doesn't mean we go to the temple and blah, blah, blah all day long about how we love Hirm; but we have to love in action, love Hirm and love Hiers children. In the Bible, it is said very clearly: ***Who told you to kill all these she-goats and he-oxen to make offerings to me? Repent your sins because your hands are full of innocent blood. If you do not stop all this, then I will never listen to you when you pray. And when you seek me, I will turn my head away.*** God doesn't permit us to kill even to make offerings to Hirm, how much less to kill to satisfy our very temporary physical appearance. So, this is the cause of most of our disasters and sickness in this world.

Scientifically speaking, we can prove that. In America the majority of the people love red meat and eat a lot, so their rate of cancer is number one in the world. In other, poorer countries where they don't have so much meat, the rate of cancer is very, very low, just like nothing, as compared to America. That is all according to the research of the doctors and scientists; so, don't scold me. Therefore, you can see the connection between the facts of science and the religious statements. I'm not saying that we all have to be Catholics or anything. We just have to be loving, and that's the only religion there is.

Q: *Is there any way that our faith can assist us in trying to combat diseases such as AIDS and cancer? Is there some strength to be found in Your spirituality, in knowing and focusing more on your soul as opposed to your physical temple, your body?*

M: Yes, there are ways and means, provided people want to listen. Last night some people talked to me about how beneficial they have found our meditation practice and my advice, how their lives have changed, and how many sicknesses have left

them. Even if they have sickness, it's reduced into half size or nothing, sometimes instantly. So I thought, "Yes, it's a pity that not many people listen to me." And they said, "If they all listened to You, the world would be peaceful long ago." I said, "Yes, if only they'd listen, then no more suffering ever in this world. We would turn it into paradise in no time."

Disasters and Negative Energy

Spoken by Supreme Master Ching Hai
Boulder, CO, U.S.A., May 14, 1991 (VIDEO#170)
(Originally in English)

Q: *I'd like to know if there is any relationship between negative energy in the world and things like natural disasters — volcanoes, earthquakes and things like that?*

M: There is a relationship. Negative energy comes from our own bad thoughts and actions throughout the whole world. It gathers into a force that affects us and is just the law of cause and retribution, nothing else. Don't blame any devil for anything. We are the devils; we are worse than devils. I mean people. Devils only punish those who are sinful, but human beings sometimes don't know who is who, and punish everyone — repay goodness with bad, sometimes betraying. Look at what Judas did to Jesus; look at what Buddha's cousin did to Him.

You know what human beings are like. Don't blame devils. I think devils have more of a sense of justice, of good and bad, of repayment, of how to requite kindness. The devils are very fine. Some of them are good. If you treat them well, they will water the plants for you; they will stay on guard in the garden and won't let other things come and harm, take, and smell your flowers. Some Gurus keep devils around to guard their house and their flowers. The devils do that out of favor. If they like that Master, if the Master is good to them, they will do everything. Devils are a little bit underdeveloped beings; that is all.

Dreams

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, June 6, 1995 (VIDEO#478)
(Originally in English)

Q: *Master, do we have to pay attention to our dreams?*

M: Yes, you do, sometimes. If you feel that it is a kind of forewarning, then you can take precautions accordingly. If not, just forget it.

Q: *If we make some mistakes and we feel guilty in dreams...*

M: Sometimes whatever you think in the daytime, you will dream at night, and that is OK. It is very normal, because you didn't wash yourself enough by meditation before you sleep. Also, sometimes you read a newspaper or hear or see something bad, or have some previous life experiences that are brought into your dreams. So there are various kinds of dreams. The best thing is just to pray to the inner Master Power to help you. If it is a bad dream, It will protect you, and if it is an impression from your last life, please help to clean it and meditate more. And if it is a good dream or good luck, (Master laughs) wait for the bright future, if it ever comes.

When we meditate, we minimize a lot of bad things, bad influences, for ourselves. And sometimes in the dream, we pay off karma, too. Say, for example, last life you killed someone, and in this life you are supposed to be killed by him. But then, because you meditate well, keep the guidelines, and are sincere, the Master Power within you will erase the bad effects of that karma and make you die only in the dream. Many dreams are experiences also, just like when you meditate and you see visions.

Bad Dreams

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *I often have nightmares and wake up terror-stricken during the night. What is the reason?*

A: We have reincarnated many times before, experienced many different conditions, and have done a lot of good and bad deeds. All of these things are recorded in our subconscious. If a person always has nightmares, one of the reasons is that he is being influenced by past karma. Another reason is that asura beings may be trying to control and possess his body and mind. Also, because of our daily contacts with people, we may also have nightmares if others have radiated bad vibrations to us. If we lean toward the negative direction or hold thoughts and concepts that are not correct, we can easily have nightmares, too.

In order to change this condition, we should always be on the lookout, checking our bodies, speech, and minds. Our bodies should be used to serve and benefit all sentient beings. Our speech should only concern moral things that guide people to goodness. In our minds, we should wish for the well being of others and pray for world peace.

At the same time, each night before going to bed, we should meditate or pray before retiring. Then we can cleanse the contaminated atmosphere that we have gathered during the whole day, and protect ourselves in peace the whole night through.

The Horror of Drugs

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, June 27, 1995 (VIDEO#482)
(Originally in English)

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

M: So what happens now? If you don't take, it's good for you. Of course, you damaged the 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: *Concentration.*

M: Concentration — that's why you have to practice, of course, but I think you're OK; you are repaired. Don't worry about that. Concentration is 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 with all sweetness and loving kindness. Then it massages your inner brain. Use your love, contact inside, that's all you need. Because you didn't take drugs for too long, it's OK. It's repairable. You do the Quan Yin Method and 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, you do it. When you do the Quan Quang, 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 have 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 is very clever and strong. It is very difficult to get out of that

habit. If you are 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 food, drugging "food," then he feels like millions of needles are pinching him from inside and his whole body is like it's on fire and things like that when he can't get it on time. Terrible, and they're in agony all the time; or it's like thousands of snakes are biting them at the same time everywhere, from inside the brain. That's how drugs damage the nerves of people and make them die a horrible and slow death.

That's why all of the drug-selling 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 the drug dealer they probably don't take it themselves. They know it very well and don't take them. If they do take them, they always have enough supply, so they might die eventually from the poison but not in such agony; they would die from the drugs, that's all. Overdose and die quickly, but not in such agony, so they don't realize what harm they are doing to the youth of this world.

It's terrible. See how terrible it is? Very rarely can people 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; therefore, 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 the victim of them.

We must avoid them — 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, then we take the karma.

Of course, in war too, the people who order war take the heaviest karma. 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 have a look. Almost all the famous murderers are there and they are suffering all the time. They are suffering the feelings that they caused to millions or billions of victims when they were alive. That's what is 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 will have to experience that.

Confusion of Artists

Spoken by Supreme Master Ching Hai
Los Angeles, CA., U.S.A., July 13, 1997 (VIDEO#588A)
(Originally in English)

Q: *I'm in theater, working with some artists and I also work with a lot of dancers, actors, actresses, and musicians. I often see those people I work with smoke pot, doing a lot of stuff just to get out of their own personal frustrations. As an artist, we always want to be open-minded and try as many things as possible; but since I'm following the Quan Yin Method, I sometimes feel like I'm unable to do that. Of course I know that I shouldn't do it, but sometimes they have this theory like, "Try something in order to be a good artist." Sometimes I get very confused so I'd like to ask for Your suggestion and support.*

M: These people are confused. They feel very empty in their lives. After they've tried all their best to please the public, of course then they are empty, and they don't know where else to turn. When they call to Buddha, Buddha doesn't answer, when they talk to Jesus, Jesus just hangs-in there. (Laughter) So then of course, they try something to quickly fill their emptiness inside. Any kind of work for the public gives you this empty feeling aftermath. You must know; that's a great sacrifice that every artist must make.

Q: *Should I change my career?*

M: No, you have your Master and you have the Quan Yin Method. You have the meditation, which is quicker than the pot to fulfill your inner satisfaction and peace. Why do you need these cheap substitutes? You tell them. You should lead them instead of letting them lead you. You are the light; you don't

follow the *darkness*.

Q: *Sometimes I just feel like I'm so alone among these people.*

M: No, you're not alone. You are there to lead and bless them; you are there to give them what they don't have, to be their strength because they are in darkness. You are the only light, and you want to dim yourself and go into the darkness too? God put you there so that there is one light in the darkness. Talk to them and tell them there are better ways, nobler ways, less damaging and more fulfilling. They are lonely; they need you. You must be strong. Be thankful. Artists' jobs are very noble. You make a lot of people happy, make their time pass quicker. When they watch a good movie or a good theatrical performance, it's educational.

Of course, whenever we give, we empty out. That's why they feel lonelier. Artists feel lonely after the big applause from the people. They feel empty. I know that. Every Sunday I know that. After every group meditation, I know that. I feel empty too. I empty everything out, so that you feel fulfilled and happy. But I often feel very lonely and empty, not to talk about artists. But I have to be strong. You have to be strong. We are there to be strong, for people to lean on. We are there to show the way, to be a beacon. Don't be tempted to go the easy way. You'll fall, and then you will regret it and bring a lot of people down with you. You know your mission, why you are there. You're not only an artist; you are a Saint. I hope that it helps you.

You are a Saint. Remember! Forget your outward mask as an artist. You are a Saint in disguise to be there so people feel better. Talk to them about something more noble, more meaningful. Even though they reject you, their minds record. Give them more good recordings than what they have been recording up to now. Up to now, they have recorded all the

negative things, so you have to replace that with better recordings for their minds. Whether they accept it or not, the mind still records it. Later, it will germinate; it will bear fruit. You don't have to take credit for anything you do, just do it.

Every time you talk to someone or you please someone, even though it is very good, it takes something out of you. That's for sure. That will be refilled later, only if you know that. But some people don't know and it takes longer. They want quick results. They feel such a tremendous rush of emptiness upon themselves and they just get confused, panic, and feel lonely. So other people tell them, "Oh! You just smoke this and you'll feel in Heaven." They try that out of curiosity, out of weakness, out of frustration and then they go down the hill and they cannot stand up anymore. That's the problem. Anything you can try, but how will your life be later? So we have to understand every choice we make is free will, but the consequences are different. God lets you try anything you want, but because you have wisdom, you have to know what choices are good for you.



Pearls of Wisdom

**Spoken by Supreme Master Ching Hai
Singapore, September 28, 1994 (VIDEO#446)
(Originally in English)**

One person makes a lot of difference. If you truly believe in your goodness, in what you are doing, you will influence other people; but if you don't believe, they will influence you. They'll try to make a strong person out of your personality. Whatever you believe is good, stick to it and don't let other people make you waver. A good example in this world is rare, so make yourself a good example. Try your best in everything so people will know that because you practice, you have become better. Then you really are being useful for society. That's how you prove it; that's how you help other people; that's how we rescue the world from the great destruction that may be coming.

Chapter E



Only when we are empty can God then fill us with wisdom and love. If we are still somebody, if we still have something, we cannot become completely empty, and we cannot hold all the God Power that wants to fill us.

~ The Supreme Master Ching Hai

The Aggression Quality in the Practitioner

Spoken by Supreme Master Ching Hai
Paris, France, January 24, 1997 (VIDEO#629)
(Originally in English and French)

Q: *What You think about the combination of aggressiveness and the fact of being an initiate. If you are obliged to be very aggressive in your profession for instance, if you have to defend other colleagues or make negotiations with the government, and so on, you are obliged to be aggressive to defend the people. After that, you sometimes feel very wrong because you say, "OK, I am an initiate. All this day I was very aggressive, it was bad." But I am aggressive for the good things, to defend people. So, is that compatible with the initiate's philosophy?*

M: If you have to work in the world, sometimes it's unavoidable in some situations to be kind of more "go-getting" or you can say "aggressive," but we can't help it. Sometimes people do not take sweetness for an answer; they do not take a reasonable attitude for a kind of friendship or nobility. They take it as a weakness. They like to meet people who are more forceful, who are straighter to the point, and are not afraid in anything. So, in that case, you have to use the weapon that they demand.

We are spiritual practitioners. That doesn't mean we always have to use only one kind of weapon or one kind of attitude. It would be like a one-way street! The worldly people need a lot of streets and a lot of ways to go here and there; you cannot just use a one-way street forever. So, aggressiveness or sweetness you have to use accordingly.

Do not blame yourself. Whatever you use for success is all right as long as you don't harm the opponents by your hatred, by your real vicious intention to damage other people's

reputation, wealth or position. You have to do what you have to do in order to attain what your job demands, and that is your duty, no problem. Just like when we have children, sometimes the children are bad and we have to use some kinds of authoritative measures to deal with them in order to put them back into line.



Aphorisms

What you should be detached from is the attachment to power and fame, and not be detached from power and fame themselves.

~ The Supreme Master Ching Hai



Pearls of Wisdom

***Relax and
the Wisdom will Emerge***

Spoken by Supreme Master Ching Hai
Laiyi Center, Formosa, January 31, 1993 (VIDEO#317)
(Originally in Chinese)

Sometimes our fellow initiates don't want to continue their business anymore after they have practiced for a while; they have no more desire for fame and wealth. However, since we are already in the business, we should fulfill our obligations. Although we no longer do business with the "life-and-death" spirit as before, we can do it even better and in a more relaxed manner than before. The reason is that previously, we were so concentrated on the tussle that we were blind and were not smart. When a person is nervous, busy and keen in struggling and fighting, he does things badly. It is the same with any work.

On the contrary, as we don't want to do it now, we just do it casually; but the results are even better. The logic is very simple. Since we are mentally relaxed and we don't have the intense fighting spirit (for fame and profit), our wisdom and intelligence will suddenly and naturally emerge. Therefore, the more relaxed we are, the better we can do our work.

Ambition

Spoken by Supreme Master Ching Hai
San Paulo, Brazil, June 18, 1989 (VIDEO#84)
(Originally in English)

Q: *How can I stop being ambitious?*

M: It's not easy. Only when you see the beauty, the glory of the Kingdom of God, can you forget the ambition for success in this world. That's why I offer you the Quan Yin Method, so that you might see the glory of God, of Heaven, and then lose the desire for the material gain and fame. It is like the baby — if you give him milk then he will not suck the dummy.

Anger and Hatred

Spoken by Supreme Master Ching Hai
Lecture at Harvard University, Boston, MA, U.S.A., (VIDEO#101F)
October 27, 1989 (Originally in English)

Q: *I often find myself feeling anger and hatred. I think that's preventing me from knowing this Wisdom. I see people who have a great spiritual practice, and they tend to be very loving and very calm. I wonder how and why that is so. Can You give me some wisdom as to why there are anger and hatred, and how one goes about stopping them?*

M: First we have to know the nature of anger and hatred in order to root them out. Anger and hatred are just ways of protection. Sometimes you feel threatened by other people's opinions, their way of life, or behavior. They may harm your ego, your pride, your body, or your mind, so you become angry and resentful.

Hatred is a very strong word. I wouldn't like to use it every day because actually what we do is resent, not really hate. Hatred is deeper than that. Mostly we resent others when we feel threats to our security. Therefore, do not blame yourself too much when you become angry. Just analyze where that anger has come from and whether you are in the right or in the wrong. Sometimes you have the right to show a little outward anger in order to protect yourself. The question is not to stop anger, but to know when you should show a little anger and when you should not; and to control it and to use it to your advantage, not to stop it altogether.

I have a little story about a snake for you. There was a very big and vicious snake. He lived in a tree hole, and he always ate the chickens and scared and bit the people, so everyone in the village was scared of him. One day a great yogi came to that place, sat there, and meditated. The snake felt very

peaceful and transformed. He asked the yogi how to suppress his vicious, bad nature — how to become a good snake. The yogi taught him the Five Guidelines: you shall not harm people; you have to eat vegetarian; you do not tell lies; you do not do such and such; you do not gamble — which the snake didn't know about anyway. So, the foremost thing for him was not to harm people. The snake said, "From today, I will practice meditation, eat vegetarian, I won't eat chickens any more, and I also won't bite people."

One day the yogi had to go away for some days. He told the snake to stay home, practice meditation, and wait for him. The children passed by and saw the snake now sitting very quietly in meditation and in samadhi, so they were not afraid of him any more. They wanted to avenge because before they had been afraid of him, so they took a stone and threw it at him. The snake didn't do anything. The Master didn't say you should not be angry, but you shouldn't harm people. He meant that you should not show any violence at all. Ahimsa means nonviolence. The snake kept quiet and tried to meditate again, but the children kicked him, pulled his tail, and whirled him in a circle. The snake got very dizzy. Then they threw him, beat him on the tree trunks, and did all kinds of things.

All of his body was bruised, black and blue, and he lay there half dead. The Master came home and said, "What happened to you?" The snake said, "It was because of the Five Guidelines — nonviolence." The yogi was very surprised, "What nonviolence?" "You taught me not to be violent, so yesterday the children came, pulled my tail, and threw stones at me. I didn't react, so they carried on with their play until now; I nearly died." The Master said, "You are stupid. I didn't tell you not to hiss. You can hiss to scare people away."

That is the difference between having wisdom and not having it. When we have no wisdom and are not enlightened,

we are carried away by our own emotions. When we have wisdom and enlightenment, we use emotions to suit our occasion and advantage. It doesn't mean we should altogether eliminate emotions; we just know how to use them. It is just like a gun in the hand of a good man. He can just shoot where he wants; he doesn't shoot all over the place and kill many people. Now if you want to have this control-power, and wisdom, you have to have enlightenment, and the way to get enlightenment is through an experienced Teacher. Just like if you want to learn English, you have to find an experienced English teacher, that's all. I can offer you this.

Competition

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *To live in today's society, competition with others is unavoidable. As such, does this infringe upon the merciful teaching of the enlightened Masters?*

A: Master has said that a competitive attitude is not necessarily bad, as long as the competition is lawful and fair. For example, when we make food, it must be better than the others and worth the money the buyers spend. Genuine competition not only calls for beautiful packaging, but the food also must be delicious. If the food is not good, not well packed, is inedible, or if we ask God and the Master to help ruin our competitors' business, that is not a good attitude.

Actually, a competitive attitude is a good one because we can learn from the successes of others and by looking at our mistakes, so as to correct them, improve our business, and make it more attractive. In such circumstances, we have the right to compete because it is legitimate, rational, and ethical.

Emotions in a Completely Enlightened Person

Spoken by Supreme Master Ching Hai
Lecture at Harvard University, Boston, MA, U.S.A. (VIDEO#155)
February 24, 1991 (Originally in English)

Q: *Is a liberated soul is really liberated from greed, anger and lust?*

M: Yes, the enlightened person, when he is angry, is not really angry; he is not deeply shaken. Or, the person who the anger is directed towards is not affected with hatred or with a negative atmosphere. The enlightened person is never angry for selfish purposes. He's never angry because you don't give him enough money, because you run away from him, or his wife runs away with another man or vice versa and he tries to chase her back and find other ways to harm the rival. The enlightened person may appear to be angry, but for different purposes.

Sometimes he has to use so-called "aggressive energy" to break through obstacles in order to work and to advance in his mission. He's not angry because no one feeds him, no one gives him money, or no one loves him. You cannot get away from anger. You must use it. There is a difference between real anger and the one who is enlightened and uses anger as a weapon.

It's just like a knife in the hand of the surgeon. It's different than the knife of a murderer. It's still the same — it hurts, it makes one bleed, but it also heals. The surgeon knows how much to cut, where and how long, but the murderer just blindly kills people out of hatred or for selfish interests.

Anger, greed, lust and all the so-called negative qualities all come from nirvana; all come from the Kingdom of God. They are all noble qualities. Why are we greedy for the things

of this world? It is because we came from the glorious Kingdom of God. We are used to glory and richness, and we are used to things that we don't need to work for. That's why we are mostly lazy and don't like to work. We just want money; we just want diamonds. (Laughter) We must know in this world, it is different. We use this greed to push ourselves through this world in order to achieve the precious Stone, which is inside us, the wish-fulfilling gem.

Greed is not bad; anger is not negative; lust is OK. It is just that we have to use them in the right way: as tools to heal, not to kill. Then everything is OK. Nothing is negative. It's our misconception that makes things negative. (Applause)

How to End the Feelings of Greed and Ambition

Spoken by Supreme Master Ching Hai
Brazil, June 18, 1989 (VIDEO#84)
(Originally in English)

Q: *We think we are important now, but we are not, so I suffer from this feeling of self-importance. Actually, I want to know how to overcome this feeling of self-importance.*

M: It's good that you know that you have this self-important feeling. Your illness is already half cured. There is a very good way to overcome this pride. Think of the greatness of the universe and all the things in the universe that you have not been able to understand, that you know nothing about the universe, about the law of God, and then you will feel very small.

Whatever worldly knowledge we gain is so small. Whatever important business we have, it is so ephemeral. And then when we die, we have nothing. So you had better get enlightened. The more you are enlightened, the more humble you become because you see that you know so little and that the universe is so great. And then you are more humble and more humble, until you are the most humble person. Then you admit that you know nothing, and then you know everything. That's why Lao Tzu said, *The wise are like the dumb*. That's why Jesus said, *I work, but not I; it is the Father Who works in me*. He is so great but He knows He can do nothing without the Father. He knows He can do nothing, and that is why He can do everything.

Ego or True Self

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *How do we distinguish whether it is our real inner great wisdom or our human mind that is functioning?*

A: If we do anything that is harmful to another person, other beings, our nation or society, then we should not do it. Similarly, if we do anything that is beneficial to ourselves, to our family, our nation and society, then we should do it immediately. At that time, we are acting with wisdom.

If we are following a real living enlightened Master to practice, we should do and believe whatever this Master says that is correct under any circumstance. Whatever this Master says that is wrong, then we shouldn't do or believe that. This is a very simple method to help us be discriminating and to prevent us from being cheated by the mind. Later, as we practice and reach higher levels, we will meet inside the transcendental bodies of the Buddha and Saints or our own Master. They will tell us inside what is good, what we should do, what things are only illusions, and how our mind is cheating us. We will understand more clearly.

There Is No Ego, Really!

Spoken by Supreme Master Ching Hai
Hawaii, U.S.A., September 6, 1994 (DVD#444)
(Originally in English)

During a group meditation, a fellow initiate asked: “Master, could You speak a little bit about the fact that our ego gets in the way of our close relationship with the God within. How do we get rid of it?”

M: There is no ego, really, just the environmental effects. When we were young and did something wrong, we were punished, and when we did something good, we were praised and sometimes overly praised; then we learned to show off because we got praise and candy, something like that. And later on when we were in school, we learned that the brilliant ones or those who knew how to go about socially, had an advantage. We learned the same things again: how to be on top, how to talk smoothly, how to do things that please people, even though sometimes these things are not very honestly done, just to win the praise.

That’s how we get into the habits of managing things the way we want so that we will get the spotlight. That is what we call the ego. There is no ego to begin with, and then we become so used to failure and success, and we are proud of ourselves. We think, “Ah! I have accomplished this, and I have done that. I outdid him; I tricked them,” and things like that. And then we get prouder and prouder, and that *is the so-called ego*.

Actually, it is all habit. We are not born with the ego. That’s why I told you that the environment is very important to individuals. Two persons with the same level of intelligence, if brought up in different environments, will react differently to the same situation that they are confronted with because of the habits they have acquired, because of the things they learned during their childhood and their lives. So there is no ego really.

Now we try to deal with the habits only.

For example, now you want to meditate, but you're so used to running around — at 7 o'clock you go for coffee and 8 o'clock you go dancing, and now I tell you to sit here; you are a miserable thing, and don't even see God — sometimes, not always. Some lucky fellows see God all the time and take it for granted, and some sit there, their bottoms nearly falling off and don't see anything. So of course, these things will make you feel unhappy. And then it is difficult for you to believe that there is such thing as God, and that Hes is even loving at all. "If Hes is loving, why doesn't Hes come to me? Why does Hes come to the neighbors?"

You tend to learn as you grow up to compare things the way the worldly people do. They teach you the neighbor is better than you; his car is more expensive. "Why does God give to him but not to me," and things like that. This is the so-called "ego," the argumentative mind that you have collected from the influences of society. So now, what we have to do is go contrary to that; every time we think some nonsense, we say, "OK, that's just your habit. I don't believe your garbage." And then just do your work and don't listen to the mind; slowly you will get used to it.

The people who are pure in the heart are simpler. They get to God quickly because they don't do too much thinking and make too many comparisons, and have too many studies to overcome. The more intellectual people, or sometimes the more accomplished people, are more complicated because they have to be to succeed in this kind of field, for example like that. Therefore, they become habituated to thinking, analyzing pros and cons, and success and failure — "If I sit in meditation, what will I get from God? Will I get anything at all? Is that worth it? You know, time is money," (Laughter) and things like that. And then subconsciously, we obstruct the way to Heaven

for ourselves. That's what we call ego, but actually, there is none.

For example, many children who grow up in a battered home become criminals. They were not loved as a child and they grew up not loving anyone. They only know violence; they only know force, using muscle force or whatever force they can get to win the enemy, to become the stronger guy. Most of them are unloved, and then it is very difficult for them to change that. You would say that's their ego; actually, I would say that it is just a habit. When we say "habit," it's easier to understand, and also seems easier to reach and to correct. To say "ego" sounds so frightening, like an entity or something with which we have to fight. It's not that difficult.

Even brushing the teeth — many people don't brush three times a day because they don't have the habit, and they can't bother to change. I didn't brush three times a day when I was young, but when I grew up I understood it hurts my teeth, and I wanted to be beautiful. (Laughter) Then I started to realize the importance of this habit, brushing the teeth after a meal, and I do it. That's it, just a habit, so forgive yourself and try to change.



Pearls of Wisdom

You are attached to the existence of "I," attached to an "I" doing this and doing that. That is looking for trouble, letting yourself forget your great inherent wisdom and ability to save the world. This is the only difference between you and me. When you completely forget the existence of "I," you'll understand who you are. All your troubles and pains will disappear. If you meditate more, you'll be able to purge yourself of "I" and erase those records of the past. If you create interference and erase "I" with the inner Sound, you'll forget it more completely.

~ The Supreme Master Ching Hai



Aphorisms



If we sense in ourselves any ego, any motive that is not pure, stop it immediately; do not go on with it, or make some change instead. In this way, there will be no problem.

~ The Supreme Master Ching Hai

To kill our ego is to merge ourselves with God. When we are one with God, then we lose ourselves. It's as simple as that.

~ The Supreme Master Ching Hai

Ways to Eliminate the Ego

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, October 10, 1990 (VIDEO#136)
(Originally in Aulacese)

This is very difficult. It's even harder than breaking off a love relationship. Why? It is because the ego is the self-pride of humans. Therefore, to eliminate the ego is very difficult, as we have been used to being the father, the mother, the Saint, the God, for such a long time. However, there are ways to eliminate your ego. Just look at your practice diary each day and see if the things you have done are good. If the good deeds are few and the bad ones are many, and if we are full of greed, anger and hatred, then we know that we should be ashamed of ourselves. Then, gradually, we will become more humble, and we will not dare to criticize others because we can see that we are charcoal-black. Is that not so? If our own feet were soaked in mud, how would we dare to use a torch to shine on others' feet? So our ego is lessened.

When you practice the Quan Yin Method, gradually, the ego will be lessened. This Method allows you to use the Divine Light, God's Love, the Source of infinite power or our own true Self, to erode the mundane ego. It is not that we use our limited human power to control it. Many people practice by strictly disciplining themselves. They dare not do this or that; dare not open their mouths too wide when they laugh; dare not walk with big strides; dare not run; dare not do anything. Even then, the ego still cannot be eliminated. Why? It is because they are using the mind and their mundane experiences to eliminate their mundane egos. Both of them are at a mundane level, therefore, it's difficult.

Dedicate Actions to the Master to Reduce the Ego

Spoken by Supreme Master Ching Hai
Costa Rica, February 6, 1991 (VIDEO#151)
(Originally in English)

Q: *When a Quan Yin messenger was here, she taught us a very beautiful thing. She said that we should dedicate all of our bad or good actions to the Master, regardless of the results of those actions, and in that way we can say that there won't be any obstacles. I think I understand a little about what she said, but I want to understand more.*

M: It is not that you have to dedicate all your good and bad actions to the Master. You should, as far as you know, do only good things. But in case you are not sure whether these things are really as good as you think, then say, "Please, Master, I've tried my best to understand. I think it is good, but in case it's bad, please forgive me. Please take care of me. Please do something if this is bad; stop it, or help me to understand that it is bad or something." Then, it's OK! Or, you can write a letter or ask in meditation until you receive the sure answer. If it's an emergency and you cannot do that, and you don't receive the inner message because you're too crowded or cannot wait for the answer, then pray, "If it's bad, please forgive me. I don't intentionally do bad things, but my understanding was like that. I thought it was good, so I did my best."

That's probably what she meant. So sometimes, expression in language doesn't give full wing to the bird of our intentions. And probably, the other meaning would be that whatever we do, whether the work is pleasant or disgusting to us, we have to do it with the best intentions and in the name of Master. Whether the work yields fruit or is unfruitful, we should just dedicate it to the Master and be happy. That's all! But not to intentionally do bad things and say, "I dedicate it to the Master."

Employment and the Spiritual Life

Spoken by Supreme Master Ching Hai
Paris, France, January 24, 1997 (VIDEO#629)
(Originally In English and French)

Q: *We must work outside spiritually, but we cannot always choose our work and our boss; and sometimes some bosses are not honest and they force us to follow them because we work for them. They exploit us, they want money, and we have to follow. How can we consolidate this with spirituality? If I could work twenty-four hours a day for You I would do it, but I have to earn money.*

M: You don't have to work twenty-four hours for me. Meditate two and a half hours for yourself and that will be enough. Regarding your question, you don't have to follow the boss; you just work for the boss. You do your duty, perfect your job, and earn the money that is assigned to you. Whether the boss is honest or not, you don't care, because you don't really know if the boss is honest or not. If you know and if you feel uncomfortable, then leave and seek another job.

To be a boss is also a very difficult position. As you have pressure from the boss and the job, he has pressure from his job, the environment, and the connecting aspects with his position and his business. He has to struggle in the world of great competition to survive. Sometimes he's forced to do things that he might not conscientiously like to do. So we do not really know. Just forgive him if he is wrong, and do your best in your job.

To be a boss is very difficult, I can tell you. If you make one mistake, you might lose millions of dollars, the whole company will be closed down, and thousands of people will be out of work. So, sometimes the responsibilities and pressures upon the boss are enormous. Maybe we should understand the boss better.

Professions and Spiritual Practice

Spoken by Supreme Master Ching Hai
Washington D.C., U.S.A., December 23, 1997 (DVD#605)
(Originally in English)

Q: *I have a dilemma and it's between me, who I am, and my profession. I'm a lawyer; I represent large companies and corporations. The people we sue are oftentimes injured, either physically or even in some cases, someone has died, and my job is to make it so that the company doesn't pay any money. The dilemma that I have is that many times I look back on what is a success professionally, but for myself is troublesome because I feel like on many occasions there are people that deserved to have received some sort of payment and didn't because of my actions. I am quite troubled by that and I was wondering if you could lend me some comfort.*

M: You are not the only one who has this question. Well, either you have to do it the way that the company wants because you are paid for it, or quit and get your own office. A lawyer often has to do things that he knows are not proper, and if he does it too often, then he may forget that it is not proper, and it becomes a habit. Therefore, it is up to you to do it the way you want, or to do it the way the world wants. You choose between your conscience and your payment and fame. Did you watch the movies, "The Devil's Advocate" and "The Rain Maker"?

They are similar. Go watch them and then you will have your own answer. There are many other jobs to do. Also, you can teach in law school, or is that also in terms of breeding other lawyers? (Laughter) A lot of people feel the same way as you do because they started out very idealistic as newborn lawyers.

They wanted to fight for justice and to defend the weak and needy, but then situations forced them into doing the opposite. Many times, they come home and do not feel very good; they don't feel the money they earned is entirely clean. I don't know if there are other choices for lawyers or not. Maybe you can open your own corporation, but there is so much competition.

It is very difficult to be successful in this world and to keep our standard at the same time. It is up to you to choose your way of life; I cannot tell you what to do. As long as you are paid by the company to defend for it, you have done a good job. That is what you are paid for, and you are faithful and loyal to your company. No one can blame you for that.

On the other hand, your conscience will tell you that that poor employee has nothing left. After he dies or has an accident, his life is finished, his family's future is darkened, and your conscience will not rest. That is the problem, and not that you are wrong or the person is right. It has nothing to do with that. As far as your job is concerned, you have done excellently. That is what you have to do because you are paid to do it. You have done well, but it is up to you now to choose between being a successful lawyer and a conscientious human being.

There are other jobs to do, like selling tofu (Laughter) or delivering pizza. The problem with us is that once we climb the ladder of success, it is very difficult to stop there or climb down. But it's very easy once you renounce inside your heart, knowing that a clean conscience and peace of mind are worth every piece of gold in this world, and then you can decide.

We don't have to live in Beverly Hills; we don't have to live on Capitol Hill. We can live in a mobile home, which is very cheap. A secondhand mobile home costs about \$15,000 or \$20,000 or sometimes even five or ten thousand dollars. You don't have much to clean, and you don't need servants once a month or once a week. That's what I do; I am living in a mo-

bile home right now, and you can laugh at me if you like. I can afford more than that, but at the moment, it's not necessary. If I had a bigger house, then I would have to depend on a lot of people for cleaning, mowing the lawn, and all that. There are many unnecessary expenses. It is a privilege and prestigious to live in a big house, to have a name-brand car and all that if you can afford it. If you cannot, a secondhand car will do and a mobile home will be fine.

You will feel very happy when you don't have debts to pay, when you don't have anyone that blames you, and you don't blame yourself for any wrongdoing. That is the best "mansion" that you can ever have for yourself — peace of mind and a clear conscience. That is why many Masters tell you to forsake the world in order to gain Heaven. ***Whoever clings to life will lose it. Whoever forsakes life will find eternal life.*** (Matt 16:25) That is the meaning of it.

We are too bound to material comforts and "musts, do's, and don'ts," and we forget to liberate ourselves from all this; we don't need all that. We don't need to go to Beverly Hills to parties; we can forsake them all. We can leave all the friends that are posh and rich, and make us feel competitive and as if we have to be forever climbing to be like them. After awhile you are tired of parties, big friends, names, and all that, and you just like to stay at home in your own room, even a small room would be fine. You just meditate and you feel so good inside; you do not need any material things to show off, and then any job will do. We don't depend on jobs; we don't depend on fame and prestige to live our lives. We depend on God; we depend on inner tranquility and a clear conscience. That is why Jesus said, ***Blessed are the pure in spirit for they shall know God.*** (Matt 5:8) You have to become like a child in order to enter the Kingdom. That's what it is.

We cannot become like a child if we forever have to

strive to be like next door. To go to this and that party because so many names are there, we have to be someone also or else we are no one, and we cannot go there; we feel ashamed. We should not feel ashamed. We should feel ashamed if we do something against God's will. If we are not a morally equipped person, if we are not conscientiously noble, then we should feel ashamed.

We never should feel ashamed if we lack material means, if we live in a humble house, or have a secondhand car. That is what binds a lot of people and makes them stick to a position and work against their own conscience and will. They suffer so much internally, all the gold in the world cannot make up for it. Then they will feel sick, and later all the sickness will boil up into cancer and those kinds of things. It's not worth it. I am just telling people what binds them and how to liberate themselves. Money is poison. It poisons many people and damages a lot of good persons with its fame and illusionary prestige.

Defend What Is Right and Just

Spoken by Supreme Master Ching Hai
Washington D.C. International 4-day retreat, December 24, 1997 (VIDEO#605)
(Originally in English)

Actually, in this kind of situation, it is wrong because the lawyer is there to protect the company whenever the situation demands, not always blindly defending the company even when the company is wrong. That is the purpose of having a lawyer anywhere or anytime, not only for a company, but also in the private sector and for any enterprise or any undertaking.

Suppose someone wrongs us, accuses us of something that we have not done, or deprives us of something that we rightfully deserve, then we need a lawyer to defend for us because we do not know much about the law. He is an expert and can argue for us, then we need an attorney. They should be the ones who defend the weak and help ignorant or oppressed people. In cases where a company is wrongly accused and taken advantage of by the employees or by another company, a lawyer should do his best to defend for that company. Then it is OK; that is the best way to use a lawyer. It is not just to have him there so that you always win, and your company always saves money or takes money from other people. Therefore, it is not the lawyer's fault; it is the company's fault.

A lawyer for any company or any individual should strive to understand all the facts, and then defend for what is right, not defending the client, but defending for justice. Then it doesn't matter. But in most cases, people just make use of a

lawyer to win a court case without regard to whether it is right or wrong, and this is no good.

If you are a lawyer or intend to be a lawyer and if you are going to work for any company or any person, you should bear this in mind. If your client is wrong, tell him he is and that you refuse to defend him. Or, you can challenge the policy of the company and say that your profession is to defend what is right and just and you cannot go beyond that. If they fire you, then go do something else, sell tofu or something. (Laughter) I told you yesterday that we don't have to live the life of the rich and famous in order to be human beings. The more we strive for outside richness and fame, the more we are slaves to all kinds of wrongdoing in this world. We should always strive to be righteous and right, and then no matter what we do, we will not fear anything.

Forsake the World in Order to Gain Heaven

You remember the story about Rama in India, when he was nominated to be the future king, he was prepared to be king. Then his father removed him from nomination because the Queen became jealous and talked him out of it. So, he was exiled to a very far away country. He was also prepared to go there, and people asked him, "Are you not sad? Why are you not standing up for your rights?" He said: "What for? If I am given a kingdom, then I will have to fulfill my obligations and do my duty the best that I can. But if the kingdom is taken away from me, good, then I don't have to do it. I will have a lot more time to meditate, to think of God, and to do something else." When we look at things that way, we don't feel so confused and do not struggle inside anymore. We don't care, and that is the right attitude for everyone, especially for Quan Yin practitioners.

Before I came to D.C., I had already bought a ticket and so had one of my companions. When we went to the airport, he

forgot that his ID Card had a different name on it and he had not brought the new one. The airline would not let him on the plane, and they made so much trouble, so much fuss.

And this is in America where normally people don't check names; I don't know why they did that. I was ready to curse the whole company because it was at the last minute and they told us that we had to go back to get the ID. We were going to be late, and a lot of people were waiting for us here. We couldn't get in touch with them at that time because the telephones and everything had not yet been connected. But then I thought, "No, don't do that. It may be for something good," and then I just smiled. It makes you feel peaceful when you forgive people, and when you think that maybe it is God's arrangement for something else better, or for someone's benefit. It might not be for your benefit, but it might be for someone else's benefit. Whatever it is, it is God's arrangement; otherwise, it would not happen. That is what I think all the time. Then suddenly another lady jumped in from nowhere and said, "You can buy another ticket with this ID card and get a refund on the other ticket." So, there was no problem and we left on time and arrived on time also.

It is not because of the new ticket or anything, it's just the attitude that makes you feel so good. Before the new arrangement comes, you already feel good; you have already made peace with God and with the whole world within yourself. This is a very beneficial way for us and we can think that way because we meditate, because we are calm in our hearts and we don't feel hostile toward any situation or any people, let alone someone who has not done us any wrong, like the client of the opposition. So, as a lawyer or any defender of justice, you should remember this.

We should rather do ourselves harm than do someone else harm, except in self-defense, and then you should do what

you think is right. But normally, I just let God do what is right; I don't even bother to defend myself. What do we have that is worth defending, after all? Should I defend myself so that I live longer in this body, or that I eat more in the few more days or few more years that I live? Or do I need to defend my fame? Why do I have any fame and how does it serve me? Of course, it is good if our group has a good name, then it is more comfortable for us, and we can do many beneficial things for humankind. But if it doesn't happen that way, it is all right. I have less work to do and you have less brothers and sisters in the same group. They are also our brothers and sisters even if they are outside our group, so it doesn't matter; we don't lose anything.

Enlightenment and Fate

Spoken by Supreme Master Ching Hai
Seattle, Washington, U.S.A., April 7, 1993 (VIDEO#348)
(Originally in English)

Q: *Must a person be fated to achieve enlightenment?*

M: Fate is in our hands. If we go around all our lives thinking, “I am fated to do that, this and all that,” we’ll never do anything. We always have to do our best, do what we want to do, and then see what fate has in store for us. Then we will know. Otherwise, how do we know?

Enlightenment and the Time Factor

Spoken by Supreme Master Ching Hai
Seattle, Washington, U.S.A., April 7, 1993 (VIDEO#348)
(Originally in English)

Q: *How long must one meditate to reach enlightenment?*

M: Enlightenment comes immediately. As soon as you sit down with the Master and sincerely want it, it comes immediately, sometimes even before initiation. Sometimes I have not finished the instructions and people have already gotten enlightenment. Some people are in a hurry and they have no time to wait.

But meditation takes place daily because we always want to be in the enlightened state, and we always want to renew our acknowledgment of enlightenment. We want to strengthen and expand it until infinity. Otherwise, even if you meditate for 100 years, you won't get enlightenment.

Meditation doesn't bring enlightenment; the Master Power does. During the initiation or the so-called "meditation" in our Method, you do not meditate because meditation means effort, but in our way, it is effortless. You might sit there, sometimes even feeling sleepy, and enlightenment comes even then. Or you will be enlightened during sleep, because the Master Power will awaken your soul during sleep. While your mind is asleep and your body is at rest, your soul will be awakened into the world of Light and Wisdom.

Therefore, meditation is not a means to enlightenment. But for lack of vocabulary in this world, we have to call it meditation. Actually, you just sit there receiving the grace of God and acknowledging your own supreme Power. Actually, there's no meditation that is involved, because anything that is earned or is a result of some kind of action is still a worldly production; it is still within the material framework. Therefore, our meditation is a non-meditational meditation, an effortless meditation.

Encounter a Master by Accident, also Get Enlightenment

Spoken by Supreme Master Ching Hai
Paris, France, April 25, 1993 (VIDEO#360)

(Originally in English)

Q: *Why do people who have done no prior practice receive this enlightenment?*

M: There are many reasons, the most important reason being sincerity. Maybe that person was an atheist, but at that moment, he was sincere. Maybe he had encountered hardships in life and was pushed into a corner with nowhere to turn, and God blessed him when he could not think of anything else to do except to pray inside with extreme sincerity.

Also, there is another reason; it is that maybe he just met an enlightened person on the street; maybe he encountered a Master going shopping, but he never knew it. Then he carried the blessing with him, and when he sat in church in quietude and concentration, he would see that. He didn't know the Master had helped him. It was not the church; otherwise, all the people there would see the same thing or at least something similar. One who has no experience in spirituality, but has an experience like yesterday at the initiation, obviously has been blessed with the Master Power. Practically everyone who was initiated experienced something when asked whether they had seen or experienced anything.

Of course, because we don't know what the Master is, we feel surprised. But there is more than just that. When we go inside in the higher spiritual hierarchy, we discover more and more about what the Master is. The higher our level, the more

knowledge about the Master we will have. Most of the Masters are very casual. A real Master is like a child, very normal, and sometimes looks stupid or very innocent, but the greatness of the Master lies inside — the Master can destroy hell and open the gates of Heaven to anyone who wishes to follow or who asks for the help of the Master.

Anything can happen when you encounter a Master. For example, if someone sees a Master only on the street and looks at the eyes for one fraction of a second, even just one fraction of a second, then when that person dies, the Master will help him also. Beginning from that day, his karma will slowly be changed; the Master tries to purify that person until death and then will take him to Heaven.

There is no measure of a person who is called Master, no measure of the power. That is why the people who come to any Master of that high degree have experiences without prior knowledge or spirituality, without any preparation, without even following a vegetarian diet. They just ate their last piece of beefsteak in the restaurant, came to the lecture, got initiation, and went to Heaven.

Disturbance by Entities during Meditation

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *Why am I often disturbed by invisible beings during my meditation and in my dreams? What can I do about it?*

A: It is caused by karma between you and those beings. Now you are practicing the Quan Yin Method, the cultivation for liberation, and you still need to pay some karmic debts that you are supposed to pay back during this life. It's as if you had borrowed something from someone and you have to return it. Then you may leave this world without burden. There are some karmic debts that we can't handle in our daily life and the Master helps us to resolve them in our dreams. If you expect to reach the aspired levels without following the Five Guidelines, and purifying your acts, speech and mind, then you will provide the opportunity for Maya to interfere. So, we should keep our minds simple and we should not crave an unattained level to avoid such obstacles. Remember to silently recite the Holy Names at all possible times. Focus your attention on the wisdom eye, recite the Holy Names, and ask the inner Master for help if you are disturbed. Before you meditate, make sure there are no uninitiated people around and recite aloud the Holy Names for about an hour. No matter what you think, do, speak or hear, make sure it is only good and noble. Have positive and bright thoughts, and then you will attract only goodness to yourself. If you meditate more seriously, it will help you to exceed the low level influences more quickly.



“Only the actual Divine experience, only actual enlightenment, actual realization of our own True Self, can make us contented persons, and happier, wiser beings.”
~ The Supreme Master Ching Hai



The Supreme Master Ching Hai — Love Ocean Tour — 4th Stop:
Kathmandu, Nepal, May 1, 2000

CELEBRATE THE DIVINE



“Through enlightenment we come to realize that the God Nature is within us, being an innate quality that we possess from birth. Only through rediscovering it can we realize that we all have the same God Nature and that we are originally one, without any discrimination between friend and foe, or me and you. Then we truly become peaceful and harmonious, and can bring real peace into the world.”

~ The Supreme Master Ching Hai



The Supreme Master Ching Hai — Love Ocean Tour — 5th Stop:
Hong Kong, May 2, 2000

Entities: The Killing Karma

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, October 30, 1995 (VIDEO#508)
(Originally in English)

Q: *I have a practical problem due to previous yoga work that I did; I have problems which most of Your initiates do not. That is with regard to entities. Spiritual beings are attached to me, and that causes me a great deal of trouble. These creatures are not human; they are animal-related creatures, and I have some of the appetites that these creatures have. What I am hoping to find out is whether there is a way that I can rid myself, be cleaned of these creatures, and progress in this spiritual practice?*

M: How is your meditation?

Q: *I am able to hear the Sound, and that's primarily what I work with and concentrate on. I do the Light meditation faithfully, and I don't expect too much that way; but the Sound is strong.*

M: That is the problem with the killing karma. That's why we try not to kill, or the souls will attach to us. Even people who have abortions, they don't know that the children's souls are attached to them all the time. Try to be more patient and loving. Pray more to the inner Master. When God gives us the free will to kill or not to kill, and we do kill, sometimes the entities come. We may have made enemies with many people, many beings, and now that we meditate because we want to run away from all these debts, they come and obstruct us for a while. If we are determined to practice, then they will leave, or they will benefit from our blessed atmosphere and then become liberated themselves.

So the only thing is patience and love. Pray for these people — these entities, or these animals, or whatever brothers. There was a book written about people who have abortions. The children stick to them, and they grow with them. They grow just as normal children because they don't have anywhere else to go. They are supposed to be a child of yours, so their soul sticks around. Because they are a different kind of entity than we are, their vibrations are more negative than positive, and so they will influence our life in a very negative way. Sometimes they will make us sick, make some things go wrong, or we will get a headache or stomachache, and won't know why because we can't see these entities, these children, hanging around us after the abortion.

Many people think it's "pro-choice," but it's "pro-life." It's a life; it is not a choice. Then it is also a life of misery you make for yourself if you have an abortion. You will have a lot of trouble, headaches, and sorrows and you won't know where they are from and why. It is because of all these children hanging around, all the Yin entities, not Yang entities. We belong to the Yang; the children who are aborted belong to the Yin, the negative side of life, the death side of life. Then they hang around us and make our lives very negative, very dark; they belong to the shadows of life, not the real things. They influence us and make our lives not real bright, not always on the positive, but half-negative, half-positive. It is similar with killing animals and other people, murdering and all that.

That's why you ask me about choice. We make all these entities; can we make friends with these entities or make trouble with them? No, we don't make trouble; there is no choice anymore now. There was a choice before: the free will to be good or to be evil, to use the positive inside us or to use the negative inside us, to kill or to spare lives, to kill or to do charity. We do sometimes make the wrong choice; therefore, we suffer the

consequences in this life, the life after or continuously until we pay the debt, clear and clean. Should we make more of such choices or more of such karma, and then, of course, we will continue to suffer again, maybe worse than this. That's why we have the guidelines, so that we don't do it again.

So, whatever you did in the past, you suffer for, but in a limited way and then after this you are finished. But if you continue without the guidelines, without a vegetarian diet, you will not know when to stop and you will have no fence, no regulations, and no limit for the negative use of your power. The guidelines and the vegetarian diet are the ways to help you to always continue going in the positive direction.

Whatever you did negative in the past, of course, you will suffer the consequences now; and the Master helps you to a certain extent only, otherwise you cannot develop. If the parents give the children who are bad and good the same candies, the same treatment all the time, then the bad will continue to do bad, and the good will also imitate the bad ones and do bad things. They will say, "Well, he has more fun and he still gets the same love, the same treatment, so why don't we have fun with him, and also our parents won't say anything." The same love, the same treatment, the same reward for bad and good, and then it's no good for the children; they cannot learn to distinguish between bad and good.

Therefore, there is hell; there is a distinct punishment for each individual. Not because God is not merciful, but we humans deserve it. There is a film called "Lost Horizon." Have you seen it? If you haven't, you should. There was a funny sentence that was very correct. He said: "Well, this is a very beautiful place here; if everyone could come here, it would be nice." And the other person said: "If everyone comes here, it won't be beautiful anymore." (Laughter) It's true, too. You know that very well.

Suppose I am very compassionate, very loving, very generous, very magnanimous, and treat everyone equally. I let the children roam around here, all the non-initiates come here with a bottle of alcohol in their hand and walk on your head, from that corner to this and walk here and there, anywhere, then can you meditate here? Can you enjoy this peaceful atmosphere, which is made for you? No! And if you bring all your dogs and cats here as well, then we're finished, for example. It can't be.

If we cannot be loving to our own people or to our own dog and cat in a certain place and certain time, how could God do that to us? So don't complain that there are so many levels, or bad and good, or there is Heaven and hell. It's necessary. Can all the people in this world really live together peacefully in one place? The answer is "no." So don't ask for world peace. Pray for it only. Pray and hope for world peace. Then the dogs and cats will also want world peace, and all the cows and buffaloes will want world peace, because their worlds are not peaceful. We kill them. They will also stand up and say, "We want world peace for us." How can there be?

As long as human beings are following their negative tendencies, there will always be retribution, lessons to learn for people to open their eyes and their hearts to go back to the right side, or to the middle side, to know what is the best way to handle things, what is noble for them, what is really a human being's nature. The way many people act is like animals; therefore, we have all these entities, possessed spirits, and things like that. Possession by spirits is karma, retribution for what we did in past lives. If we truly want to avoid it, then we must avoid it starting from now. The past we cannot change; we can minimize it by initiation, by the guidelines, and by trying to follow a good life.

Sooner or later, they will be finished when we pay off

the karma. If we don't get initiation, we will get even more entities than that. The lesser entities are already taken care of; just the heavy ones, the burdens, the hardheaded ones stay around, but they will go, for example like that. And if we don't get initiation, we are worse off than what we are now or what we will be in the future.

So actually, it is not that after initiation everything is done and then you live in Heaven all the time. You may do so if your karma is not so bad, but some have to suffer a little hell for a while. Even now, sometimes initiates are not all good. They don't do what they are supposed to do. They don't meditate; they just come here and hang around looking for a woman or man. It is the same; sometimes they create a very unpleasant atmosphere for us. So some of them, I have to throw out. I am sorry if it disturbs your compassionate heart but I have to protect other people, the more worthy. Those people, after they know their mistakes and repent, will become better and they will join you again.

Environment for Spiritual Practice

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *In order to practice the Quan Yin Method, could one attain a higher level of practice more quickly by leaving home to become a monastic disciple rather than a lay one?*

A: To leave home really means to leave the home of the Three Realms, to be liberated from greed, hatred and desires, to leave the home of ignorance. Finding one's true Self, the Tao within, has nothing to do with outer appearance and formalities.

The situation is different for each person because of what has happened before. Some have finished their work in this world so they can leave home and practice with undivided attention. They do not have any more ties with this world and can offer their bodies, speech, and minds to God for service to all sentient beings. But if laymen can practice with sincerity, the occasional obstacles will only help them with their practice. There are many lay fellow practitioners who have very good spiritual experiences and have attained high levels. Therefore, we should not worry about outer formalities such as whether to leave home or not.



Aphorisms



You have families, but you dedicate yourself and your whole family in the care of God. You are the caretaker of this family for God's sake; that's also renunciation. It's more difficult to renounce that way than to shave your hair and hide yourself in the temple. If you can do that, you are true Saints.

~ The Supreme Master Ching Hai

Evil in Humankind

Spoken by Supreme Master Ching Hai
Panama, November 29, 1989 (VIDEO#106)
(Originally in English)

Q: *If God is within us, why does evil prevail in so many humans?*

M: It is the misunderstanding of God's law. We have the free will to choose. When we descend into this world, due to circumstances, we collect information and experiences; some of them are very good and useful, and some of the information and experiences are harmful and useless. If we are not strong, and we pick the bad ones, discarding the good, then, of course, we are unbalanced and are more inclined to the bad side. Then, we have more bad, we are trapped, and it becomes worse. The nobility and strength of the soul is weakened until we become totally enveloped by evil and act against the law of God. So, take heed that we choose the good information, and regain our strength of the soul.

Cling to God; pray to God for protection and for the opportunity to accumulate only goodness. We forget God. That is the problem. We do not call for help. We choose everything and decide everything on our own, like children who do not take the advice of their parents. But, we can change. No matter how much evil, how much misunderstanding, the moment we understand, the moment we want to rely on God, the moment we want wisdom, the moment we want goodness again, at that moment, all evil will fall away.

So, if we want to go back to God again, we just have to know our weaknesses and repent, and then there is an opportunity. If you want to prove God's forgiveness, then come for initiation. It will be proven to you that no matter how bad we have been, God always loves and forgives us. Immediately we will have the Light and Sound of God. That's the proof of His unconditional love.

Chapter F



We should not fear anything in this world; we need only fear that our minds are not stable and our wisdom is not developed enough, and therefore, we do not understand the true meaning behind those things.

~ The Supreme Master Ching Hai

Roots of Fears and Anxieties

Spoken by Supreme Master Ching Hai
Seattle, Washington, U.S.A., April 7, 1993 (VIDEO#348)
(Originally in English)

Q: *Is it possible to live a life completely free of doubt and fear forever, and if so, what does one need to do or not do?*

M: Fear and anxiety come only from darkness, from ignorance, from fear of the unknown.

Once we get to know the stable side of our Nature, the real side of our life, our fear and anxiety will disappear. We only fear because we think that after this life, we will have nothing. We only fear because we know only the ephemeral existence of this world. If we know that life is eternal, if we know that we are the greatest beings in the universe, we will have no fear at all. So I invite you to get to know your Self through the means of initiation (into the Quan-Yin Method).

Aphorisms



Your faith must be stronger than your fear; that is the lesson. The Master is always stronger than the negative power; so if you are with the Master, you don't fear.

~ The Supreme Master Ching Hai

"Fearlessness" means ignoring the extent of our fear, our fearful minds, and cowardly areas, and just doing whatever we need to do.

~ The Supreme Master Ching Hai

Fear of Letting Go of the Ego

Spoken by Supreme Master Ching Hai
San Francisco, CA, U.S.A., May 25, 1989
(Originally in English)

Q: *How do You deal with the fear of letting go of the self, of becoming selfless, egoless?*

M: I don't remember how I dealt with it. It just naturally goes by getting in touch and merging yourself with God. You just naturally have no more self. Slowly, slowly the self will go out. That's it. I don't deal with it. To have to deal with it is a problematic thing. The self is very big; therefore, let God deal with it. After you practice this Method, you have less and less self, and then you become greater and greater. The less you become, the greater you are. This is a paradox of God. It is not for us to understand.

Overcome the Fear during Meditation

Spoken by Supreme Master Ching Hai
Costa Rica, May 31, 1991 (VIDEO#173)
(Originally in English)

Q: *When I saw the Light, the Light was very big; then I stopped, and said, "Not yet, not yet," and I came back.*

M: (Master says lovingly) Stupid, you will come back in time, don't resist. Just take yourself up for a while and bring yourself back again. If you resist, you'll never go up.

Q: *I didn't want to go to You. I was very afraid.*

M: You should go high and come back. It takes only a few minutes or half an hour to come back again. But everyone's afraid like that. They want to go to Heaven, but they say, "Oh, no, no, I'm afraid there's nothing there." They are afraid to die. And when the Light takes them up, they say, "No, no, no, not yet! I am not a Saint." You never know if you will die tomorrow and then will have no chance. We always have the big ego to resist the Master's instructions and help, and that makes our progress very slow. It is true that if you always let go, you will become a Saint in no time. When you go with the Light or Sound, you will come back. You'll die only for a little while.

Q: But I don't have that level of elevation.

M: It's your ego that is talking. How do you know better than I do? If the Master thinks you are not worthy, then the Master will not take you. Let your inner Master decide. Why argue? If you think a Master is good for you, then you just have to listen.

How to Overcome Fear

Spoken by Supreme Master Ching Hai
Pingtung, Formosa, April 11, 1989 (VIDEO#68)
(Originally in Chinese)

Q: *Master, how do I overcome fear? Does fear come from our imagination, or is it because of our karma or poor spiritual practice?*

M: There are many ways, but it is also very difficult. You have to be diligent and courageous. Even spiritual practitioners may not immediately be able to get rid of this feeling of fear because it has been with them for too long. It is a kind of predestined karma for this life. Most probably we have intimidated or hurt many people before, so the vibrations of these victims' souls hang around our magnetic field and make us feel fear. We may not see or feel anything, yet we have that fearful feeling. Therefore, we should be more loving and charitable, endeavor to comfort others, and send out vibrations and thoughts that give a sense of security. This may help us a little and may be practiced by visualization. When we practice it, we close our eyes and imagine we are sending out courage, comfort, and love to the orphaned and the widowed, to the soldiers and police officers patrolling alone in the dark, and even to people we dislike or once detested. We send our love in all directions. Once we have practiced this method for some time, courage will grow within us. Try and see if it works.

Overcoming Fears and Worry

Spoken by Supreme Master Ching Hai
Georgetown University, Washington, D.C., U.S.A., April 14, 1993
(VIDEO#352)
(Originally in English)

Q: *How should we protect ourselves from the violence of nature and the violence of human beings?*

M: We don't need to protect ourselves. What do we have that we should protect? Before you were born, what did you have? After you die, what do you possess? What is it that's so valuable that we should protect it? Throw everything away. Let it be. Whatever comes will come. If your body dies, your body decays, you have thousands, billions more. Don't worry about anything. If the possessions should be yours, you can't even get rid of them. If that girl should be your fiancée, no one can snatch her away. If that job was ordained by Heaven to be yours, no one can replace it. Don't worry. Just relax. Get enlightenment. All this fear keeps us from living in the happy, present moment.

All guilt, all conflict, all hypocrisy arise out of these fears of the ego self — that we have this, I have that, I have fame, I have face, I can't lose face, I can't do that because I'm in this position, I can't scold people because I'm a Master; I'm supposed to be very graceful, very soft spoken, very gentle, etc.

Just throw everything away and be in the moment. Whatever's required at that moment, do it wholeheartedly with faith in God and with faith in the whole plan of the Universal Project.

Fortune Telling

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *Those who practice the Quan Yin Method do not care for fortune telling. However, there are some fellow practitioners who study fortune telling. Can they use it to persuade people to do good deeds and begin spiritual practice?*

A: Quan Yin practitioners should have a clear understanding of the Master's teachings, accept the logical concepts regarding spiritual practice, and trust the Quan Yin Method and the Master, having in mind only a longing for the great wisdom and eternal liberation. On the other hand, most people who go to fortunetellers do so because they are superstitious.

Fortune telling is not accurate. Your fate can be predicted to be such and such today, but the next day when you do something good or bad, the situation may change. Thus, there is no need for us to use any tricks or supernatural powers (including fortune telling) to attract people to start their spiritual practice. Most people attracted to fortune telling are those who wish to acquire supernatural power and who are greedy for good fortune in this world. They do not really want to get away from the "three Realms" and be liberated from the cycle of life and death. It is not the right way.

Free Will

Spoken by Supreme Master Ching Hai
Anaheim, CA, U.S.A., April 3, 1993 (VIDEO#346)
(Originally in English)

Q: *Dear Master, all things are said to come from the inner God Nature. If so, is there real free will or free choice?*

M: No, we just dream that we have free choice. We make a lot of mess with this free choice, which we should have given up in the beginning, anyhow. But we can only do that with sincere devotion to God or whomever we believe in. And we can only do that through enlightenment, because then we know it's not we who do things, it's the Universal plan. Then we will not reject our job, we will not throw away our wife or children, get a divorce, or anything; we will know what it is and we will lead a more contented and happy life.

You see, this is free will: for example, God's plan is that I have to put my umbrella here. But now I don't like to put it here. Why should I put it here? I feel I should put it there, and so I put it there. Why not? Now I upset the environment and the plan for a while. Then I feel very uncomfortable, and my umbrella breaks over there, and I don't know why. If I had put it here, it wouldn't have broken. So now, eventually, I will have to bring it back and put it here.

Suppose you divorce your wife or husband or reject your job, and think, "Now I am free; that's it, fantastic. I have taken the matter into my own hands, and I am free of her or him." And you think you have done a decisive and very wise thing; and what happens? Maybe a few days or a few months later you meet someone else, maybe worse than that one. So, you have to go through the experience anyhow. You think you have changed it. But no! It's just been postponed, or maybe God lets you turn the corner, but you go back onto the same road again.



Pearls of Wisdom
Free Will



Spoken by Supreme Master Ching Hai

Cambodia, March 27, 1996 (VIDEO#540) (Originally in Chinese)

We have various options in this world. The universe is not as rigid and dull as you might think. It's really up to you to decide what you want to do and how much of a load and responsibility you want to handle. You can do it as long as you don't hurt other people. God has a few wishes, but we make the choices ourselves. Otherwise, it would be too boring if everything were predestined. We can change things, but we must make good changes, and then it is OK.

Take, for example, this package of tissues in my hand; I can keep it for my own use, or I can toss the tissues to people in need — two or three of them. I can toss them in different directions. I can also discard the package in the dustbin and then no one can use it. If I keep it, I am the only one who can use it; however, people can make use of these tissues if I put some everywhere. In this way, I have many choices. It's up to me to decide, and that's all right. It's impossible to say that God has arranged for me to throw this package of tissues to a designated person. It can't be like that. The universe isn't that monotonous; we have many choices.

All kinds of religions talk about free will, which sometimes brings harm to many people, as well as ourselves, and makes us transmigrate. If we make a good decision, the result will be good and we'll reap the benefits. Otherwise, we'll have to shoulder a heavy responsibility that makes us feel uncomfortable and is very tire-

some. Even worse, we'll have to come back to amend the things we've done wrong, to compensate for the harm that we've done or the losses that all those people have incurred. That's just the way it is.

It's true; nothing is really good or bad in the universe, it's only a cycle. Everyone plays his or her role, and we go back to rest when the time comes. However, this is not an excuse for us to act irresponsibly. Certainly, we must choose to do good things because they will benefit us and others, too; and we won't have to exhaust ourselves with transmigration. There are many obstacles each time we come here. It's not definite that we can fix the things we've done wrong within the periods of time that we're back. Consequently, we have to carry on this way until all has been amended, and sometimes this takes thousands of years.



Pearls of Wisdom

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, October 27, 1995 (VIDEO#506)
(Originally in English)

Actually there's no limit to our free will. It depends on how strong the will you have is. For example, there is a limit to good will because of our karma from past lives. If last life, we obstructed many people's practicing or we tried to do some bad things to many people, then this life that kind of bad karma will come back and obstruct us, make a lot of trouble for us. Even if we have a very good will, we have the free will to be able to change our life and to choose between good and evil, sometimes the karma from the past life obstructs us, makes so much difficulty for us to fulfill our good will that we can't do the good things that we want in such a quick way and smooth way.

That's why we say there's a limit to free will; otherwise, there's no limit to free will at all. That's why we must practice very hard, using our strong Almighty Power inside in order to overcome any obstacles that we, ourselves or anyone else, planted before or at the present time on our road.

Spoken by Supreme Master Ching Hai

New Jersey Center, USA, June 25, 1992 (VIDEO#269)

Freedom doesn't mean that you fly in the sky, stay there, open your mouth, and wait for the berries to come. Freedom means that you have great responsibilities. It means that no one should have to tell you what to do, but you should know what to do. You have freedom by choice if you know what to do and how to take care of your life and your work. But if you still let people tell you what to do because you don't know what to do yourself, then you are not free. It doesn't matter how much you want to be free, you are not, because you are bound within your own ignorance. You let your mind cheat you into thinking you are free and you are OK, but you are not. So, there's much work for you to do, and your level is up to you.



Aphorisms

"Freedom of speech" doesn't mean you say what you want; it's just that you know what you should say or not. "Freedom of thought" doesn't mean you think what you want, but whether you know what you are thinking is free, real, correct, and is right or not. "Freedom of action" doesn't mean you just do what you want, but you know what your actions are and you know what you are doing.

~ The Supreme Master Ching Hai



Pearls of Wisdom **The Right Way**

Spoken by Supreme Master Ching Hai
Pune, India, November 22, 1997 (DVD#600)
(Originally in English)

There's only one way to live our lives, and that's the right way. There's no other way. The choices in our lives make us God or anti-God, even though Indian philosophy teaches us that we're all God, and God is within us. But if we make the wrong choice, we will go in the opposite direction. God creates both light and darkness, good and evil, so that we will be able to understand, to know, to exercise our wisdom to choose the right way. Some of us tend sometimes to give in to weakness and forget that the price of strength, the price of honoring our own ideal, is greater than material gain, much, much greater. We have to strive for that. We have to honor ourselves by choosing the right way.

God gives us free will. Of course, He never says, "You must do this, and you must do that or I will punish you." Punishment comes from us, from our own conscience. We know what's wrong and what's right, and when we do something wrong and don't feel good, that's our punishment. It's worse than hell when our conscience feels very, very bad about what we've done. And when we feel good about it, that means we're doing God's will. So He gives us the free will to choose, and lets us remind ourselves and the world that we have to choose His way. That's the only way to represent ourselves if we think that we're God. If we think that we're one with God, that God even dwells within us, then we have to represent that.

Live for the Present

Spoken by Supreme Master Ching Hai
Boulder, CO, U.S.A., May 14, 1991 (VIDEO#170)
(Originally in English)

Q: *I hear from a lot of different sources about the end of the world at the end of the century, in terms of ending an era.*

M: Aquarian age and Golden age?

Q: *Yes, impending changes and physical changes. Is there anything that relates to this practice?*

M: Yes. It also happens because you've changed. It happened to you individually: you've changed; you got initiation, you are vegetarian, you feel better now, you are wiser. In that case, it's true. The whole of humankind gets uplifted and turns themselves toward goodness and God. So in that sense, this clairvoyant prediction is true.

Q: *A lot of people have made prophecies about the year 2000 — significant changes, but not necessarily for the good, more likely the opposite. Because 2000 years ago we had Buddha, Christ, and so on, so the 2000 mark seems to bear some significance throughout history.*

M: So you want me to become another prophet and make another prophecy, right? My prophecy is: let's wait and see. The surest way is to live until the year 2000 and then we'll see what happens. It's more fun. You see, if you're reading a detective book and someone tells you the end, is that fun? I don't like to spoil the fun. What will happen will happen anyhow whether you say it or not. Where can you run to? How can you run out of God's hand? Let Him play what He wants. We'll watch.

We have no fear of anything. We play the game. Let's have that attitude. It's better than knowing what will happen in the future. Let's have the attitude of: "Whatever will happen in

the future, I'll face it. That is braver, more courageous and more fit for your dignity, than just to want to know things about the future and feel fearful or resentful, or anticipate some kind of boredom, or disappointment, relief, and things like that. It's no good. It affects our natural growth, and affects our surprise.

I don't like to know anything about the future. If I have that gift, please ask God to take it away from me. I like to enjoy surprises. Don't you? Can you imagine being born and knowing everything about your life? Better to be dead, no? Would you like that? Born with a clear book about every detail of your life until you die: how many hairs will be grayed, how many teeth will be lost, how many lovers you will have and how they will treat you. You enjoy all the pleasure and pain beforehand. Would you like that? And when you eat, when you taste it again, it's like secondhand stuff, like already digested food. No fun! I wouldn't like it. The real wisdom is not to know the future. It's just to know the present. Enjoy everything at the present, and don't worry about the past and the future.

The wisest person is like that. The wisest person knows nothing, and doesn't want anything; has no desires and no fears, because he has no ego. Who is that person who wants to know things and what for? What is the good of knowing things? What is the good of having anything and knowing anything? He must have a big ego to want to know all these things.

About Predictions for the Year 2000

Spoken by Supreme Master Ching Hai
Florida Center, U.S.A., February 15, 1999 (VIDEO#635)
(Originally in English)

Q: *Many so-called experts say there will be disturbances during the next year, social problems, computer problems, etc. are predicted for the next year. What preparations do you see that we should make for our families, Centers, to help our community just to be prepared for everything.*

M: Yes, be prepared to die anytime, that's my advice, (Laughter and applause) because we die in any millennium, I tell you. Anytime, be prepared. It could be in the next few days. It could be the next moment. I am prepared all the time. Disaster may strike at any time in any area anyhow, in any millennium. For example, sometimes you are here and the weather forecast is for a storm or flood coming, then of course, you have to prepare your Noah's ark somewhere. Put it in the attic or hang it from the ceiling to feel secure for your children. Of course, you are responsible for their safety, and do your best to bring them into safety. That's it. Whenever it comes, there is no millennium as bad as now.

They have been predicting that for thousands of years. We are supposed to be dead already according to their predictions. (Laughter) Some of the predictions say our planet is supposed to be kaput already. Finito! But it goes on, you know. And if it doesn't go on, we have other planets. We have the inner planet, which is indestructible. Don't concern yourself much about physical things. All these predictions are concerning the physical only. There's not much to worry about. Even if we do worry, even if I know tomorrow is the end of the world, what can we do? You think we can escape somehow by preparing, or hanging some bottles on the ceiling or something like that? When God wants to take us away, or to bring us back to where we belong, we go. But meanwhile, if we don't know that Hes

wants us to go, then we prepare whatever, like everyone else, because what else is there to do?

The reason why we prepare, I'll tell you why. For example, even though you are a practitioner, and you believe in God. You say, "Oh! God will take care of me, and everything." But why let God worry about two bottles of water and packing rice and some bread for you? These things you can do yourself. And why do you do it? — To have peace of mind. Why should you sit there and worry about whether you will be safe or not, whether God will come or not? And why would you let people who depend on you, like your children or wife worry about whether you have food to eat, if supposing a flood comes? So that's why you have to be prepared. You prepare it when the flood comes, prepare some food, put it safe somewhere, or drive them to safety, things like that. This is a normal thing to do.

I don't advise people to put away anything, anyway, or make anything anywhere. And if I do so, it's just because it's at a specific time to ease their mind. I want them to concentrate more on the wisdom than on food while they are at it. If they already know: "OK, we have a cave of food somewhere," they will meditate better. That's all. It's not because that can help us. Lots of people are concerned about the millennium and the end of the world and all that. It's OK. As long as we do our spiritual practice and send out loving energy, the world will still go on splendidly and get better and better. And if people don't practice well, and there's not enough good energy, then the world has to go, and that's OK. God will make another.

Q: *Do You think the reason it hasn't happened is because there are more and more spiritual practitioners?*

M: That, also. Yes.

Q: *Do You think there are other reasons?*

M: There are many reasons for why it hasn't happened.

Q: *Like so many changes were supposed to happen right now.*

M: Yes, and it's supposed to be true, too. And if it's true, the reason why it did not happen is because the atmosphere changes, people's consciousness changes. They fear God, and they pray more, and they go more inside, they repent, and they go in a more right direction, so the energy changes into being more positive and uplifting. So it changes. Everything changes. Because disaster is attracted by bad energy, by a vicious atmosphere, if everyone starts to think good thoughts and pray to God, then the atmosphere will change. When the atmosphere changes, the disasters, which are bad energy, have nowhere to hook onto, so they have to pass by or disappear somewhere else in the vastness of the firmament, or, in the atmosphere. So if we are happy-go-lucky persons, we attract more luck and happiness. That's normal.

And another reason that it doesn't happen is because that person probably predicted wrongly. (Laughter) He had clairvoyance or some astral psychic powers, and what he saw happening was somewhere else, or was his own illusion. The third reason is that sometimes he sees these things in the past, or in another place, not this planet, and gets it all confused. Since he lives here, he thinks it's here. Since he lives in this present, he thinks it's now, but the time in dreams sometimes doesn't coincide with the time of this reality.

When he thinks it's coming this year, he calculates it wrongly in the different dimension. The time is different. And maybe there is no time at all, so when he comes back, he thinks it is this year. He calculates that everything is this year, but it's not so. So, there are many reasons. There is no need to bother about all these metaphysical and physical phenomena. The more we meditate, the more we spread the good news, the more we feel good. And even if we don't feel good, and we have to go, then we go. We have to go at the end. We don't stay here forever, whether we practice or not.

Chapter G



God is our true Self, with all wisdom, beauty and virtues. These are the true qualities of a human.

~ The Supreme Master Ching Hai

Attributes of God

Spoken by Supreme Master Ching Hai
Brisbane, Australia, March 20, 1993 (VIDEO#336)
(Originally in English)

Q: *Can You tell us about God, the Father? What does Hes look like?*

M: Hes is like you. Hes has two parts: a good part and a naughty part. The naughty part, Hes uses to make life go on in bitter and sweet, and in all the follies so as to amuse whoever likes to see these things. The good part, Hes uses to give us strength, spiritual knowledge, and all the holy, noble things that we can do.

If we say, “God is all good and love,” it is fine also, but then we can’t explain all the devils in this world. There is actually no evil in this world. It’s just the way we look at things, that we do not know how to play the game with God, and that makes things turn sour and become negative. If we learn to contact God, things reconstruct themselves, and then we see things in a different light. We know how to mix them, just like some so-called poison, even. The scientists know how to use it for the benefit of people’s health, but if we use it in a layman’s manner, it kills.

God is not a person or not even a “non-person.” It is the Supreme Power that pervades the whole universe, and we are within It; we are of It, and also we are the totality of It. We know this God according to our diligence in searching, according to the grace of God, which comes in proportion to the sincerity of our thirst for knowledge of the Kingdom of God within. That is a temporary explanation of the so-called God. Otherwise, look at your neighbor if you want to see God. It’s next to you; look at each other and try to see whether you find God within him, because the Bible says so.

When you do something good and noble with all love to your neighbors or to someone you don't know, that is when you realize you are God. That's when the God within you awakens. When you do something that you think is undesirable or harms some person, that is when you allow the naughty part of God to take the upper hand. But it's all a game, anyhow. We have to be enlightened to tolerate both, and turn bad into goodness.

Another Form of Love

Spoken by Supreme Master Ching Hai
Sydney, Australia, May 10, 1997 (VIDEO#581)
(Originally in English)

Q: *Most people say that God is omnipresent, God is everywhere, and God reaches from the highest Heaven down to the deepest hell. God is present in all the beauty of life when miracles happen; God is also present when everything is dark in our lives, when nothing is going right. Since God is omnipresent, the qualities of God must also be omnipresent, such as the quality of love. What's happening with the quality of love when God is in the deepest hell, when everything is going wrong in life?*

M: That is another form of love to remind us to go back to the more noble side of the scale. It's like a staircase: if we go up a little bit, then we can see more sunlight; it's higher. If we stay down, it's darker down in the cellar. It is like that, but it still belongs to the house. The darker side of God is hell; it's our own conscience. When we deny God, then we don't see Him. It's not that God doesn't exist at that time, but just that we have turned our face away because we did something ungodly. So, hell is our own creation. Hell is just a place where our conscience faces its own retribution, its own judgment. There's no God who created it.

We've chosen many ways to exercise our power, even the power to be dark, to be negative, to be wicked, to be very ungodly. We chose to play around and to explore the universe. We chose to learn, to know what else we could do, except just to be God as He is. We chose to do many things, to explore many corners for ourselves.

When we chose to do something ungodly, then we had to face the so-called hell. That is when we denied the noble quality of God. We chose to turn our back away, just to see what it felt like. This is at the soul level; the mind is not conscious of it. If the mind were conscious of what it was doing, it wouldn't do it. The mind is just an instrument of the soul. The soul wants to experience something new, to explore its own power, to go into the deeper corners of the universe and back, to go to the farther side of the cosmos to see what's there, wants to do something terribly wicked to see what it feels like, and then relearn to be God and be noble again.

It's just another form of love. Hell is there to remind you not to be like that, not to be wicked, not to be negative, not to be dark. Return! Return! Return! That's it. When you feel terrible, already you are facing a corner of hell; you are facing the wall. You face corners and a dark and terrifying atmosphere, and then sooner or later you will have to return. So that's another form of love; God is there in that darkness to remind you to go back to the Light.

God's Will or My Will?

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, July 4, 1995 (VIDEO#485)
(Originally in English)

Q: *It's difficult to know our will from God's will, and the struggle of saying, "Is this a miracle? Did I imagine it or is it true?"*

M: One thing you may do is: If whatever you want doesn't hurt other people, then it's all right. Whether it is from the ego or not, it's OK. When it's the Divine Will, then it will be done. When it's your will, then you will know; you'll have a lot of trouble. If you do your best, but then, when it's not carrying on smoothly, you know it's not Divine Will. Always do your best.

Whether Divine Will or your will, if it doesn't hurt people, you may carry on until it succeeds or fails. If it is a success, you know that it is according to the Divine Plan. If it's not successful or has harmful effects or something, then you know it is not.

You just do it and don't think. The time will come that when you do, you won't even know that you do. That is the time when you've reached the Master's level. Everyone will come to listen to you, and you will be doing a lot of things, but you won't know. The physical things you will know, but some of the spiritual things, you may know nothing. You want the universal power, you do not want the individuality anymore; your body still exists, but you don't exist. You're connected, so you don't bother to stay in your body anymore. You are still connected, but looking from the higher dimension. At that time, your brain doesn't know what you are doing. Then, that is the time when you do without doing, you know without knowing.



Pearls of Wisdom

Supreme Master Ching Hai
Phnom Penh, Cambodia, May 11, 1996 (VIDEO#545)
(Originally in English)

As practitioners, I think we should understand the flexibility of the guidelines, of life standards, of God's will and blessings. We have to be very attentive to everything that happens around us in order to detect what God's will is.



Chapter H



By strong will, good habits, association with good people, you quit a lot of bad habits.
~ The Supreme Master Ching Hai

Habits

Spoken by Supreme Master Ching Hai
Hawaii, U.S.A., September 6, 1994 (DVD#444)
(Originally in English)

Q: *Do good and bad come from our hearts?*

M: The good comes from the positive side of our nature; the bad comes from the negative side. Mostly, when we come here we borrow the negative side from environmental effects, influences, and the habits that we've learned from the people we are with, the company we are in. Just like you are not born a smoker or an alcoholic, you learn it from society. Once smoking becomes habitual, whenever you see a cigarette, you want it. And when you don't see a cigarette, it's still in your mind; you want to have one, or you want to have one more glass of alcoholic liquid. It is because you get into this habit; you are not born with it.

For example, you see your neighbor hitting someone else when he is angry and that person hits back. Then you keep seeing these images of your neighbor in your mind all the time, or something like that. The next time a person makes you angry or hits you, you will hit him back because you have learned that; you have practiced that in your mind, or you have learned it together with the people who taught you to hit other people when they do not please you.

That's why even in twins with the same DNA that are supposedly a split personality of the same person, the same construction, who have the same day and same minute of birth, or only one, a few seconds, or a minute apart, one person grows up to become a star of a political or other field, or a movie star, and the other grows up to become possibly a murderer, a thief or a violent person. It is because each was exposed to different environments.

In learning this, we can easily forgive the person; other-

wise, we will think he is very bad. Actually, no one is so bad. He is just born with the tendency to learn, and he learns things quickly — the good as well as the bad. If he learns the good, he becomes good; if he learns the bad, he tends to become bad unless he has a strong will to resist it, and this is rare.

So, bad things do not come from the heart, but from the habits. Good things come from your heart because you are born with them. You are born with heavenly qualities, you are endowed with heavenly tools to come down, and then, coming down here you drop into this school with all kinds of things to learn and to react to. If you happen not to be strong enough and give in, then you will drown.

That's why I tell you that in Heaven they don't look at sins and virtues the way we do. They are very tolerant, forgiving, and loving, but still you, yourself, have to check up, and you will probably feel bad yourself. That is the final day of judgment.



Aphorisms

Our bodies are created life after life from desires. Strong desires repeat themselves again and again, forming certain fixed habits that cannot be changed. This is what is called "being tied down to karma." Karmas are the habits cultivated through many lifetimes. Regardless of whether they are good or bad, they tie people down.

~ The Supreme Master Ching Hai

Helping Others

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *From Master's books, I understand that getting involved in other people's karma is a very serious matter, so if other people have problems and we help them, are we getting involved in their karma?*

A: Before we started to practice or if we do not practice well, we cannot fully understand the cause of the karma; then, of course, we will be affected by the karma of the other person if we get involved. It is like trying to save someone from drowning when we cannot swim ourselves. It is dangerous for both of us.

However, if we see other people in distress, we should be obliged to lend a helping hand without pondering whether we are getting involved or not. There will not be any problems as long as we are clear within our minds that it is not "I" who is helping others, but that we are just the tools of God Almighty, without ego and without thought of any reward.

Happiness

Spoken by Supreme Master Ching Hai
Houston, TX, U.S.A., November 14, 1993 (VIDEO#395)
(Originally in English)

Q: *Are we to consider that we are on this Earth to make a contribution as good human beings, as caring human beings, as loving creatures?*

M: Yes, but that is a side effect. The most important is that we are happy within ourselves; we are satisfied. Only when you are satisfied, can you then satisfy others. Only when you know how to love yourself and you know how great you are, can you make others great or respect the greatness of other people. Therefore, all the Masters say: “Know yourself.” “Seek you first the Kingdom of God which is within you.” That means your Self. “Seek the Holy Spirit which dwells within you.” “Know you not you are the temple of God, and the Holy Spirit dwells within you.” “Seek your Buddha nature, the highest Buddha Nature”; it’s the same thing.

Aphorisms



Originally, a joyful heart is the fruit of practice.

~ The Supreme Master Ching Hai

Here in this world, the mind controls everything. The preconceived ideas, the prejudices, the collected data, control everything and make us forget our inborn Nature and that we are not these preconceived ideas. We are not to forget our judgment; we have to find our inborn Wisdom.

~ The Supreme Master Ching Hai

Heaven

Spoken by Supreme Master Ching Hai
Sydney, Australia, March 17, 1993 (VIDEO#334)
(Originally in English)

Q: *Do You believe that the Supreme Maker of the universe, Jesus, the only begotten Son of God, said, **I am the way, the Truth, and the life; no man cometh to the Father but by Me, and that no one can enter Heaven, God's home, except by Jesus?***

M: Yes, it's true. Every Master says that. Jesus is the name of His body, and Christ is His title. Every Master should have His Christ power; therefore, in a sense, Jesus never died. Jesus works through all the Masters throughout the centuries, throughout the ages, to liberate and enlighten us, the ignorant, who are still left behind. Jesus alone cannot enlighten us if He is gone. Of course, He can to some degree, but we are human. We can't get in touch with Him when He is in a higher sphere; therefore, a physical Master is necessary. But the Christ power works through any physical Master who is destined or posted to be at that time; therefore, when Jesus said He was the only way and the only one, He spoke the absolute truth, but so does any Master, when the Master is alive.

I know it's a trouble with clinging to the Bible — the same with many of the Buddhists. The Bible and the scriptures are excellent evidence of the past Masters, but also excellent stumbling blocks for our intellectual attachments. I know it's very difficult. I only can wish you the best, and I can only be patient to wait until the time comes that you understand. The Bible is only a record of a Super-Master who has graced our Earth, but what about those before Jesus and after Jesus? Those after Jesus, probably we would say, "OK. We hear His name

and we get redeemed.” But how about those billion, trillion years before Jesus — there was no one to rescue them or what? Is the Father so merciless as to send only one son and at only one time? Could He be so stingy, do you think?

If Jesus really redeems all of us, can you truly answer me, why are we still in ignorance? There are many things we don't know. Heaven, we can't contact. Some people can — when they pray very deeply and sincerely to Jesus, probably He appears to them and teaches some of them, but very few. He doesn't appear to all of us. But to our disciples, He would, because we know how to contact Him. We can ascend to His level and get His teaching directly. I'm not teaching anything different. If you would like to see Jesus and God, I just will help you, if you would like to see Buddha, I will help you — but only if you believe it, instead of clinging to a past record of a great Master, most of which we do not understand.

Chapter I



*Destiny is in your hands. You can become whatever you want
with determination.*

~ The Supreme Master Ching Hai

Illness Cleans the Fixed Karma

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *Why is it that after receiving initiation, I, myself, or my relatives still suffer from mishaps and illnesses? Does Master not take care of all the misfortune?*

A: During initiation, Master takes away the karma, which we have accumulated life after life and helps us to get in touch with the Almighty Power within. After that, we need to cleanse our new karma; Master can only help us to a certain extent and cannot cleanse it completely. If our fixed karma were to be completely cleansed, we would pass away because we would no longer have any reason to stay in this world.

Therefore, we still need to pay our debts. We will be ill and we will have misfortunes due to our fixed karma. However, Master will try to dissolve some of our fixed karma in our dreams. But if our karma is too heavy and cannot be dissolved completely, we will have to experience at least half of it physically. This depends on one's situation and karma.

We should practice diligently according to Master's instructions and listen to Her completely so that we can give Master an excuse to help us. We should believe that everything Master does is for the best and have faith in our path of practice. We should not be afraid of the prompt arrivals of the effects due to the causes we made. We should not be afraid to take the responsibility of paying off our debts. Then, we can attain the Truth and eternal liberation quickly in this lifetime.

Living in an Illusionary World

Spoken by Supreme Master Ching Hai
Kuala Lumpur, Malaysia, February 24, 1992 (VIDEO#216)
(Originally in English)

Q: *Do You mean to say that there are no evil spirits, because an evil spirit is sin, which actually, to You, is an illusion?*

M: Yes, there are evil spirits, but they are also illusions. Therefore, there are no sins because sins are all illusions. But, as long as we live in this world, we cannot say, “These are all illusions so I can do what I want,” because we will still have a bad conscience from it and we will have guilty feelings. Anyhow, even if we live in an illusory world, we also should behave accordingly.

Why shouldn't we kill someone else because we know it is only an illusion? — He doesn't know it and he will suffer. Therefore, we have to spare the feelings of other people and other beings, even if we know it's all illusion. Avoid evil and do good, because it's good for other people. We have to live together whether you are enlightened or not. It is just like if you are a father and when your children play with toys, you would not scold them if they break the toys into pieces, because these are nonsense. They are toys; they are plastic; they are childish. You play with them and even say, “Wow! This car is beautiful, fast!” It is a small, plastic car and you run, vroom, vroom, and say, “Wow! Beautiful and fast! You and I race together.” And the children are happy. All the while, you know this is a child's game, but you don't criticize. You behave accordingly when you play with your children.

Initiates Who Drop Out of Spiritual Practice

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, July 4, 1995 (VIDEO#485)
(Originally in English)

Q: *What happens to people who have been initiated but then leave the practice?*

M: They will have to come back again to do their homework. They choose it. Unless, during the course of their life, they are so bitten by retribution and all kinds of karma that have come to them that they turn their mind and pray to the inner Master for help, and then return to spirituality; or in the last moments of their life, they truly, one hundred percent, one-pointedly, sincerely, want to be liberated, then the Master will come and take them. Otherwise, such people who have failed are normally tempted by society, go back to their old habits, incur even heavier karma than before, and don't even think of the Master, pray or things like that, anymore.

If you don't ask, it is very difficult to get help. Especially if you want to sink yourself in the ocean of suffering, then it's your free will. The Master has the duty to take people to liberation, but people have free will also, and that must never be interfered with. Even God doesn't interfere with people's free will, and it is that free will that causes us a lot of trouble. If we don't control our free will, we will get into a mess all the time. The Master just stands by, because free will is the most privileged, the most honored gift that humans get, and no one should interfere with it.

We can reason with them. We can say, "Look here, you come back. It's better for you." But if they choose to fall, then we must let it be. They can come back one time, two times, until they are fed up, until they truly want to go Home again. Then another Master will come — same power, different body, and they will be rescued. Don't worry about that. Those persons never truly lose touch with the true Master; He/She always keeps an eye on them, but just lets them run around for a while.

Initiation and the Vegetarian Diet

Spoken by Supreme Master Ching Hai
Singapore, March 9, 1993 (VIDEO#328)
(Originally in English)

Q: *Even after initiation, I may not be a full vegetarian, so can I still be initiated by You today?*

M: You know the answer. I am very touched by your honesty and sincerity, but we have another way for you so as not to completely reject you. You can practice the Convenient Method, and you can try vegetarian food for ten, fifteen, or twenty days per month, whenever it's convenient for you until you are completely satisfied with the idea that God comes first. When God comes before everything else in life, before every reason, before all logic, before all pride, then you can get initiation. Otherwise, it's not fair for everyone else; otherwise, I could initiate the whole theater, the whole hall. Why you alone? Most people like my teachings and would love to follow the initiation process. It's just that they cannot maintain a vegetarian diet, so why you alone? Then I could just make it cheap — wholesale. Everyone is welcome. It's not that I care whether you eat meat or are a vegetarian, but you must know what you want and pay for it.

Initiation

When Physical Master Is Absent

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *Is there any difference between initiation by Master and initiation via the Quan Yin messengers*?*

A: There is no difference. As a matter of fact, the power of initiation originates from the Master and not from the Quan Yin messengers. With Master's permission, the Quan Yin messengers only explain those pertinent and salient points that pertain to spiritual practice and the meditation technique. They are merely conveying Master's omnipotence that constitutes the source of the dharma (holy teachings). Therefore, no matter where one is in this world, as long as one sincerely prays for initiation and Master's blessing, it is as though the power conferred by Master through the Quan Yin messengers were administered by Master in person.

*Quan Yin messengers are resident practitioners who administer oral instructions during the process of the Holy Initiation when the physical presence of the Master is not possible.

Inability to See Inner Master during Meditation

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *Why can't I see the transcendental body of Master when I meditate?*

A: Master is always around us. Seeing the *transcendental* body is not the only way to communicate with Master. You are communicating with Master whenever you think or pray sincerely to Her. How each of us communicates with Master depends on how well we concentrate while we meditate, how pure our heart is, and furthermore, how well we cultivated ourselves spiritually during our previous lives. When we reach higher cultivation levels, we will see the inner Master. The Master's vibration is very delicate. If your acts, speech, and mind are not purified enough and your vibrations are too coarse, you will not be able to see the transcendental body of Master.

Inner Realizations

Spoken by Supreme Master Ching Hai
Houston, TX, U.S.A., November 14, 1993 (VIDEO#395)
(Originally in English)

Q: *I don't know some of the spiritual realities that were revealed to You in Your studies in the Himalayas. In my constructing these questions, I was thinking about an audience out in radio-land listening on Sunday morning who might not be familiar with Your teachings and who might want to become initiated, who might want to better understand the Quan Yin Method or the Quan Yin route to spirituality.*

M: So you mean I should talk about the inner realizations? There are too many to talk about. First, because the universe is vast and it's contained within ourselves; I can only tell you a few. For example like, for an ordinary person to get enlightenment, you normally will see Light and hear Sound — Light of different colors or brilliance, sometimes more than a thousand suns. Some people will see less than that. Some people just see kind of moving black clouds for some time, but very rare. Most people see immediate Light from God.

Light represents wisdom, the super consciousness; the Light without shadows, the Light that you don't see with your eyes but you see with your inner awareness. That is called enlightenment when you see that. Then you hear the Sound, the silent Sound from God, which brings you the message from Heaven. It's kind of like music, but without instruments. You can't make out what it is; but it is so beautiful and melodious, it lifts you up above the mundane level of consciousness and brings you back to where you are supposed to be.

From that higher standpoint you direct your whole life into a more righteous direction. Then we clean all the mess

and entanglement that we don't see when we are too low here below. We see better when we are higher. So to say higher, it doesn't mean we have a ladder of something, just higher in consciousness, in awareness, in intelligence. We are back to the true source of wisdom, our true Self, which is God-like. We're back to God, who dwells within our holy temples here. So we truly recognize ourselves, who is who, and we stop occupying all the habits and all the knowledge that bind us from the outside.

The more you contemplate on this inner wisdom, the more you remember your real Self, the wiser you become, the more your life becomes smoother, and everything goes better and better until you completely know a lot of things, or all things, and you become like omnipresent, omnipotent. Everyone who prays to you, in any corner of the universe, you will know. You will help them immediately, according to the situation and according to what is beneficial for that person. That is the highest achievement of a so-called Master.

Intimacy with Non-initiate

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *Will intimacy with our marriage partner who has not received initiation weigh down our level and affect the progress of our practice?*

A: To practice the Quan Yin Method is to do what the Saints do: we should share the good atmosphere obtained through practice to help purify the hearts of others. Therefore we should not mind that our relatives and spouses are not initiated, but rather we need to show more love and patience, sharing with them any merits we have gained from our spiritual practice. It will be fine for us if we meditate more. If we only care about our level of practice and do not have compassion and love for even our dearest relatives, then we are no longer Truth practitioners.

Immediate Enlightenment

Spoken by Supreme Master Ching Hai
Houston, TX, U.S.A., November 14, 1993 (VIDEO#395)
(Originally in English)

Q: *What is “immediate enlightenment” ?*

M: Enlightenment implies Light. When anyone helps you to see Light from Heaven immediately, that is called immediate enlightenment. That’s what we help people to do. When people can see Light or hear the heavenly Music, it means the message of God. It’s what is called the “Word” in the Bible: ... ***and the Word was God, and the Word was with God...*** Remember? The Word is what we can hear from God. The moment we hear that, it is called the moment of enlightenment. It’s difficult to hear the Word from God, the message from God, and it’s difficult to see Light. Nevertheless, some people see Them in deep prayer, in deep sorrow, or in a blackout kind of situation where they contact with the higher world instead of this physical world, but rarely. So when you cannot see the Light or hear the message of God yourself, you need to find someone who can help you to do it quicker. That is called the process of seeking the Truth, seeking the teacher. Whoever can help you to see the Light and hear the Sound immediately, that is a so-called spiritual teacher.

Chapter K



We have many choices in life, so we have to just listen to our own highest intuition.
~ The Supreme Master Ching Hai

Karma and Problems in Life

Spoken by Supreme Master Ching Hai
Anaheim, California, U.S.A., April 3, 1993 (VIDEO#346)
(Originally in English)

Q: *Dear Master, when we have problems, how do we know which are fixed karma and which are tests from Master?*

M: Actually there is no testing for us; we test ourselves. Just like when we have some hardship, we say, “Oh, God has tested me!” It is not true. It is because of our karma, because of our tendency toward the negative way that we experience hardships. So, the only way is to turn back to the positive, and then we will experience a different way. We can do this through self-discipline or prayer. Then we can turn everything into a better way. Whether it’s karma or God testing us, it will become better.

Karma and the Environment

Spoken by Supreme Master Ching Hai
Harvard University, Boston, MA, U.S.A., February 24, 1991 (VIDEO#155)
(Originally in English)

M: They asked me, because I'm Aulacese, (I was born in Au Lac), apart from promising that I will help people like the refugees and offer some kind of symbolic help, if I have any kind of plan to raise the standard of living of Au Lac, make the people richer, for example, or stabilize the economic and political situation. I said, "Yes, I have a plan. I tell all the Aulacese people to practice the Quan Yin Method of meditation, and then the country will change."

But I have no plan in the physical way because we cannot change the environment if our karma has not changed. Our environment is the result of our karmic pattern. If the environment could be changed through an enlightened Master's power, then the Buddha would have changed it long ago. When He was still on Earth, His country was at war also, and the people are still in poverty even up till now. So, they can't blame me if I don't change the Au Lac people's situation. The Buddha couldn't and even Jesus couldn't; They were greater in history and had more followers than I. If They couldn't do it, how can I?

We have to change our way of thinking, our conceptions, and then the environment will change. The Kingdom of God is within us. This means if we know the Kingdom of God within, then everything is the Kingdom of God; if not, we cannot have the Kingdom of God without. That's what the meaning of the "Kingdom of God" is: God is within. Also, it is said in the Bible, *Seek you first the Kingdom of God and all other things shall be added unto you.* And we seek all the other things first and ask the Kingdom of God to be added unto them, to be one

of those things only, and that is a perverted view.

So, there is no plan necessary for Au Lac except that the Aulacese or any country's citizens should change their viewpoint. They should raise their level of understanding and know the true conception. And that's the only plan that we should endeavor to bring forth.

Karma of a Couple

Spoken by Supreme Master Ching Hai
San Paolo, Brazil, June 18, 1989 (VIDEO#84)
(Originally in English)

Q: *How does one understand the karma of a couple?*

M: If the couple is in harmony, then they have a good karma. If the couple is in strife every day, then you know what kind of karma that is. It is easy to understand, no? If it's in harmony, then be happy. If it's not in harmony, then try to adjust and be tolerant to avoid next time coming back again as a very undesirable karmic couple.

Tolstoy had a very terrible wife. You know Leo Tolstoy of "War and Peace"? He had a terrible wife, so it is told. Every day she nagged, cursed, scolded, and even beat him and threw him out sometimes. One day, his friend couldn't bear it any longer, so he asked Tolstoy, "Why don't you kick that devil out of your house and then you'll have peace?" Tolstoy said, "Shhhhh! Don't talk so loud. Last life, I did that already. Therefore, it got worse this time. I don't dare to do it."

The more you struggle, the worse the situation becomes. So just accept anything as given by God, try to get through it, and train yourself in patience, tolerance, and loving thy enemy. Even as wise a man as Tolstoy couldn't deal with his terrible wife, so we ordinary beings had better keep silent. Silence!

Cause of Actions

Spoken by Supreme Master Ching Hai
Hong Kong, February 20, 1992 (VIDEO#211)
(Originally in English)

Q: *Suppose I'm doing something; how do you know it's karma causing me to do it or if I'm making new karma?*

M: It's hard to tell now because we are very deep into the trouble, so just try your best to avoid what you can avoid and to finish what you have to finish — what you cannot avoid. Also, you can tell sometimes whether it's new or old karma like this: if something happens to you and you cannot avoid it no matter how much you dislike it, that is old karma. Surely the force of karma is forcing you to do these things. If there is something you can avoid, but you like to do it by your own will, then you know you are creating trouble, new karma. You know that it is wrong and you can avoid it but you still want to do it, then you know you're getting into trouble. If it's a good thing, of course you do it and forget it, thinking that it's God, Who is doing a good thing to benefit others through you, and then it's fine. But if you know it is a wrong thing and you still deliberately want to do it even though you can avoid it, that is new karma and surely you'll have trouble.

Karma and Prayer

Spoken by Supreme Master Ching Hai
Harvard University, Boston, MA, U.S.A., February 24, 1991 (VIDEO#155)
(Originally in English)

Q: *Can we reduce our karma by praying?*

M: Yes, we can if we are sincere enough, because a very sincere and deep prayer is a kind of meditation. We are in a meditative mood and therefore it reaches the deepest recesses of our great store, our merit and our blessing store. And it affects our karma; it cleanses it. Only if you are truly sincere and deeply longing for forgiveness, does it help.

Chapter L



If we want to get back to the purity of the Kingdom of God, or Buddha Nature, we should by all means always try to be concentrated in whatever we are doing at that moment.

~ The Supreme Master Ching Hai

Levels and Light

Spoken by Supreme Master Ching Hai
London, U.K., August 26, 1997 (VIDEO#594)
(Originally in Aulacese)

Q: *I'm confused about whether there's a difference in levels between people who can see the inner Light and those who can't. Is the level of people who can see the inner Light higher than the level of people who can't? Those who can see the inner Light, have they just come from Heaven or have they just been reincarnated recently? Those who can't see the inner Light, have they been reincarnated for a very long time?*

M: It's not that the level of people who can see the inner Light is higher than anyone else. It's only that their ability to focus their attention and to concentrate their thoughts is stronger. It could be that their professions do not require the extra exertion of brainpower that causes mental fatigue. It could be that their education did not involve excessive brainwashing and therefore, their minds are still innocent and simple. Thus, when they meditate, they can go into samadhi (a blissful state of consciousness) immediately. They no longer worry much, nor do they ponder, "Oh, Newton said so-and-so, and Einstein said so-and-so, then why on earth does Madame Ching Hai say so-and-so now?" This creates more trouble. The more we know, the more we get into trouble. People who have a peaceful and simple heart, or whose profession does not require excessive mental hardship or worry, are able to see more inner Light as they go into samadhi more quickly when meditating.

We all came from Heaven. None of us came up from the Earth at all. Don't worry. It is because of differences in the karmic burden of each person. What is karma? It's simply the

path that each person has chosen. When we first came down here, we were God and Buddha, who had no fear of choosing that path at all. Whether we chose a path full of suffering or not, to us at that time, was no problem. It was only after we chose to come down here did we know how full of suffering it is. Since we had already chosen it, we had to go along with it. Based on our choice, we became a highly educated person or a person who had a simpler life with less education, for example. Because of our past choice, when we come down here our spiritual life is affected based on our chosen path. One chooses to walk on a straight path while others choose to travel on a winding road. Traveling on a winding road takes a longer time, but it's not because one's spiritual level is higher than another's.



Aphorisms

There are many benefits to practicing the Quan Yin Method. Some gain heavenly wisdom, some have inner visions, some hear heavenly Sounds, some get into deep samadhi, some develop love, some have faith in God, some feel that they can depend on the supreme teaching, and some cultivate eloquence. These are the results of their spiritual practice.

~ The Supreme Master Ching Hai

Live a Noble Life

Spoken by Supreme Master Ching Hai
Anaheim, CA, U.S.A., April 3, 1993 (VIDEO#346)
(Originally in English)

Q: *The key to a happy life, what does it really mean to You? I thought that the only key to a happy life depends upon you and whether you live your life the way you want it. Is this necessarily true?*

M: It's not that we live our life the way we want that brings happiness. This most often brings disaster. If we live our lives the correct way, yes, then we are free. Then, of course, we will be happy, not because we do what we want. (Applause)

In everything, there is some judgment and some kind of definite way. For example, if we say, "I have a car, and I can drive anywhere I want," — that will bring problems. But if we drive within the proper roads and with the proper attention, then of course we'll be at our destination very fast. If we run all over the place, we'll bring trouble to ourselves, even though we call that freedom.

Freedom without discipline will bring disaster, and the way many of us lead our lives brings misery, as you see all around you. Therefore, there is a definite way to lead our lives in order to have true and lasting happiness. That is the life of a gentleman. That is a life of the sage who does things according to the Universal harmony and not according to the dictates of the restless mind.

Aphorisms 

You have to understand that in order to have fun, you have to keep the rules and maintain discipline. ~ The Supreme Master Ching Hai

The Difference between Love and Attachment

Spoken by Supreme Master Ching Hai
Malaysia, February 25, 1992 (VIDEO#219)
(Originally in English)

Q: *Sometimes I get confused about love and attachment. When you love a person, it becomes attachment. I understand that an attachment results in suffering, so sometimes I feel it's worthless to fall in love.*

M: If you fear attachment, then don't love. If you love someone, you have to pay the price. Surely, love includes attachment too, whether we deny it or try to cover it with, "No, I'm not attached to him; I just love him." But this is also a kind of attachment; otherwise, why do you need to love him? You are attached to an object because you love that object. People can tell you to minimize your attachment to give each other more freedom and not to control each other, but just to love unconditionally and try to adjust to each other. That is love with minimized attachment, but not without attachment.

Anyhow, there are many kinds of love. Even the best kind of love in this world, which we say is between a mother and child, still has attachment. Who dares to take a mother's child away, harm or say something bad about her child even though she knows it is true? Her child is the best, better than all the neighbors', even though she knows it is not true. This is also attachment. She cannot leave her child; most can bear it, but not willingly.

Everything has attachment except when you love God. Then you love without attachment because there is nothing to be attached to. You don't gain what we gain materially as in this world. You just gain bliss, happiness and contentment. You cannot be attached to something when there is nothing there. The more you love God, the more relaxed and non-attached you become. But still you can love people in this world because your heart is large. A heart that is large can include anyone, even enemies; otherwise, it is difficult to love your enemy.



“Having found the Kingdom of God inside, we can take care of our family and other responsibilities while still enjoying Heaven whenever we have free time.”
~ The Supreme Master Ching Hai



The Supreme Master Ching Hai — Love Ocean Tour — 6th Stop:
Manila, the Philippines, May 3, 2000



“If we want to know rather than just hear others say that we are all one, it is not so difficult. We only have to approach it from the other side. If we listen inward to our Self-Nature, we will immediately see our God Nature.” ~ The Supreme Master Ching Hai



The Supreme Master Ching Hai — Love Ocean Tour — 7th Stop:
Formosa, May 5, 2000

Love Others Wholeheartedly

Spoken by Supreme Master Ching Hai
Singapore, September 27, 1994 (VIDEO#449)
(Originally in English)

Q: *Dear Master, I always wonder how to love others wholeheartedly and receive the same treatment.*

M: Well, you can love people, but people might not love you. So the best thing is to just love them with no expectations. Then you will not feel hurt. That's difficult in marriage. It's very difficult to love some people that you do not know, so the best is that you love someone that you know wholeheartedly and devotedly as best as you can and sincerely. There's no need to show off too much, but if you love someone, just say so. And show it, because sometimes people think, "Oh, I love him, I love her; I don't have to say it, she will know; he will feel it." Feeling and hearing are different. We have many organs: smelling, seeing, and hearing, and so we love to see and hear as well. Most men do not show emotion and this is why sometimes a marriage doesn't last, does not feel very solid, does not feel very secure; the husband does not show his emotions. It is better that we show each other that we appreciate each other before it's too late.

Love your family members wholeheartedly; sacrifice for them whenever necessary; do everything you can in your power to help them and to let them know that you love them. And to other members of humankind, just show your love universally, and help whoever needs your help. That is the way of love. You don't have to hug everyone on the street, just to show your big love. I don't hug people that easily. Except that I do sometimes to the disciples and when I see poor people, I have to hug them more. I don't know why; something pushes you; something inside just makes you feel you want to do it. And you don't even

think; you don't have time to think about it at that moment.

When I see poor people, not only do I feel like giving money, but with their fate, their miserable condition, I don't mind anything — I could kiss them, hug them all day long, no problem. Or prisoners, or sometimes the more dreaded people, I just don't think. I cannot think anymore at that moment. I just feel, "They need something; they need my love." I feel something urging inside that makes me do it spontaneously. And that is the time you should show; at that moment it is really true love. You cannot reason anymore. You cannot tell yourself to stop or you cannot tell yourself to do it. You cannot tell yourself why you want to hug. There is no more reason; no more thinking, you just do it. If such a thing happens, then you know that that is true love; that is spontaneous love. There's nothing to talk about. Otherwise, if we sit here and reason about how to love people, that's nonsense. You can't teach anyone to love anyone.

Chapter M



Why are the enlightened Masters capable of doing anything? It is because They are always in a state of concentration, focusing Their acts, speech and thoughts on whatever They are doing, and at the same time being omnipresent.

~ The Supreme Master Ching Hai

Master Knows Everything

Spoken by Supreme Master Ching Hai
Youngdong Center, Korea, May 6, 1998 (DVD#620)
(Originally in English)

Q: *Is it correct to say that You know everything but You only choose to respond to some things and other things You just don't respond to, even though You know.*

M: I also don't know. (Master and everyone laugh) These are very intellectual issues. You know, the mind is different from the soul. The body is different from the Master Power. The body eats, but the Master Power doesn't. The body sleeps; the Master Power stays awake 24 hours. The mind responds, and the Master Power just acts with knowledge; it doesn't react. The Master Power has to be above the body, outside the body, and inside the body, in order to know everything at the same time.

If it's not really necessary, the Master Power does not direct the mind to understand that, or to do anything. If it's really necessary, then the Master Power will direct the mind to do something, to react to something physically. If not, the Master Power just does it in the abstract sense — outside of the physical realm. Not that the body can understand; not that you and I can understand; not that the brain can understand. The Master Power works 24 hours nonstop. The brain can get tired, overloaded, and exhausted because of too much information, too much stress or too much thinking. The Master Power never does.

So, what you're referring to right now, whether I know or not know, refers to my brain. In order to know the way you think I should know right now, I have to use the brain to know the way you think. But that's also the brain's domain. Knowing is the Master Power. The mind can be briefed about it with a little information. It doesn't have to know. If that thing is really

important, the Master makes the mind react, makes me react — “me,” in the physical sense that you see. However the “me” who is the Master Power always does something, always knows everything, but not in the physical realm.

In the physical realm, if something happens, if something is necessary, then the Master Power directs the body and the mind to do it for that particular thing, that particular event only. Not everything else that the Master does the body should know, or the brain should understand, because the brain and the body are limited. They will burst, explode, become exhausted, be overpowered; they cannot take too much. So, the Master Power does things, not always with the body and with the brain. Even the physical Master’s body and brain can only take so much. Just like your car, it doesn’t matter if you are a president or king of the Arabian world, you can’t drive your car all day, all night, every day, every night. Even if it’s a Rolls Royce, a Volvo, or a Mercedes, it needs a rest sometimes. It needs gas; it needs a lot of things. But actually, the Master’s body is more than a car, of course. It is different, but it can get exhausted also, because of the law of the universe, the material law. So that’s why I tell you, just take my teachings, do the meditation, and don’t bother about what the body does or what I’m doing.

Aphorisms



When a Master comes to Earth, not only are the disciples uplifted and shown wisdom, but the whole race of humankind is purified and uplifted to a certain higher level of consciousness.

~ The Supreme Master Ching Hai

Master

Spoken by Supreme Master Ching Hai
Seattle, WA, U.S.A., April 7, 1993 (VIDEO#348)
(Originally in English)

Q: *What makes You the equal of other great Masters?*

M: The same thing that makes you equal with other great Masters makes me equal. All of us are equal. You are as great as Jesus and Buddha — if you want to be, if you know where your greatness is. I know; that's what makes me great. If you don't know, OK it's fine. If you want to know, you will be as great as any.

Emotions of the Living Master

Spoken by Supreme Master Ching Hai
Lecture at Georgetown University, Washington, DC, U.S.A. (VIDEO#352)
April 14, 1993 (Originally in English)

Q: *When one becomes a Master, will he or she ever have fear, doubt, or anger? We call Jesus a Master, however, according to the Bible, Jesus was frightened the night before He was crucified. And before His death, Jesus cried, "Why, God, have You deserted me?" Please explain, if Jesus had fear and doubt, how can we have no fear and doubt?*

M: Yes, they probably would have fear and doubt, but that fear and doubt are not deep-rooted like in us. If Jesus had no fear of the crucifixion, then His sacrifice was not so great. He had fear, but He accepted it. Whereas when we have fear, we run away and we try to blame it on others, or we try to escape. We try to put that cross on someone else. That is the difference.

We might have fear, we might have emotion, but we can withdraw it anytime, or we can make use of the fear or emotion for the benefit of other beings. After enlightenment, all the feelings or the emotions are still there because we are made to have these in order to use them to understand other brothers and sisters. If you have no feeling, no emotion, how can you understand human beings? How can you help them? But the fears of the Masters are different.

The fear of the Master sometimes is also affected by the fear of the disciples. He takes the fear from the disciples, so the disciples are fearless. The Master will take some degree of that fear, but that is only very shallow and not deep-rooted — only illusionary. And the Master, on one hand has fear, but, on the other hand, definitely has no fear. He knows he has to have fear, but he doesn't fear the fear. (Applause)



Aphorisms

Enlightenment doesn't mean we should altogether eliminate the emotions. We just know how to use them.

~ The Supreme Master Ching Hai

Definition of Master

Spoken by Supreme Master Ching Hai
Seattle, WA, U.S.A., April 7, 1993 (VIDEO#348)
(Originally in English)

Q: *What does the word "Master" mean?*

M: "Master" means you already know how to master yourself, and you are not torn apart by different obstacles in life.

Why Do Masters Need Initiation

Spoken by Supreme Master Ching Hai
Los Angeles, CA, U.S.A., December 14, 1997 (DVD#602)
(Originally in English)

Q: *When the Masters who are born as Masters come to this planet, why do they need initiation or why do they need a Master?*

M: They don't need one, really, but do you remember what Jesus said? *Let the law be done.* He was baptized by John the Baptist, and people also asked Him the same question. He said, "Let it be done." Let the law be fulfilled — the law of the physical universe. Suppose I come to the United States and I'm a British citizen, I have to obey the laws of this country even though they are a little different from England's. I have to drive on the right side, and not on the left side like England, or I will get into trouble, just to be like everyone. — And why not?

It's no big deal to have a Guru. Besides, if you have a Guru, then everyone else also follows. If you have your Master, they feel it's normal that way. If everything is too miraculous, it scares people also. Suppose I just drop down from Heaven and say, "Here I am, the Supreme Master, blah, blah, blah..." I think people would not like it that much. They would think it was hypnotism; they'd think it was cheating, or the workings of the devil. You really can't. It's already bad enough that any Master should take the physical form, any form of the physical body, because many people cling to that form. They think, "Oh, this is the form of the Master, any other form is no good."

God cannot always appear right here in front of us in one form or another. Suppose Hes were in the form of Jesus; all the Buddhists would say, "No, no, not for me!" And suppose Hes appeared in the form of the Buddha, like many people

would like to see, then the Catholics would say, “No, no, that’s heretical,” and things like that. It’s very difficult. So we have to find the Truth inside; it doesn’t matter whether the Master has a Guru or no Guru. He comes here; he has to eat; he has to be born, and physically he has to grow up, has to study, and everything else is the same. So, it’s the same with initiation.

Also it’s good to be humble, to sit at the feet of someone, to learn to be a disciple first. It’s no problem with the Master. The Master can be anything, so why not a disciple? Besides, another thing I want to tell you is that any Master who comes to this world physically, all the memory, all the glory, and all the power, are wiped away from him after the age of maybe four or something. Then he doesn’t remember anything. Like everyone else, he has to learn anew. He has to get the key again, the key from a living Master, who hands over the key to him.

Q: *Some Masters, when they get initiated, they get self-realization very fast, in six months to one year, and some require years, all together twenty years, twenty-five years, and then they experience self-realization, even though they might be born Masters. Why such a long time?*

M: Oh, no problem. It is just their own wish to do that, just to show many different people that, OK, you don’t have to be fast. Even me, I took twenty-five years, so don’t worry about your own slow progress. It is just that the Master is trying to show people, encourage people. For example, suppose I get enlightenment, realization, “great” realization in six months, and many people like it. A type of people who like that, quick, come to me and say, “If She got it in six months, I can get it in six days!” (Laughter) Some people feel inferior if they take too long. If they look at some other Master, either in the past or in the present, and say, “Oh, that Master took twenty-five

years to become a Buddha, so I'm OK. Even though I don't progress very fast now, look at that Master. He was born as a Master, and he still took so long." So it doesn't matter very much. That's one thing.

Another thing is that there are two kinds of Masters. One Master is made, and another Master is born. The "born Master" is quick. And the "made Master" is like any of us here, who has been wandering so many centuries and thousands of lifetimes in this world. It's the first time he comes to realization and he endeavors to become a Master. And it can be his destiny, his predestination. He's destined to be like that. And the other Master is born by destiny, born with the glory of the Master already, with all the power from the past, present, and future to bring to this world to do the work. So that's fast. There's no difference between being slow or fast, because we have all been Masters in the past anyhow. It's just that some Masters have realized it already long ago, and come back again as born Masters. And some are just newly made here.

Q: *Some of the perfect Masters, the strong Masters, sometimes never come out from the caves of the Himalayas. They continue to stay there, and only a small number of people can get the benefit from this.*

M: That is the Master's work. Who are we to tell the Master what to do? Each Master has his or her own destiny, or own mission to do. To sit in the Himalayas is just as good as to preach to the people. Some Masters like to go out to share the joy with the people, and some Masters just sit there and benefit others by radiation, by their presence in this world. It is fine. Some doctors become professors and teach in the university. Some doctors just work in the hospital. Some doctors retire and don't work. (Laughter & applause)

We benefit from the Master not only in terms of the

physical presence, but there are also good will and Light from the Master when he meditates in the Himalayas, or meditates anywhere. But of course it's more direct for those who have affinity with some certain Masters, coming in contact with the physical Master so they can realize it more quickly. And the other Master sometimes sits in the Himalayas and mentally or spiritually supports the working Masters. Everyone has his or her work, and there is no problem with that.

Master's Physical Form

Spoken by Supreme Master Ching Hai
Houston, TX, U.S.A., November 14, 1993 (VIDEO#395)
(Originally in English)

Q: *Do You see there being something special, something unique about You being a female Master? About You being so youthful? Why perhaps were You chosen as You are in this particular form to be our living Master?*

M: I guess this is the will of the Most High, and I cannot do anything about it. I guess we need a change. Always having male Masters is boring. We need a change. (Master and everyone laugh) (Applause) You know, being a female spiritual teacher has also some advantages. Like, many women don't like or feel shy talking to men teachers, so maybe they find it easier to communicate with a female teacher. Maybe that's why God chose me to do this job.

Thoughts of a Master

Spoken by Supreme Master Ching Hai
Paris, France, April 25, 1993 (VIDEO#360)
(Originally in English)

Q: *What are the thoughts of a being that doesn't have ego?*

M: Thoughts of the Master, the Holy Names, the Kingdom of God, and all the nobility that you can imagine. When you think of the Master, you have everything — all the qualities inside, and everything else comes naturally. I don't say that meaning that you should pray to me, or anything like that. The "Master" means the representative of all that is the best in the universe. Only in that light should you think of the Master, and consequently all the best will come to you because the Master channels all the best.

When something channels all the best, and inside is only the best, it doesn't matter what it looks like outside. Inside, it's the best drink. We only consider the best drink inside, regardless of how the container, the cup, looks. But I also present you with the best cup because people love beauty. Why not beautify the world we live in if we can? If God gives me that talent, why should I not use it?

A simple life means that whatever you have, use it. You don't have to struggle with it; just flow with it. It doesn't mean you have to throw everything out and look like a beggar, against your character, your habits, your mannerisms. Whatever you are comfortable with, it is OK; the most important thing is to keep the discipline and meditate, know your Self, be vegetarian, no wine! But I don't say anything like an order. I just advise you in leading a better way of life, as an older sister to a younger sister. Yes, maybe I'm older in the spiritual aspect.

Trust in the Master

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *Deep in my heart, I know Master is an enlightened Master, and I can feel the blessing of Master's loving power. Why then do I still occasionally have suspicious thoughts?*

A: All through our previous lives, our mind has recorded many dark thoughts and wrong conceptions that cannot be erased in a short time. In fact, we have two kinds of forces within. One is positive, and the other is negative. This is the cause of our inner struggles. We practice the Quan Yin Method to develop our positive power. As long as we can practice methodically and persistently, and communicate with the highest Power every day, the God Power within will bless us and cleanse all our dark thoughts.

True Master Differentiated from False Master

Spoken by Supreme Master Ching Hai
Lecture at Georgetown University, Washington D.C, U.S.A., (VIDEO#352)
April 14, 1993 (Originally in English)

Q: *How can we tell true Masters from false masters?*

M: That I don't know; I haven't met any false ones. I've only met true Masters. False or true, it's up to you. There are many ways to discern a true Master. When a so-called master just clings to one part of the Truth and forsakes the rest, and then teaches the disciples only one part of that from the whole Truth, then we call him a false master. But actually the name is not correct. Maybe he is a kind of "partial master," a part-time job, a part-time master, but not false.

And when a master teaches you the whole Truth that is with yourself and awakens that which already exists within yourself, that is the true Master. Because He/She awakens the true Master within yourself, that is the true Master. And what is your true Nature, what is the true Master within yourself? That is God, that is the Holy Spirit, which dwells within your church, your temple. And when that God manifests, we can hear the teaching through the heavenly Music, we can see Hirm through visions or through abundant illuminations like a thousand suns, sometimes. That is our true Nature when It is awakened.

So, if any master can awaken this heavenly wisdom, vibration and heavenly Light within you, which is your Self Nature, which is your self-mastership, then that is a true Master. It takes One to know One.



Pearls of Wisdom
True Masters

Spoken by Supreme Master Ching Hai
 Hsihu Center, Formosa, December 30, 1991 (VIDEO#202)

(Originally in Chinese)

If we see a person bound by affection for another, we know that he is at the astral level. If he is eloquent but with no affection for others, we know that he has gone beyond the first realm and has reached the second. If a person has no feelings for others, and does nothing good or bad, or has great creative talent, we feel that he has gone to the third realm. We do not know his inner visions, but we can tell a little by what is shown outside. What if he possesses all three qualities? For example, if he has affection for others, he is eloquent and creative then we know that he is at the third realm. But if he is very clumsy and cannot accomplish anything, we know that he is still at the astral level. It does not matter how good he is with his words.

Then, is it true that a true Master who has reached the fifth realm has no affection for others? I mean that he has passed the third realm and reached the fifth realm, and then does he not have any astral sentiment? Is he not the same as those who are ignorant? (A: He can control it!) Since he can control it, why does he still have it? Why does he need affection? (A: In order

to understand others!) In case he wants to teach the people at that level, he can use it.

For example, now that we walk on the spiritual path, we have no desire for money. We do not really need much money. We do not want to be high-ranking officials. However, in case we are already high officials, we need not throw away our positions, but we should use our positions to help others. If we have plenty of money, we can use it. There is no need to throw it into the sea. We can give it to the needy. Therefore, it is not that sentiment is not good. It is not that eloquence and creativity are not good. We can use them wisely and should not discard them.

If a person only has those abilities but does not have countless transcendental forms and does not do any good deeds, then we know that he is not a true master. He is merely an astral being. If he also has astral sentiment, or he seems to have affection for or have whatever relationship with people, as well as billions of transcendental forms, transcendent powers, great compassion, and indiscriminate love, then we know that he is not stuck at the astral level but possesses those qualities and uses them as the situation requires. This is the difference between true Masters and people who are ignorant or at the astral level.

Prior Master

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *Previously I was devoted to another master to whom I am indebted for his grace. I also took a serious oath in front of God. I only realize the outstanding superiority of the Quan Yin Method now. Will I be punished by God if I leave that master?*

A: If you fully understand the pure purpose of spiritual practice and desire to progress by practicing a method that will give you eternal liberation, but your teacher cannot teach you such a method, then of course you should find another teacher who can truly bring you into the lineage and give you the proper guidance on the right path.

Actually, if a master of any belief is incapable of leading sentient beings to liberation, we should look for another master. A real Master should be able to transmit the correct method to you, initiate your wisdom, and enable you to attain the Truth, henceforth to return to the Kingdom of God. It is just like a ship, the chief function of which is to bring us to the opposite shore. After we reach the other shore, we don't need it anymore. We must not cling to that ship and forget about the real objective.

Let's take another example. When we graduate from primary school, our teacher should allow us to be promoted to junior high school and then high school. We should not feel that we have disappointed or betrayed our primary school teacher just because we have been promoted to senior high school.

Prior Master

Spoken by Supreme Master Ching Hai
Seattle, WA, U.S.A., April 7, 1993 (VIDEO#348)
(Originally in English)

Q: *I love my original master very deeply and usually recite his name. If I continue to do this, will I lose Your love and blessing? I love both of you. There's no difference because without my original Master I would not be alive to sit here and listen to Your lecture.*

M: I'm not in competition with anyone. You can love ten more masters if you wish. No problem. Just be enlightened. That is the best way to show gratitude to your previous master. You don't even need to be grateful to me, or anything. Whatever you do, I love you all the same. It's you who probably do not love yourself because you think, "I do that very badly; I do this very badly." And it's you yourself, who stop feeling loved.



Aphorisms

Initiation is meant to remind you of your greatest inheritance, and then you can make use of your Treasure every day instead of relying on any Master at all, whether dead or alive. That is the purpose of our method of practice, and there is no other purpose besides that.

~ The Supreme Master Ching Hai

Whether we believe in an enlightened Master or not depends on whether that Master is truly capable and whether He/She honors His/Her promises or not. We must see if we make progress and develop our wisdom by learning from the Master; if He/She really has countless transcendental bodies, and if He/She has really helped people.

~ The Supreme Master Ching Hai





Pearls of Wisdom

Put What You Learn into Action

Spoken by Supreme Master Ching Hai
Chicago, U.S.A., February 19, 1994 (VIDEO#103)
(Originally in English)

You cannot always be intimidated by the greatness of any Master, or any person, and stay in the shadow of that person. You have to grow up and be yourself. However great, however small, it's you, but with the knowledge of yourself — that I am that person. And, of course, whatever undesirable habits, you try to cut down, and whatever you think is good for you, more ideal, more noble, then you try to fulfill in your capacity, in your time, by your own sincerity and endeavor. But don't always look upon a master, a teacher, or any great person and forget to grow!

That's why I cannot always be around you, or telling you everything that you must do or not do. That's no good for you! You have a brain, you have a mind, you have the wisdom, and you have to use them. Every time you use them, they become better and better. Otherwise, I could never tell you everything. Of course, you can learn something from me if you think it's good for you, if it's suitable for you. You learn something as an example, but not as something that you always rely on or look upon and then forget your own talent and your own intelligence.

Recognize the Role of Maya

Spoken by Supreme Master Ching Hai
Los Angeles, CA., U.S.A., July 8, 1997 (DVD#588)
(Originally in English)

Q: *Master, in one of the News magazines recently, You said that there was no Maya, only God wearing a mask. When You do good things for us, we always have obstructions ahead, so I am wondering whether that is the Maya doing a bad scene to prevent You from doing everything for us?*

M: Of course there is a struggle, because Maya is just another force trying to keep the people here, and the Master Power is another force trying to uplift people, because the people who come here are the ones who want to remember they are God. But if it were so simple — you just get a mother, come into the womb, become a baby, and then grow up to become an enlightened Master — then it's so easy, so cheap; what for would you even have to come to the physical body?

So there must be something, like a test in the school. The teacher who gives you very difficult tests is also the one who teaches you every day, who loves you, and who guides you in every step of your education. But he has to test whether you've become strong enough, whether you've understood it, whether you've grown up, whether it was beneficial for you. So Maya is just a test. If you fail the test, then you fail and you will have to begin again, and sometimes it's more difficult. Every time you fail a test, it's doubly difficult the next time. And if you fail the third time, it's six times more difficult.

Be careful all the time with your actions, speech, and thinking; don't fail the test. Whatever is good for other people or good for you, you know you must do it; and there's not even any "in case" and "suppose to" about it. Just do it if you can do it; and don't listen to the Maya, the mind, telling you,

“Think of yourself first. Why are you doing that? You have your life to take care of. Forget about her, forget about them; forget about everyone else except yourself. Just do what you want right now regardless of how many people suffer.” If you listen to that voice, you will fail. If you listen to your soul, you will pass with flying colors.

So, Maya is no problem; the problem is you, is us. Suppose you go to school and there are no tests, no exams, then what for? How do you know if you’re good or not? All the people in the Olympics have to pass their tests also. It’s very difficult to pass the tests, and they would say, “Oh! That’s Maya!” Most of the time, it’s very, very difficult. Often we fail. Only once in a while we succeed in standing up. Once we can stand up, we feel the real difference in progress. We feel we have been uplifted to a much higher level; we feel like a burden has been lifted from our shoulders and we will be stronger, more clear, and more proud of ourselves. Try it! I have tests all the time also. I do.

Q: *Since You are an enlightened Master, and if the Maya tests You, is there a way to know the Maya is testing You?*

M: No, it doesn’t test me straight away. It puts a lot of disciples and trouble in front of me. If it tests me, I would just say, “Get lost! I know you.” It just tests my attendants, my disciples, my loved ones, my friends, relatives; it brings that person trouble, and in turn, he troubles me. That should be enough. It never tests me alone, no! It knows me. For example, I want to go to group meditation, and then probably I have only one driver or one attendant at the time. Normally, we don’t have any problems with each other, but suddenly, just before I go to group meditation, all kinds of problems come. Maybe he’s sulking; maybe he is thinking of going home, maybe he is thinking of his girlfriend, maybe he is thinking of going somewhere else instead. And then he makes a lot of noise, a lot of trouble: anger,

arguments, and walks or drives away somewhere else leaving me alone there. Maybe I am late for group meditation, maybe I couldn't come at all; maybe I am too tired and exhausted after trying to win him back onto the right path. Just to rescue one person alone sometimes can be very exhausting because that person is next to me, and all the force of Maya is on him. So I have to help him; and in helping him, I am exhausted. Then I can't go to you, I come late, I come with a big head, or I come in no mood at all to talk.

That's the way it works; it doesn't test me. Nothing can test me. How — money? Give me money so I'll stop being a Master or what? Give me a lover so I'll stop, no! I cannot. Even give me money, OK, I'll accept it, but I'll continue my work. (Applause) Give me a husband, OK, come work with me. What now, make me become a president? Make me sick? OK, I'm sick, fine. I'll go to the doctor, get a shot and all that, and then I'll get up to do it again. It can only stop me for a while and not for long; it knows that.

All these sicknesses and troubles on my part are not Maya's tests on me; they are tests through my disciples, through my close ones. It is always like that, one hundred percent of the time like that. So even if it doesn't make me sick directly, through the disciple, it can make me sick, make me worry, make me sleepless, make me hurt. Then I get sick, and that also can, in turn, hinder my work or make me weaker for my work, make me work with effort, with suffering that I have to try to overcome. That's all. How else can it test me? The Maya can't do much. Even if it kills me, that's the worst. Then I'm free.

Talking about Maya, I know it every day. It just hides behind some of my people; it never comes face to face with me. Never! But I know it is somewhere. The problem is that most of the disciples are Maya themselves. Like attracts like. If you're strong and good, how can Maya attract you, how can

Maya use you? You know immediately that you're doing wrong to yourself, to the Master, and to the public, and then you stop. But they don't know; they think they are doing good. They help the Maya to trouble me, often times. So you can see whether a person is weak or strong by seeing his actions or her doings. You know right away whom he is helping, who he is working for, who the boss is. Anything that works to help the public or the Master is the work of the Master Power; anything that goes against that for any reason at all is the Maya. That is very simple.

You see it right now, but you don't see it when you're around me because that's the time the Maya will dig out the Maya in you, and use it. Now it's lying asleep under control. You will know how much Maya there is when you come face to face with a test; when you have to work for the public; when you have to sacrifice your ego, your time, your physical being, and your likes and dislikes for the benefit of other people. At that time, then you will know how much Maya you still have in your body, in your mind. Otherwise, you will never know. Nothing changes. It's just that you have it inside, and the Maya or the God quality comes when the time, when the situation comes. When it's required, that side of nature comes out. Then you will know how much God Nature and how much Maya nature you reveal to yourself and to other people to see. Everyone can become an enlightened Master. It's just that they don't choose to, that's all. They choose the easy way, the habitual way. That means they take care of themselves first. To take care of yourself is very good, it's a duty, but not at the expense of everyone else. That is disastrous; that is when you are really working for the devil.

Meditation Experience Prior to Initiation

Spoken by Supreme Master Ching Hai
Singapore, March 8, 1993 (VIDEO#327)
(Originally in English)

Q: *Is meditation necessary before initiation? How will initiation help me in my everyday life?*

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

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

Leaving the Body: The Transmigration Tunnel

Spoken by Supreme Master Ching Hai
Youngdong Center, Korea, May 6, 1998 (DVD#618)
(Originally in English)

Q: *I had an experience a couple of weeks ago when I was meditating. I fell forward and I kind of surrendered to that great Power. I saw myself coming out of my body, but this way — down, down this way. I just wonder if that kind of leaving from the body takes me to the lower realms, if I go down instead of coming up?*

M: It's just your feeling; there's no down and no up in that dimension. But did you feel good afterwards?

Q: *Yes, but at that time, it was quite frightening. Fast speed, and it was like going through a tunnel.*

M: You went through the transmigration tunnel. You were dead for that moment; that's why. You came back to life. That's what real "resurrection" is. It's good. No problem. Don't worry about it.

Leaving the Body: Dying Daily

Spoken by Supreme Master Ching Hai
Los Angeles, CA, U.S.A., June 7, 1998 (DVD#626)
(Originally in English)

Q: *I had a most amazing experience. I was in my bed, it was nighttime, and all of a sudden, I heard angels; I heard thousands of them. It was like “ah,” but magnified by thousands. Then I left my body and went out into the courtyard and I was flying with the angels. They were really, really big, and they were angels. Then the next day, my brother was at the table, (I hadn’t told him about this experience) and he said “Guess what! Last night, I heard angels, and there were thousands of them.”*

M: He also heard them?

Q: *He heard them but he didn’t fly. He didn’t go up there with them. My question is, I never really believed in them so much before, but now I really believe. Was that real? Are there realms like that where there are angels?*

M: Of course, that’s when you die; you die daily. You leave your body and come back. That’s the real “resurrection.” People only meet angels when they die and they come and take them to a higher realm. But you can die like that all the time and come back. That’s what we call liberation in this lifetime; Heaven is at hand. Now you know what the Bible is talking about.

Even though your brother is not in the same category as you are, he also heard them because of the transmission between you as brother and sister. Your vibration lifted him up also. That’s what we do; the Quan Yin practitioners, we, the meditators, the serious practitioners, bless everywhere we go, everyone we see, everyone we think of, be it humans, animals,

ghosts, or angels. We bless them without knowing it. It's just by chance that you know. Your brother was blessed by you at that time because you raised your level and he was nearby and was blessed. He's more sensitive, so he picked it up, but your whole family was blessed; it's just that they did not know it.

Why No Light?

Spoken by Supreme Master Ching Hai
Tainan, Formosa, May 21, 1989 (AUDIO#CG13)
(Originally in Chinese)

Why do you sometimes hear the Sound but not see the Light when you practice the Quan Yin Method? — Because of breakdowns — television breakdowns. Therefore, we need to repair it very diligently every day. How? We have to be pure in thought, speech and action. We should not hate anyone; we should endure everything. No matter how others treat us, we have to use endurance and love. That is the way to repair our breakdowns.

Why do we have breakdowns? — Because our angry atmosphere becomes a very hard substance. It stands in front of us and keeps us from the Truth. We ourselves create all our breakdowns. When we are angry, we form a very dense and unpleasant magnetic field. The thick, dark and unpleasant magnetic field covers us like a wall and keeps us from goodness. It covers us and is very close to us just as though it were our clothes; very dirty ones which make it impossible for us to connect with the good magnetic field. That is why we cannot see the bright Kingdom of God; we only see the painful karma.

We have to purify our thoughts, speech and actions, and keep the guidelines in order to repair our broken-down television and watch it every day. The TV outside takes money, cables and performers, but the inner TV doesn't need any of those. A little repairing is enough. We have to use this TV every day, watch it every day, and then we will develop a habit and be able to use it whenever we want.



“The true world is
all glory, all splen-
dor, all blessing, all
happiness.”

~ The Supreme
Master Ching Hai



The Supreme Master Ching Hai — Love Ocean Tour — 9th Stop:
Korea, May 8, 2000



“You have to be yourself, completely free of all kinds of prejudices and preconceived ideas, all kinds of traditions, and anything that is no good for you.”
~ The Supreme Master Ching Hai



The Supreme Master Ching Hai's birthday celebration
at Youngdong Center, Korea, May 14, 2000

Meditation Methods

Spoken by Supreme Master Ching Hai
Houston, TX, U.S.A., November 12, 1993 (VIDEO#392)
(Originally in English)

Q: *I heard on some of Your tapes that You recommend not mixing practices. Perhaps You can clarify for us what You intended by that.*

M: Only when it has anything to do with breath control; that is all. Otherwise, there is not much there. For example, there are many kinds of so-called meditation. People say anything is meditation, so we are confused. But actually there are different types. There is a kind of mantra practice; they recite something. People also call that meditation, so that's confusing. People tell you to pay attention to your breathing — you breathe in and breathe out, and that they also call meditation. Some people say you have to pay attention to the solar plexus, the abdomen, all the time; that they also call meditation. Fine, there is nothing wrong with that.

But we abuse the word “meditation” too much and confuse people; because otherwise, I would say that everyone meditates anyhow. This morning when some of the television interviewers said, “We are not used to meditation; we don't know what is meditation, and You tell us to meditate,” I said “Yes, you meditate all the time; some people meditate on money, some people meditate on girls, some people meditate on drugs when they don't have enough of them.” That's their meditation. When you pay attention to something to a very extravagant degree that is when you meditate.

Therefore, I say to you, “Be concentrated, be one-pointed with my teachings.” That's why you get the best results. If you meditate on my teachings and meditate on money at the same time or meditate on a mantra at the same time, of course,

you are divided and that's very logical. I am not a dictator. I just tell you what is good for you. Whatever you want to do, you have to pay all your attention to that point. Whether you meditate, you fix the car, or you drive a taxi, if you don't pay attention, you will get into trouble.

That's very simple, but people think I am forbidding you this and that. No, everything I tell you is just good advice as a duty of a teacher. Whatever you know, you have to tell them. Of course, you make the choice. If you don't follow my advice, it's OK. You are responsible for your actions, the success of your meditational practice. But I am responsible to tell you what is good for you, so don't misunderstand that it's a kind of prohibiting or dictating. Everything I tell you is the age-old essence of a practitioner who wants to get away from all the traps of this materialism and rise above this mind-matter controlling power so that he can realize there is something greater than his own body and his own machine brain, the computer.

That's it. All of these are kind of secret codes, secret methods, to speed yourself on the highway of spirituality. There is nothing dictating about that because if you don't do it, I will never say anything to you. I will never scold you. I will never ring you and say, "Hey, you didn't do it." Or I will never check up on it. It's all your choice. The path of freedom is a path of responsibility, self-responsibility, so I never impose anything. Just to suggest, just to tell you, "This is a good way. If you do it, you surely will get that. If you don't, OK, you'll get half or maybe three quarters."

Getting Used to the Higher Vibrations

Spoken by Supreme Master Ching Hai
Tianshan Center, Hong Kong, October 1, 1993 (VIDEO#381)
(Originally in Chinese)

Q: *Master, just now when I was meditating on the Sound, my whole body vibrated vigorously. I was sitting on this rock; I toppled and fell down, and then woke up. (M: Do you feel comfortable?) I'm feeling very comfortable. I had a headache yesterday, but now it has gone.*

M: Sometimes, the vibration is stronger than we are, so we cannot get used to it. The moment we get used to it, we become stronger than it. Then we will feel very natural. It is as though a person has been starving for a long time, not having enough to eat and suffering from malnutrition. If he is suddenly given a lot of food, he may swallow too fast, resulting in indigestion. That is why we have to meditate seriously and regularly. When we have gotten used to meditating for a longer time, it will become a very ordinary practice, and we won't even be aware that we are meditating.

Why does a baby cry when he is born? In the mother's womb, he was immersed in water like a fish. When he suddenly emerges into our world, his skin gets in touch with the air for the first time and he has to begin breathing with his lungs. Therefore, it hurts and is very uncomfortable all over; that's why he cries. As he cries, he has to use his lungs, and then he will get used to our world. He now understands that there is no more water, that it has been replaced by air. He will get used to it slowly.

Our spiritual practice is similar to the situation of the baby. As we practice more diligently, we will get used to the

higher vibrations. These vibrations are much higher than ours and that is why we are unaccustomed to them. A newborn baby also cannot get used to our comfortable and free-living environment; instead, he is accustomed to the dark and confined environment in his mother's womb. Therefore, when he is just born, he feels scared and unsafe, as if he has lost everything.

Similarly, it is not difficult for us to be liberated; the only problem is that we have to get used to the free and liberated state. When we eventually get accustomed to it, we will not want to come back to this bodily prison again. Sometimes in meditation, we enter deep samadhi and go to very high dimensions; we feel absolutely free and unrestricted. However, because of our unpaid karma and unfulfilled obligations, and the fact that we still have lessons to learn in this world, we have to come back to this physical body. The moment we are drawn back, we feel extremely frustrated and agonized; the feeling is so bad that we may cry.

There are difficult moments on our spiritual path. When karmic hindrances come, we really have to exert our greatest effort to overcome them. Suppose a baby refuses to go out because he has lingering feelings for the safety of his mother's womb. Would it be good for him? Though the environment is more familiar, safe, comfortable and warm, he cannot grow in there! He will only make trouble for himself and his mother. Therefore, he had better go out when it is time to be born.

During the process of delivery, the baby has to squeeze through the narrow and bony places in his mother's body, which can be quite painful. It is as though his head has to squeeze through two stone gates and is going to split open; it is really difficult. So you see, even such a tiny baby must make the breakthrough when the time comes. Originally, he lives like a fish in his mother's womb where there is no air, no sunshine and no material contact. After he is born, he has to live in a totally

different world where everything is just the opposite! Anyway, it is good for him to force the exit; it may be uncomfortable outside, but it is still better than hiding inside indefinitely, because it is not his permanent abode in there.

In spiritual practice, we may sometimes encounter obstacles; we may feel very exhausted and want to quit. There are also times when we are battered hard by our karmic hindrances. However, we ought to stand up again, because we are human beings! We ought to be brave, and act like a hero! We just cannot lower our heads and surrender to the situation every time or give in to our insignificant obstacles.

Yesterday I read you the story “The Journey to the West.” The first part of the book describes a group of monkeys, some old and some young, some very clever and so on. However, none of them dared to go beyond the waterfall just because they dreaded getting wet. What they didn’t know was that there was a paradise behind the waterfall — a very beautiful cave. Whoever went in could live in that brilliant and comfortable cave. Being adults, if we fail to constantly think about making breakthroughs, then we are weaker than babies! Where can we put our pride then? Therefore, remember that we must not lose to the babies, as they are also very brave!



Pearls of Wisdom

We must always react quickly so that we can protect ourselves and get accustomed to the faster vibrations. Sometimes, Master will suddenly tell you to do something. It is good to do it immediately because karma also comes suddenly. We must be trained to always be ready! Then, when karma or disasters come unexpectedly, we won't be frightened and stuck there not knowing how to react.

~ The Supreme Master Ching Hai



Numbness during Meditation

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *What should I do if my feet get numb while meditating?*

A: Try to adjust the height of your cushion. Tolerate the numbness as long as they do not hurt because not changing your posture too often will lead you to samadhi (a blissful state of consciousness) more easily. Being a beginner, you are not yet used to it, but you will gradually become accustomed to this after practicing for a while longer. It is not necessary to cross your legs when you meditate. As long as your back is straight, you may use the most comfortable posture for you, even sitting in a chair.

Regularity in Meditation

Spoken by Supreme Master Ching Hai
Lecture at Berkeley University, CA, U.S.A., October 13, 1989 (VIDEO#101)
(Originally in English)

Q: *What does one do if one cannot just sit down and meditate?*

M: Then stand up, walk around for a while, wash your face, or take a shower. Take a walk and come back; try again. Don't give up. When you meditate every day, it's not that every day you will get good refreshment and results, but you must do it every day. You must do it whenever you can because God's grace doesn't make a rendezvous with us; doesn't make an appointment with us, saying, "Tomorrow, I will come to give you peace; tomorrow, I will give you a vision; tomorrow, I will take you to the third Heaven." No, no! It comes anytime, any second, even when you least expect it. So you just have to persevere with whatever technique you meditate, and pray to the Godhead, the Most High within us, to guide, help, sustain, and bless us.

Every day we must meditate, with or without success. And anytime, maybe tomorrow, maybe the next minute, you will get it. Just don't give in. Just like when we open a shop to sell things, you never know when the customers will drop in. You have to be open all day long and wait. With or without customers, we have to be open. Sometimes the last customer comes and buys the whole shop, or half of the shop.

Fruits of Meditation Practice

Spoken by Supreme Master Ching Hai
Panama, January 30, 1991 (VIDEO#146)
(Originally in English)

Q: *If we get everything from our Master, is practicing our meditation the best way we can compensate?*

M: Yes, that's the best for world, for yourself, and for the Master. The more you meditate, the more wisdom you have, the more peace you feel, and the more detachment you grow into. You live in the world, but you don't feel attached to the world. And you forgive people easily, because you're contented within. Before initiation or before practicing meditation, if someone scolded you, you felt very upset or angry, but now sometimes you don't care that much. Sometimes you just smile away. Maybe you react, but not with anger like before. Sometimes you might pretend to be angry just to suit the circumstance, but you're not truly very deeply hurt like before. Sometimes you might cry or laugh like before, but your crying and laughing are not the same anymore, not so deeply emotional. We cry and laugh just like it rains — it must rain or it must shine — without attachment. Even if we have anger or an emotional upheaval, it's just very short, and not for so many long days like before. If you feel this, that's the mark of your success in meditation. That's a great improvement — not vision, not magical power, not riches, not healing powers and all those sorts of things. No, these are not important. Love is important. If you feel your love inside that emanates toward all beings and you feel peace within yourself, these are what's most important.

The Quan Yin Method: An Astounding Yet Marvelous Starting Point

Spoken by Supreme Master Ching Hai
Boulder, CO, U.S.A., May 14, 1991 (VIDEO#170)
(Originally in English)

Q: *Master, I've been doing the practice for several months. Sometimes I've cried quite a lot, which feels like I'm releasing, so that I can go on.*

M: That's good. You have to cry at least once a day. It's not only the Quan Yin Method. The Quan Yin Method is only the starting point. Then the Master gives each individual an extra method as well, an extra push — some cry, some laugh, some feel happy, and some feel a little bit remorseful. But things change all the time. You can't always feel happy, and you can't always feel regretful. You just feel improved each day through whatever means you are given. The Quan Yin Method is a complete one. It gives you everything that you need. It guides you in every direction that you want to go, and gives you all kinds of instructions that you need for your growth, inside and outside.

Correct Practice of Quan Yin Meditation

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *I have heard that we will improve very quickly in our practice if we can do the “Quan Yin” (contemplation on the Sound) for three hours continuously. However, is it all right if someone does more of the Sound contemplation and does not adhere completely to the right proportion of contemplation on the Light and Sound? Do we have to strictly adhere to this proportion in our daily meditation?*

A: To be able to contemplate on the Sound continuously for three hours can quickly bring our straying mind under control, and correct our wrong thinking and concepts. However, this only applies when we have contemplated on the Light for six hours or more with very good concentration and can contemplate on the Sound continuously for three hours with natural ease. Therefore, it is still necessary to meditate according to the right proportion of time. However, if someone meditates and has unconsciously exceeded the same ratio as instructed by Master, like when he has entered samadhi, then it is all right. Just be natural. As long as we do not purposely contemplate on the Sound more than contemplating on the Light, it is all right.



Pearls of Wisdom

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, October 29, 1995 (VIDEO#317)
(Originally in English)

Please remember to do the Quan Yin according to the proper proportions. The Quan Yin is the one that cleans. Sometimes people sit there and they don't do the Quan Yin. In that case, they cannot progress very quickly.

Also, try to check your thoughts. If you check your thoughts, there will be no bad speech and no bad deeds. If one thought arises and you check it immediately, it will not come out of your mouth or result in action. So, thought is important. Don't follow your passions or your thoughts in your mind.

You remind each other. The guidelines begin from your thoughts. Purity begins from your thoughts. So, check your own thinking.

Practical Benefits of the Quan Yin Method

Spoken by Supreme Master Ching Hai
Mexico City, Mexico, March 30, 1993 (VIDEO#345)
(Originally in English)

Q: *What is the real practical purpose in our everyday life of following this meditation? Where will You lead us?*

M: Because we don't use our complete wisdom, we have a lot of anxiety, and sometimes we do things in an unsure way. Sometimes, we are unhappy and feel many external pressures, and also we are frightened of situations; therefore, we are not peaceful and stable no matter which position or how much money we have. If we find this greatest Wisdom inside, we can do things better and clearer. We are happier, more stable, and peaceful, and this is good for daily life already. Also, we love others more unconditionally; all hatred and envy fall away.

Actually, There Is No Method

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *In practicing the Quan Yin Method, when we reach the highest level, are we not supposed to hold on to anything, including the “Method”?*

A: Yes, when we are at a very high level of samadhi, we are not aware of the “Method.” There aren’t any methods there and we naturally will not try to hold on to them. However, when we are back in this body, there are still methods. This world is different than that other world. In this world, we should practice not just for ourselves, protecting ourselves from interference by negative forces, but also we should bless this world and cleanse society by using our good vibrations to counter negative vibrations. Therefore, we should continue to practice according to the “Method.” Furthermore, even when we have reached a very high level of practice, we still depend on this “Method” to go up, like using a ladder. Also, we should be good role models for our relatives, friends, and other disciples. If we do not practice, they will not either.

True Meditation

Spoken by Supreme Master Ching Hai
San Francisco, CA, U.S.A., May 25, 1989 (VIDEO#345)
(Originally in English)

Q: *How do You meditate?*

M: Everyone already knows how to mediate. It is only that you meditate on the wrong thing. Some people meditate on pretty girls, some meditate on money, and some meditate on business. Every time you pay a lot of attention to one thing, one-pointedly and wholeheartedly, that is meditation. And now, I pay attention only to the inner Power, to the compassion, to the love, to the merciful quality of God, and that is my meditation. But to do so officially, we should just sit in a quiet corner and be by ourselves; that is the process of meditation. But it is not by sitting quietly in a corner that one gets something. No, no! You have to get in touch with that inner Power first, and with that inner Power, we meditate. Actually, it is like that. This is called Self-awakening. You must awaken the real Self, inside, and let Hirm meditate, not you with your human brain and mortal understanding. That Power will meditate: Hes meditates, Hes awakens Hirmself, Hes knows how to work now.

At the moment, you let Hirm sleep and you do everything mechanically by orders from the brain, so even when you sit down, you think of a thousand and one things, and cannot subdue your own passions. But when your Self awakens, the real inner Self, then the God Power within you will control everything, will meditate, will come back to its own Self, and that is the real meditation. You only know real meditation after you are awakened by transmission from a real Master; otherwise, it is only a waste of time. The mind and body are wrestling. You only rest your body, but the mind is struggling and fighting. That is not real meditation.

Silencing the Mind

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *When I meditate, my thoughts wander and I am restless. What should I do?*

A: After working all day, it is not easy to calm down right away. Meditate for a while longer. It will help you to calm down. Remember to recite the Holy Names whenever you can. Ignore all the wandering and unwanted thoughts. You may read Master's books, listen to Her tapes and watch Her videotapes before you meditate. You may also play one of Master's tapes softly while meditating, but be sure the sound comes from the front and not from behind you. Any or all of these practices will bring you tremendous blessing. Remember to focus your concentration on the wisdom eye when you meditate.

Watching Master's Videos: The Best Method to Calm the Mind

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, July 3, 1995 (VIDEO#484)
(Originally in English)

Watching videos calms your mind and answers many of your questions before your meditation. It helps you a great deal. Don't think it's useless and then you just run around or do something else. Listening to holy chanting or videotape lectures will help you a lot, even if you do not truly pay too much attention to it sometimes. But sometimes you will, because some of the sentences will shock you awake or calm your nerves.

If paying attention to the talk on the screen calms you, then it will help you in your meditation. That's the purpose. It's not that you have to look at me every day on the screen for any reason. The group meditations also help you a lot because of the collective energy. So, I hope you always abide by my instructions, not abide by my body; my instructions will give you lasting good, not the body.

Make Up for the Mistakes

Spoken by Supreme Master Ching Hai
Melbourne, Australia, March 13, 1993 (VIDEO#330)
(Originally in English)

Q: *If a wrong is done and can cause bad karma, how can it be reversed or undone?*

M: Do the opposite. Try to make up for it. Not only stop doing wrong, but continue doing right, or start doing right. Not only do we not steal from other people, but we also help the people who are poor and truly in need. That's the true correction for what we did. For example, you have a husband and you have an affair with another man. Only for example, please! (Laughter) Now you feel sorry about it. It is not only that you have already stopped the affair because your husband doesn't like it, but you also have to love your husband more. Take care of him more. Help him to feel better. Help your family relationships to become more solid and happier for you, your husband, and your children. That's the positive way of repenting our wrong deed. Not only do we stop doing wrong, but we have to do right.

Once Gandhi heard a Hindu person say, "I am going to hell. I killed a Moslem because another Moslem killed my child." Then he asked, "What can I do now? I will go to hell anyhow." So Gandhi said to him, "I know a way out of hell. If you raise an orphan to become a Moslem, you can make up for that. Maybe you will still go to hell, but at least your conscience will be clear. You'll know that you have done your best to make up for the wrong you have done and also made someone else happy. At least when you go to hell, you will go happily."

How to Make Our Motives Selfless

Spoken by Supreme Master Ching Hai
London, U.K., August 25, 1997 (VIDEO#591)
(Originally in English)

Q: *How can we know the motives of all our actions — if we're doing something out of service, out of proving our qualities, or if we're just doing something because of our ego?*

M: We do know what we're doing, don't we? You know what you're doing it for. You can feel it right away. And even if you don't realize it in the beginning, later you can check yourself and you'll know why you're doing this and why you're doing that. If you've doing it for ego, then just check yourself, turn around, and be more selfless. Many times in the beginning, probably we do not know why we do this and that. We take up some service, some work, probably out of a competitive kind of attitude. But then as soon as we realize that we're being competitive, we turn around immediately and say, "Oh, no! I should not think that way. I should not feel this way. I should take this honor and opportunity to serve people selflessly." That is nobler.

The moment that we realize we aren't noble enough in our behavior and in our intentions, we just check on ourselves, and then change our attitude. The service remains the same, but just the attitude should be changed. Even if we didn't have a noble intention in the beginning, we still can change in the middle of it.

It's sometimes difficult because we cheat ourselves too. The mind cheats us into thinking, "Oh! I want to serve humankind." But sometimes we serve more out of self-interest. After we check ourselves for a long while, we become more prudent in our attitude, in our thinking, in our motives. Then it becomes that we're just selfless by nature. Even sometimes

if we do it with the ego, it's all right. Just forgive yourself. At least someone else is being served; someone else benefits from your actions. Then it's OK. But it is better for us, if we know that our intentions are noble so that we know we're on the way to becoming a better, more improved being.

Chapter N



*Every time we remember God, every time we remember the Holy Names of God,
we are empowered with purity, holiness, and blessings.*

~ The Supreme Master Ching Hai

What Is in a Name?

Spoken by Supreme Master Ching Hai
Malaysia, June 4, 1993 (VIDEO#377)
(Originally in English)

Q: *Is it the only way to be saved and liberated, or is it a form of self-glorification?*

M: “Ching Hai Wu Shang Shih” is not my name. It’s the name of the greatest Creator, the Father. I’m Hiers daughter. I just have the same name. It is just like if you are from Mr. Wang, you are the daughter of Mr. Wang, and then your name is also Miss Wang. “Wu Shang Shih” is not my name; it’s your name also, but you don’t know it. You deny your glory; that’s your problem. Don’t ask me to deny my glory.

It doesn’t glorify me any more, because I’m already glorified. I know my glory. I don’t need you to praise me.

Chapter O



To be a noble being is the only choice – to walk forward, doesn't matter how difficult; to fly upward, doesn't matter how far, how high, we just have to try again and again.

~ The Supreme Master Ching Hai

Building Courage and Rising above Obstacles

Spoken by Supreme Master Ching Hai
Tainan, Formosa, January 12, 1989 (AUDIO/CG6/8)
(Originally in Chinese)

Q: *Every time after I have meditated for a while, I want to stand up. I cannot continue to meditate, because I feel a power pulling me up.*

M: What power? (Laughter) You don't blame your own laziness, but you blame an outside power. You always blame ghosts, Maya, foxes, rats or cats. You do not think whether it is your own problem. If we practice diligently, we will eventually have inner visions, but we must truly be diligent and not blame negative powers for disturbing or pulling us away. Actually, there is no power pulling us away except our weakness. Even if Maya bothers us, it is all because we are afraid of it.

There is an Au Lac saying, "When Maya wants to trouble you, it will look at your face first." This means that it will see whether you are fierce and courageous or not. If not, Maya will bother you. If it sees that you are fiercer than it is, it will not dare to bother you.

In "The Journey To The West," when the king of hell wanted to take the Monkey King to hell, he arrogantly said to the Monkey King, "Ha! Ha! I am the king of hell!" However, when he was defeated, he kowtowed to the Monkey King, saying, "Oh! Your Greatness! Please spare my life! Please spare my life!" (Laughter) We should be like the Monkey King. If we are too weak, we will be intimidated by Maya. If we are always afraid of Maya's power, it will come to us, because we

are actually expecting it to come. Otherwise, what power in the world comes to you only but not to others?

Therefore, when we encounter obstacles, we should not be bothered. Even when we feel a negative power, we should continue with our meditation. If we cannot meditate, get up and walk around for a while and then try again to meditate. While reciting the Holy Names and praying to the inner Master for help, we continue to meditate and see what the negative power can do to us. (Applause)

We should be positive, optimistic and courageous and then this will become our habit, because everything is created by the mind. If we lack self-confidence and courage, we will feel scared even when a rat moves; we will imagine that it is a horrible thing or that Maya or some power has come. But it may actually be just a rat. So don't be afraid of anything.

Obstacles in Meditation

Spoken by Supreme Master Ching Hai
Surabaya, Indonesia, March 19, 1997 (VIDEO#580)
(Originally in English)

Q: *In one of Your video cassettes, I heard about Emerson, an American philosopher. He said, "It's a difficult thing to reach Godhood on this plane." I don't understand if this is against what You're talking about.*

M: No!

Q: *Then You said, "Let God do the business," and "let God do everything for us, through us." What I need is Your guidance.*

M: He said "difficult." He didn't say "impossible." Of course, it's difficult to reach God. That's why we need the guidance of a Master and blessing from the Master Power. And after that we should let God bless and guide us, and do everything through us, instead of doing things with the ego. Everything is correct the way I said it; there's nothing contradictory. It's just that you understood it differently. It is not that it's different. Emerson said, "A big burden will fall from our shoulders if we let God run the universe." Most of us run the universe. We worry about this, we take care of that, and we don't rely on God's power. That's why we exhaust ourselves without much success. So, if we do things to our best ability and let God arrange whatever the outcome will be, and then we won't feel so hurt, so disappointed, and so tired. That's what he meant. Are you satisfied?

Q: *This is confusing to me, Master. I have a lot of expectations that God should run all these things. But I am facing all these troubles, and it has not been lightened, and it is a burden for me. I'm expecting God to do that for me.*

M: It's not that you're expecting, you're dictating to God what to do, and Hes won't listen. Obstacles and troubles are there for you to overcome, but God will dictate the outcome. You have to always try your best, but don't expect anything. That's the best. That's the proper way of expectation. If you expect and say, "God, I'm putting one hundred dollars here, and I want to get one thousand dollars tomorrow." That won't do. You expect too much. Most of the time, we do things and we expect the outcome to be like this or that. But it doesn't come out like this, it comes out like that. Then feel disappointed, sad, hurt. But it may be that this is good. Maybe the third outcome is better than the first or the second that we expected. We don't know. We should just try our best, and when our conscience is at peace we can say, "OK, I tried my best." And if the outcome doesn't suit our taste, just let it be. Then that way, you don't feel burdened. You don't feel exhausted. You don't feel hurt. You might still feel hurt, but in the end we realize whatever happens is best for us.

I've told you many stories about surrendering to God's will. Remember the Indian story about the person who came to take refuge in a house, during a wartime bombing. And the family members, the owner and the other members, just pushed him out into the street again. They didn't let him stay in their house and take refuge, so he had to get out, and meanwhile blamed God for not protecting him. But as soon as he got out of the house, the house exploded. A bomb dropped right onto house, but he survived after being kicked out. So, we never know what's good for us. It's better just to try our best and accept whatever comes. But you always have to try your best. In that way you'll rest in peace and you'll know you have tested your strength and wisdom.



Pearls of Wisdom

Submit Our Will to God's Will

Since God is omnipresent, we cannot escape from God. We might just as well remember and submit our will to His will, so that our life will have more meaning and our purpose of being a human will be quickly fulfilled. If something is there and we keep denying it, it is a waste of time and a waste of energy. We just naturally accept it, and that's it. It is better for us, and it is better for God.

~ The Supreme Master Ching Hai

God Takes Care of Everything

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

~ The Supreme Master Ching Hai

Chapter P



What is the spirit of Zen? It is to enjoy today, to do what is required today. No matter if it is happiness or suffering, it is all today. Don't bother about the past. The past cannot be retrieved; the future is not here yet. But very few people will devote their attention wholeheartedly to the present moment. That's why everyone suffers so much.

~ The Supreme Master Ching Hai

Past Lives

Spoken by Supreme Master Ching Hai
Singapore, March 9, 1993 (VIDEO#328)
(Originally in English)

Q: *Master, how can I remember my past lives so that I can retrieve the knowledge I learned then?*

M: It is enough to learn in the present because in our present life, we haven't even learned enough yet. The past life is gone and God has drawn a curtain between the past and present. It's for our own benefit. Therefore, it's not always necessary to retrace the past. If we know too many things about the past without having enough power to handle it, or to improve it concerning the present, then we will be in trouble. That's why people sometimes come into a possessed state of mind. Or knowing too much of the past, they are miserable living in the present.

Suppose you knew that in a past life, you were the sultan of such and such country and now you are driving a taxi, would you like it? Or suppose you knew that last life, you and your wife had some kind of bloodshed with each other. Now, every time you see her, would you be afraid since she killed you in your last life? Could you ever be loving again toward her? It would affect very much your family harmony and your personal relationships, as well as your own happiness. Is that not so? Therefore, we don't need to know the past. We take care of the present, and the future will come beautifully. Meditate on your inner Self, or choose whatever method you like. But I would only recommend the Quan Yin Method, because I know after all the studies, that it's the best; that it's the highest, the quickest, and the safest. So, we offer that to you in case you want to gain more knowledge in the present and for the future. And the past will take care of itself. The past is gone, the past we can just forget.



Pearls of Wisdom

If and when we feel that our life is not going smoothly, we should understand that we have formed undesirable affinities in the past; therefore, we have to strive hard. If we have good affinities, we should also understand that we have done something good in the past; therefore, we must cherish them. We must strive persistently until our mind is entirely stable, absolutely uncaring about anything and not attached to any situation, and until nothing in this world can bind us. Then, it is truly good.

~ The Supreme Master Ching Hai

The past decades, generations, and eras of our Earth's history were mostly very dark. If we had been the Earth's inhabitants, we would have gone through one of the kind of happenings, which is very difficult for us to forget. Should we be able to remember, it would give us tremendous suffering and depression so that we wouldn't want to even know about it! That's why it is a blessing from the Most Intelligent that we don't remember our past lives.

~ The Supreme Master Ching Hai

Prayer: How to Ask God

Spoken by Supreme Master Ching Hai
Boulder, CO, U.S.A., May 14, 1991 (VIDEO#170)
(Originally in English)

Q: *I go back and forth between surrender and wanting to ask God things, and then feeling like if I ask, it may limit something greater that God has. What should I do?*

M: It's good that you asked this intelligent question. If we have to ask, then we ask. God knows how much to give. Hes shouldn't give according to your limit, but Hes should give in Hiers limit, if Hes is God. So why bother? Ask when you need to. When a child is very young, he can't pretend to be an adult and not want milk. If you need milk, ask for it. Later you will grow up and give it up. Don't worry. God knows what you truly want.

Spoken by Supreme Master Ching Hai
Boulder, CO, U.S.A., May 14, 1991 (VIDEO#170)
(Originally in English)

Q: *Can we go within and allow ourselves to ask things of God?*

M: You can ask, and say, "God, I probably shouldn't ask You this, but let me ask You anyhow since it will settle my mind, and then whether You give it or not is up to You. You see what I need. I ask, but You don't need to give what's not good for me."

Aphorisms



When we truly ask, truly have courage, truly hunger for, and sincerely pray, God and the Saints in the ten directions will help.

~ The Supreme Master Ching Hai

Prayer before Meditation

Spoken by Supreme Master Ching Hai
Chiang Mai, Thailand, December 4, 1994 (VIDEO#458)
(Originally in English)

Q: *Is it necessary to pray before doing the meditation?*

M: We can, but it's not necessary. Meditation is the deepest prayer through which you get anything you want. Anything that is good for your spiritual and physical well being will automatically come your way, whether you pray or don't pray for it. That's why the life of a Quan Yin practitioner is full of contentment and satisfaction — he wants nothing. The more he practices, the less he wants. The more he practices, the less he prays. *Seek you first the Kingdom of God, and all things shall be added unto you.*

Chapter Q



Think like a Buddha (enlightened Master), behave like a Buddha, and speak like a Buddha, and you are a Buddha.

~ The Supreme Master Ching Hai

Quan Yin

Spoken by Supreme Master Ching Hai
Houston, TX, U.S.A., November 14, 1993 (VIDEO#396)
(Originally in English)

Q: *I heard, many years ago, that Quan Yin was the Japanese goddess of love and happiness or goodness and health; and I was confused as to how we might now have the Quan Yin Method and have it span numerous cultures and go beyond Japan?*

M: Quan Yin is not a goddess of the Japanese alone. She is a goddess of the Chinese, Au Lac, Indian, and Tibetan people. They called Her different names: Avalokiteshvara, in India, and they call Her something else in Tibet, I've forgotten what. And in India and Tibet, is a "He." Come to Japan, China and Au Lac, it becomes a "She." (Master laughs) So, I don't know who that is! Anyhow, it's just a mythological figure.

She was one of the Masters of the past, just like Moses. When She was alive and people prayed to Her, She responded, but only when She was alive. All Her disciples and the non-disciples who were sincere had benefit from Her presence and Her blessing. Then people just continued like that even after She died. The same is true with Jesus and Buddha. That's why we don't have responses so much, because all the Masters have ascended. We have to pray to the living Master, but then after a Master dies, people continue to pray, because their grandfather prayed and it helped. The grandchildren continue to pray and forget the essence, that the blessing field, the magnetic field, of the Master is gone.

You can pray to a Master after he has died for a few hundred years, but not longer than 500 years. After that, it is of no use, because his magnetic field is gone. What causes the magnetic field is the devotees' hearts. They are connected

spiritually. The disciples still stay for a few generations after he has died. Their hearts carry the magnetic field, the loving atmosphere of the Master, because they still love the Master. They love the Master and they were already connected with the Master while he was still alive — at least the very advanced disciples. Therefore, the living lineage, the living bloodline, still continues after the Master dies and passes it on to a few generations. That would be at most 500 years. It is because of the disciples, because the Master is still living in the hearts of the disciples. Therefore, his blessing and love are still there through the disciples. But after he has gone, the connections are all gone, the disciples are all gone, and you don't have good disciples to keep the lineage alive, if you pray to that Master, it is no good.

Chapter S



*The more you use your inner wisdom,
the more you know that you know.
~ The Supreme Master Ching Hai*

Our Real Self Knows Everything

Spoken by Supreme Master Ching Hai
Formosa, May 27, 1988 (VIDEO#CE7)
(Originally in Chinese)

Q: *A person knows nothing before he is born. After birth, because of having the brain, there is consciousness. After a person dies, he should also know nothing. Why is it that there is still a world of eternal happiness for him to go to?*

M: Why do you say that you know nothing before birth? If you didn't know anything before birth, how did you know that you could live for nine months in your mother's womb? Why did you not go up to the roof of the house to live for nine months? You must have known, is that not so?

If you didn't know, how come you cried immediately after birth? You also knew that you wanted to eat. It is not that only when we are born do we have consciousness. We have it when we are still inside. It is because of this knowing that we come into this world. Otherwise, we would have run to the roof, the concrete floor, or inside the house.

Before He was born, Shakyamuni Buddha already knew; therefore, He walked seven steps when He was born and said, "Above and beneath the Heavens, I am the only Supreme." However, He forgot about it as He grew up. It took thirty years before He woke up again. We are the same. Before birth we have consciousness already. It is not that we know nothing. It is after birth that we start to know nothing. If we knew only after we were born, then we would not have forgotten the past, present and future. However, we all forgot after we were born! Therefore, we should say we become "know nothings" after birth. This is the correct way to say it.

Science and Spirituality

Spoken by Supreme Master Ching Hai
Lecture at Harvard University, Boston, MA, U.S.A., October 27, 1989 (VIDEO#101F)
(Originally in English)

Q: *What do You think of the relationship between quantum mechanics and some principles of Buddhism?*

M: This only confirms the Buddhist discovery about the different levels of consciousness. You can say that it is energy or you can say it's the different planes of existence. But then the scientists have discovered only matter. They have discovered all the energy as matter, not as the flexible intelligence behind the energy. Therefore, it is a little different here. People use energy as a means to sustain their lives and to make more comforts for their lives, but they do not know that behind the energy is flexible intelligence, wisdom.

Q: *Some of science seems to be similar to the law of karma. Please explain.*

M: Yes, but what we know by the method of science is too little compared to what the Buddha knows or what Christ knows; that is all there is. But science has helped our lives very much and has helped to prove many theories in Buddhism and Christianity. There's no harm in science, it's just that science has discovered too little.

Seeing the Inner Master

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *For a person who has fully developed his third eye, is it possible for him to see Heaven and hell by his own will without any restrictions?*

A: The situation is not the same for everyone whose third eye has opened. Some practitioners do not care about seeing any realms; therefore, they do not see. They develop other aspects instead. For instance, they develop their wisdom, or expand their love, etc. Someone who is inclined towards developing his inner vision (third eye) can see Heaven and hell by his own will.

Seeking God

Spoken by Supreme Master Ching Hai
Houston, TX, U.S.A., November 14, 1993 (VIDEO#395)
(Originally in English)

Q: *With our various religions as they are today, why do You believe we've had such a history of so many different religions? What has human through the ages been seeking through religion and philosophy? What is that need that we're seeking to satisfy, or that fear?*

M: Yes, fear is one of the reasons. Another reason is that inwardly, we are the essence of the Most High. You know we came from God, otherwise where did we come from? You think we came from plants, from the walls or stones? So, we must have come from God, the Most High, the Most Intelligent, the Highest Consciousness. That inner, inherent, latent consciousness always keeps seeking itself despite all the coverage, like dust, position, wealth, fame and all this worldly knowledge that keeps occupying our attention outwards. The Highest Consciousness inside always keeps seeking, not really seeking, keeps telling you, that you are not that; you are not the Ph.D. and you're not this garbage that you accumulated; you are not Mr. So-and-So or Mrs. That-and-This; you are consciousness; you are God-like. Before you came to this world and got a Ph.D., became Mr. and Mrs., and had all kinds of knowledge and habits that you call yourself, you knew that other Self. The real Self is God-like and belongs to the Kingdom of God. We're called God's children; it means we are God-like. The God qualities always keep reminding us that we are not this, that and the other.

Q: *Are we supposed to believe then that we are part of that universal and divine God energy and intelligence?*

M: Not supposed to believe; you just are. Now look at what you identify yourself with: Mrs. So-and-So, and I have so much knowledge, I have so much wealth, and I have such and such habits. All these are not you. You are the one behind all this and all that is covering us. Therefore, we make ourselves suffer because we identify ourselves with our mistakes, our successes, our failures, our this, that and other circumstances that affect us. We forget the real Super Consciousness, the Supreme Inner Self, the Supreme Spirit, which is God, which dwells within us. That's what the Bible says: *God dwells within you*. That means you are God — apart from the body; there is God inside and nothing else.

Q: *Are we closer to our true Selves when we are children?*

You were wonderful with the girls up here a while back.

Are we more God-like as children because we've learned less or is it when we get older that we take on all those trappings and become too physical and materialistic?

M: You're right. When we were born, at least we were cleansed already, partially, from the residue of the last life or whatever existence we had, so when we were born, we were nearer to God. We just came directly from the "resting place," more peaceful and abundant. That's why children are more innocent and forgive easily. They have no worries, nothing, but the more we grow up, the more we accumulate all these experiences and then we identify ourselves with that. For example: I'm an angry person, I'm an agitated person, and I'm a bad-tempered person. This is not you. It's just that you grew up with all kinds of circumstances that made you like that. Then you think you are like that, that is the "you." It's ridiculous. When you were born you were not like that. It is not true.

Selfless Service and Meditation

Spoken by Supreme Master Ching Hai
Seattle, Washington, U.S.A., April 7, 1993 (VIDEO#348)
(Originally in English)

Q: *For enlightenment, is service in love to humanity as important as meditation or is service more important than meditation practice?*

M: Both have to go hand in hand. We meditate because we want to do service better, we want to be clearer in what we do. Therefore, we will be more efficient in our work and of more service to others. Without meditation, sometimes we have the very best intentions and we are willing to serve people, but we don't know what is the best way. Therefore, meditation is a helping factor to true selfless service.

Sexual Energy

Spoken by Supreme Master Ching Hai
Los Angeles, CA. U.S.A., December 16, 1998 (VIDEO#639)
(Originally in English)

Q: *This question is picking up on something You mentioned earlier about sexual energy causing problems. Could You explain how that happens and what we should do to deal with it?*

M: There are many kinds of energy, different levels, which we possess. Sexual energy most resembles the ecstasy that we have during samadhi. Some people enter samadhi and experience the ecstasy, so they are able to control the sexual energy. Most people, when they have not reached that level and they experience the sexual energy, it feels so good that it makes them off balance. Their body cells react differently. Just like after initiation or when you come out of samadhi, sometimes your body feels weird, is shaking, or something. That's the way it is.

That is why when people are in love, it is just like walking on clouds, and they are cuckoo sometimes. Because of the sudden change in chemistry with the chemical reaction and the side effects of it, it puts the mind off balance. They become either overly happy or agitated for no reason, and they cannot reason with themselves or with the partner anymore. That is why people in the old time advised you not to do anything until your marriage. Not only because of the old-fashioned concept to keep the virginity and all that, but just to let you both have time for the body chemistry to get used to each other so when you finally experience that ultimate feeling at the pleasure center, you don't offset your balance. You can continue to be friends and get on with each other, much as before you had sex.

If you have sex too soon, your mind hasn't got the time

to assimilate and to know each other; and the chemistry of the body, of the cells, is not trained to be with another person with a different chemistry and a different program, DNA and all that. So when you have intimate contact too soon, the sexual energy will kind of explode and make you both off balance. That is why people say if you have sex too soon, your marriage will not be very good. It is not because sex is a sin or anything, it's just that your body is not used to it; it's just that your mind is not used to it; your spiritual body has not been programmed to be so intimate so soon. When two persons' powerful energy meets together, it is like a bomb. So, nothing is bad; it is just the way you handle it.

For most people, when you don't have enlightenment to go with it as well, and the whole society tells you that sex is sinful on top of it, psychologically, physically, mentally, and emotionally, you feel guilty. That is bad for your relationship. That is how relationships go wrong. People condemn sex too much in the society, and on the other hand, they don't explain and they don't program people into accepting sex as a part of life or part of the relationship. Then from the psychological effect alone from the society, from the moral standards from your background, you feel already off balance and guilty and that's why you struggle within yourself. You can't handle it. Also, the sexual energy is very strong; it's almost like samadhi. For mortal people, it is just too much for them.

Q: *So how should we handle it then if it seems like it's too much for us?*

M: You have to understand the nature of sexual energy. But to understand is one thing and to accept it is another, because we have been brainwashed for thousands of years that sex is bad. I can't even change that. If I go out and preach to everyone that sex is good, sex is OK, they would kill me. (Laughter) So all I can do is tell you to take it easy, reduce it; slow it down

if you can, if you want to and if that makes you feel good. If you can't handle it, then the only thing is to reduce it or cut it off until you're strong enough and can decide what to do. And if you want to experience the fire, then you have to take the consequences. Even if I sit here and tell you sex is not sinful or it is OK, you still cannot accept it. Even if you trust me, your mind cannot accept it so quickly.

You see, nothing is really bad; it's just the way we are programmed. For example, I say to you, "Don't gamble." Many of you probably wonder, "Why? It's harmless. You just play a few paper cards and bet one or two dollars. What harm can it be?" It is no harm, but it's the side effects. Sometimes you lose, you become a bad loser, or the other person loses, he becomes a bad loser, and this produces a bad energy between each other. You lose a friend and hate each other, and things like that create bad energy, negative energy that you have to bear. You feel choked, you feel pressured. And if it comes to the worse case, you'll be addicted if you win. If you lose, you'd want to regain it. If you win, you want to continue. It's the human mind. It keeps training and training, and after a while, you get used to gambling and you want more. You go to bigger places and you might lose bigger time. Then you hurt yourself — you lose your job, you lose your family, you might sell your wife and kids, even. Some people do that. You see, it is the side effect that is bad. It is not truly gambling that is bad.

Suppose I sit here and do some gambling — would you think that I'm very bad or sinful? No. It might not be so because it means nothing to me. I could play the whole night, I could play my whole life, and it wouldn't mean anything to me. It would not affect me at all. I would not sell you to make more money. But for most people, they can't handle it — just like sex, they can't handle it. They are too weak for these powerful addictions. Like cigarettes — you smoke one, tomorrow two,

next day you have the whole package, and then you can't quit. Or alcohol — how many people start with one glass? That's all they start with, even half a glass, or even a sip. Cocaine, anything, is the same. They start with this much, and that's how it grows into trouble. That is why I say stay away from them, even though I do not condemn anything. I know the soul chooses its own path, but whatever you have chosen, whatever you want to choose, you have to know the consequences and choose wisely. If you want to go Home quicker, if you decided that this time you want to go Home, stay away from these distractions. It costs you too much, mentally.

Sexual Thoughts

Answered by Quan Yin messenger
(Originally in English)

Q: *What should I do when I often have thoughts about having an intimate relationship with the opposite sex?*

A: One can be easily led astray by the numerous temptations in our society. We should try not to read those newspapers or magazines that make people excited. Read more about morality found in religious scriptures, and stories about the past Saints and their spiritual practice. Only then will we be able to weaken those unwanted thoughts. When we meet people, we can look at their wisdom eye instead of into their eyes. In this way, not only will we be polite, but also everyone will benefit. When sexual thoughts arise, fellow initiates can immediately silently recite the Five Holy Names and think of the Master, while non-initiates can silently recite the name of the Saint in whom they believe. Try to suppress such thoughts; however, if you cannot suppress them, you should find someone to marry. Leading a normal married life will help in this area.

Merits & Sin

Spoken by Supreme Master Ching Hai
Panama, November 29, 1989 (VIDEO#106)
(Originally in English)

Q: *God is so pure, but we still commit sins, how can God dwell within us? If God dwells within us, definitely there is no more sin.*

M: Yes, that is a paradoxical thing that the Bible says. On the one hand, it says we are so sinful, we are so bad; on the other hand, it says God dwells within us. So, I will advise you to go directly to Hirm and ask Hirm why. Otherwise, if I answer you, you will think I am being blasphemous. I am not God; how can I know that God dwells within you?

Q: *Do You have an answer to it?*

M: I could, if you press me, if you would believe me. We were originally not sinful, and we never are. It's just our experiences in life, our interactions with other species of life, that make us react in different ways according to circumstances and according to our judgment at that time, whether bad or good. Then, accordingly, we feel that we have done that badly and we have done this wrong, and we say that we have sinned. And accordingly, we think we have done that very well and we think that we have merits. Maybe according to God both are merits or both are sinful; we can only know when we know God. Once we know God, we will see differently because we see with the eyes of God, with the eyes of nondiscrimination, with the eyes of love and understanding.

How Does Sound Purify Us?

Spoken by Supreme Master Ching Hai
Sydney, Australia, May 10, 1997 (DVD#582)
(Originally in English)

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

M: Just like water can cleanse your body, the Sound can purify 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, by contact with the world or contaminated situations that you inherited from the situation or environment, or kind of “past life leftovers.” It will filter those out just like a filter or like water cleanses the body.

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 you rinse with water, the dirt will go. Similarly, invisibly our minds are 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 we explain with the worldly language, but as long as the result is there, you know it is like that. How? We have to know inside, not with language. As long as it's clean and we feel better and better, more and more pure every day, then we know it does work. Just like water — we don't know how it cleanses, but it does cleanse. As long as you pour the water on your body, then later on you'll feel

clean, so the result speaks for itself. We feel better and better, purer and purer every day. More simple. The proof is that you don't want to be famous or to have money anymore, or you don't really feel attached to the worldly, material comforts anymore. You do have it and you do know how to take care of yourself, but it doesn't bind you like before. This is the way that Sound cleanses us and makes us feel more and more pure and liberated.

Q: *Does impurity set up a certain vibrational frequency in the structure of the physical, and then you have these Sound waves coming in and they 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 is not materialistically. We are not the body actually; we're also not the computer brain; we are the spirit. So, if the Sound with the higher frequency enters or reenters our being, or reopens to us, then we are just elevated above all the contaminated situations. That's how we become purified more and more every day. Actually, it's not "purified"; it just lifts us up, lets our consciousness become higher, then we don't think of the bad things or have negative thoughts anymore. The negativity cannot 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 cannot say "how." It just looks that way, but it might not be that way. Sometimes people try to explain too much and it is not the way it really is. It's more invisible; it's more metaphysical.

Q: *So, would continued meditation explain the answer just by the experience?*

M: Yes, by the fruit, shall you know the tree. If it yields apples, then no doubt, it's an apple tree. We keep arguing, "How can you say this is an apple tree?" — Because it bears apples.

Attitude toward Spiritual Practice

Spoken by Supreme Master Ching Hai
Kuala Lumpur, Malaysia, June 4, 1993 (VIDEO#377)
(Originally in English)

Q: *Do You love Your students equally, regardless of their levels of attainment, or do You take care of Your students even if they do not practice well?*

M: That means you want to come (for initiation) and you're already prepared not to practice well. You want to get assurance from me, right? You should not come with this attitude. You should come with a very determined mind to do your best, not always expecting something, but to offer, because this business is for your own sake.

Of course, I love my disciples equally, if that's what you want to know. But that's my business. Your business is to do your best in order to get the best out of yourself, not for my love. Even if I love you, and you are lousy and your level is low, what's the good of that for you? What you get is important for you whether I love you or not.

Levels of Spiritual Practice

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, July 13, 1995 (VIDEO#490)
(Originally in English)

Q: *I'm wondering why sometimes it seems like I hear the Sound appropriate for certain levels and I see things appropriate for certain levels, but it's kind of intense Light; I see Light, and it's bright, but it's not really like what Master said.*

M: Whatever Light it is, just look. I wonder why you, at that moment, are not in deep samadhi enough, and you still are wondering, "What level am I at," and all that. Don't wonder about anything; just concentrate on that and it will do you lasting benefit. Levels won't help you; change in your heart will. What for do we need to know the levels? Actually, there is no such thing as levels. It's just for the mind to understand that, "OK, I'm getting something."

We have such a business mind that the Master has to cut a deal with us, and say "OK" like in business, "You go up here and you will have this; you go up there and you have that." But if we really are practitioners, we care for no levels. We just know that we are very sincere and we work for our improvement so that we become a noble being, a real being. We need to be a noble and real being, very good, loving, compassionate, and wise. That's what we need to be. And the more we work at our homework, the better and quicker we become that being. That's all there is; levels and positions are only for outside people. We have no need to worry about that.

Maybe you haven't reached the Home you wish to. There is no need to rush; you have Light and that is better than darkness. Many people don't have that, so it's already

comforting to your soul. These things are helping to encourage us to continue with our practice. It's not a course of pride and competition, and no eagerness to be a president or something like that. (Laughter) You will know what level you are at pretty soon, if you really concentrate and devote yourself to the life of practice. And then soon, very, very soon, you won't care about it, and that's the best level. You still continue to practice; your heart is still very sincere; you still develop in all ways, but you don't care for anything, not even Sainthood. That's the best level. It doesn't mean that you drop everything altogether, but you don't mind in which corner or in what low level God will place you in order to serve the universe, understand?

Progress in Spiritual Practice

Spoken by Supreme Master Ching Hai
Hawaii, U.S.A., September 4, 1994 (VIDEO#443)
(Originally in English)

Q: *Dear Master, do You think that there will ever be a day when we can all just go back Home and not have to deal with these earthly issues and matters anymore?*

M: *Definitely, we'll go Home.*

Q: *I mean all of us!*

M: All of us! No one will be left behind. There's no second coming for you, (Laughter) unless you want it so badly because a beautiful woman is left behind or something like that. Because this time is a very bad period for our world, the Master Power decided that we have suffered enough. So, if we just make a little effort and have just a little sincerity, the Master will embrace us and disregard everything. (Master sighs) To be honest, you can't meditate in this world. You really can't. So, whatever time we can meditate or whatever the outcome, truly comes from the grace of the Master. I mean the Master Power; I don't mean this person.

During the night, the Master will take us to different levels where it's safer and better. In the day, we are too busy. Our mind is running against the spiritual Power, so we have to do it quickly this time. If you keep the guidelines, meditate, and go to group meditation, you'll see yourself improve so fast that you cannot imagine. When you look back at yourself, it's like someone else behind there, really! And they'll tell you that — the people who have experienced it. I don't say this because I know it from books, but it's from my own experience and the living examples of your brothers and sisters.

It's nice to see your family members (fellow initiates)

once a week, no? It's good, but not many people can keep up although it is very beneficial for them. And if you cannot go to group meditation, if you don't want to, or for any reason, please meditate at home. There's no "must" for anything; it's just that it's beneficial for you. Whatever I tell you is only what is good for you. There are no forbidden items! If you keep it, it's good for you; and if you don't keep it, well, you'll experience some setbacks or some obstructions and then you'll know why.



Pearls of Wisdom

The Benefits of Group Meditation

Spoken by Supreme Master Ching Hai

Hsihu Center, Formosa, July 29-August 6, 1989 (VIDEO#88) (Originally in Chinese)

Once in a while, we should get together to meditate and recharge ourselves, and then we will be full of Light and love. When we go home, we can benefit the society, the country, and our relatives and friends.

Spoken by Supreme Master Ching Hai

Hsihu Center, Formosa, February 18, 1990 (VIDEO#113) (Originally in Chinese)

During group meditation, the power is enormous. Even if our spiritual level is very low, it will be raised to a much higher level after we have joined in group meditation for some time. On the other hand, even if our level is high, not going to group meditation will push us down to a very low level. This is because, in this world, we are reliant on and related to others; no one can accomplish anything alone. It is the same with spiritual practice. It will be wrong for us to think that we can be successful in spiritual cultivation by practicing alone; it only shows our ignorance and low level.

Spoken by Supreme Master Ching Hai

Laguna Beach, CA, U.S.A. November 6, 1993 (VIDEO#391) (Originally in English)

Every Quan Yin practitioner shares the responsibility of cleaning up the planet to some degree or another. Therefore, when we are sitting and meditating together in a group, it's not that we do it for ourselves, for the liberation of five generations of our families, for America, or for our families alone. It's for the whole planet. And the more people who do that, the better.

Spoken by Supreme Master Ching Hai

Melbourne, Australia, March 14, 1993 (VIDEO#331) (Originally in English)

It is very, very important that you come to meditate together because the power is greater; and you sit longer and are more stable when you are in the company of others. That's why Jesus said, ***When two or more sit together in my name, I am with them.***

Spoken by Supreme Master Ching Hai

European International 4-day retreat, April 28, 1995 (DVD#474) (Originally in Chinese)

When we want to stay away from the terrifying atmosphere of the world, we need to concentrate within. That's why we have to meditate every day to cleanse the contamination. When we join the group meditation, we are together as one, thinking only about the good, positive, pure, and wonderful Power, so we will feel very comfortable. When you come to the Center, don't bear negative thoughts. Don't bring your garbage here; don't bring your trouble or anything troublesome here. You will contaminate your fellow initiates if you do.

Spoken by Supreme Master Ching Hai

Japan, March 12, 1992 (VIDEO#228) (Originally in Chinese)

The merit derived from group meditation is many times greater than that of one person meditating at home for days, months or even years, depending on the number of participants in the group meditation. Therefore, the more the participants and the longer we meditate in the group, the more difference it makes to our Spirit. Many people, I can tell just by their looks whether they go to group meditation or not. Fellow practitioners are aware of this, too. There are obvious disparities. If you attend group meditation often, don't attend for a period of time, and then attend group meditation again afterwards, you will feel different

— that you are not so pure.

We gain more blessings for our country when more people attend group meditation. There is no need to wonder: “How can our nation derive blessings just because a few of us are meditating together?” It is true! Just like when several people are living in a big house, it is enough if one of them is rich and willing to contribute. He will repair any of the leaking areas in the house and thus benefit the whole family, even if dozens of people stay in that house. This would benefit himself, and all the residents would feel secure. Such is the case with one family. In the same way, definitely other people would benefit from the spiritual practice of just the few of us.

Just one light by the roadside is useful to so many people, thousands and thousands of passersby. The lamp loses nothing, but becomes even more functional when more people are using it. Therefore, although many people in our world might not be practicing spiritually, it is sufficient if we do. Otherwise, it would be even worse if no one were practicing at all. Just like when the entire village has no light, there would be total darkness. If we could have one or two lights, it's better than none! The highway is very dark, yet we could see a long distance if there were several lights. So, practice more diligently, benefiting yourselves and everyone. This is what the Master loves most.

Spoken by Supreme Master Ching Hai

Paris, France, August 15, 1995 (Originally in English)

I tell you to go to group meditation because here you have the truest friends. Then, if you have problems, or maybe sometimes you make mistakes, because of many friends, they can talk to you; they love and encourage you. You will come back again to the

correct direction. Having group meditation is just like having an unconditional good friend or a good beloved. We all grow together; we share together some problems and happiness. This is very good for the human psyche, not even talking about spiritual practice.

So you see why we have to practice now, or why we must go to group meditation; it is because we are weak. Sometimes we go alone and if someone tempts us, we will fall. But if we go as two, three or four persons together, and if we want to be tempted, our friends will say, "No, no! It's no good for you. Come back!" That's why we must have friends to practice together.

In this life everything is like that, even with politics. If a man wants to be president, he must collect a lot of followers who have the same ideal as he has and who support him. Everyone knows that. Otherwise, do you think one person alone could create a particular movement or change the whole country? There must be a lot of people to support. So, when we blame one person, we have to think more. It is a shared ideal; it is a responsibility of a lot of people, not only one or two men.

It's the same with every ideal, the same with every goal we reach for. We must have supporting friends to go the same way so that when we fall, when we are weak, our friends will help or carry us. So, we must have friends. That's why we must have group fellow practitioners to encourage each other, because this is like a big family. When you come in and meditate together, you also share the spiritual energy, not only the mundane problems; and then everyone is just connected together. The stronger ones help the weaker ones, and then we have less weaknesses. We can come together at the same level. Everyone is happy. You are cleansed, and you become happier and happier; and you feel lighter and lighter every day.

Time for Spiritual Practice

Spoken by the Supreme Master Ching Hai
Lecture at Harvard University, Boston, U.S.A., February 24, 1991 (VIDEO#155)
(Originally in English)

Q: *To take time for yourself to be self-fulfilling, is this truly selfish?*

M: It's not selfish. For example, if you take time to eat because after a whole day's work for society you're tired and hungry, and need to regain some energy, it's not selfish. If for this body alone, so ephemeral and short-lived, we have to work so hard and invent so many things and cook so many meals to feed it, how much more must we take time to feed our spiritual body? It's not selfish; it's the right thing to do. It's because we are not used to it, we are used to doing things the hard way, the wrong way, and now we get the correct way and we think it's selfish. It's not true.

If everyone in the world never eats, but you feel hungry and eat, they will think you're selfish. (Laughter) But we should eat, inside and outside. It is because we don't eat this kind of spiritual food that we are hungry, we suffer, and we are ignorant. We don't know what to do next, we struggle so much, and we're always lost in this life. It's not selfish; it's absolutely unselfish.

Keys to Spiritual Progress

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *I have been initiated for quite a few years. Why is it that the level of Light and Sound I experience now is still about the same as when I first received initiation? What is the key to quick progress in our practice?*

A: As the background and stage of spiritual practice over past lives differ for each of us, it seems that there is great progress for some people who have only just started on their path of spiritual practice. Sometimes we think that we have not made any progress, but in fact, as long as we are not falling behind, we are making progress. We cannot use our inner visions of Light and Sound alone to determine whether we have made any progress or not. We have made progress once we've started spiritual practice if we find our lives run more smoothly, we are freer from obsessions with worldly, mundane matters, more relaxed physically and spiritually, our wisdom and love for others is enhanced, and we have a deeper sense of security and contentment about life and our fortune.

If we feel that we have not progressed both inwardly and outwardly, we should ascertain that we are indeed meditating for two and one-half hours daily as instructed at initiation, and that we are keeping the guidelines clearly with our bodies, speech and minds. Also, it could be that by not meditating in the correct way, we do not make progress.

How much progress we make depends on whether we have a pure heart. Having a heart that is pure and kind, being able to accept the Master's instructions completely, and having steadfast faith in the Master are the most important keys to making great progress.

Chapter T



Our last moment's thought is very important. If all you think about is misery, you will go to hell. If all you think about is Master, happiness and bliss when you are with the Master, you will be in Nirvana in no time. So that's the secret.

~ The Supreme Master Ching Hai

No More Transmigration

Spoken by Supreme Master Ching Hai
Laiyi Center, Pintung, Formosa, January 24, 1993 (VIDEO#312)
(Originally in Chinese)

We are born from God, and we are one with God. No matter how long we have run around in the cycle of transmigration, thinking we are heterodox or orthodox, we have never left the Tao (the Truth). Heaven and hell are also in the Tao; they are only a little distance apart. Just like a wave in the sea, sometimes when there is a strong wind or when the Earth moves vigorously, the wave will rise higher. Actually, it is still linked with the sea, still on the sea surface, still one with the water. It might think that it is great and no longer has any relationship with the water, yet when it falls down, it still has to go back to the water in the sea or river. This is very logical. Of course, the sea wave doesn't understand these things. It just rises and falls innocently, so it has no karma, and will not have to transmigrate. It doesn't know what transmigration is.

It is all because our mind is too complicated, thinking we are incurring karma, that we are separated from God, that we are sinful and lowly human beings. Then, we forget we are forever with God. If, after we die, we have no such concept about transmigration, and have no greed, we would float as if we were in the air, and definitely would not transmigrate again. We transmigrate because of our senseless concepts; we cling to the mind and keep trying to grasp anything that it desires. The soul and the mind are connected. In order to experience, the mind says, "We have not yet finished with our game!" Then, both of them have to come back. When the mind has learned all its lessons, and the soul is aware, then they will not come back to learn again. We are tired of this world even before we leave.

We have enjoyed everything and have no more attachment. We have realized it thoroughly: we are tired of fooling around here life after life. Then this time, we definitely won't have to come back again.



Aphorisms

Just remember God. Even though you don't see Hirm, Hes is forever merciful. Hes is not a vengeful God; Hes is not jealous God; "He" is forever loving, "She" is forever loving and forgiving. So, at the time you die, you must remember that God is the only one, and God is forever loving you. Just remember this so that you can go directly to Heaven. Do not believe in hell; do not believe in punishment from God. God loves you always, no matter who and what you are, because you are Hirm.

~ The Supreme Master Ching Hai

The Karma Has Disappeared!

Spoken by Supreme Master Ching Hai
Pintung, Formosa, January 24, 1993 (VIDEO#312)
(Originally in Chinese)

Why do most people reincarnate in the cycle of life and death? It is because they are reluctant to leave this world, and so they want to come back again. There is something that they can't give up, so they want to come back to enjoy it. Or, some people have serious guilty feelings and so they want to come back to repay their debts. However, we no longer have karma! Our past karma has been burned by Master and now we don't create new karma anymore. We keep the Five Guidelines and are vegetarian. We don't owe anything in the world. If we earn money for our own use and don't accept any offerings from others, then do we owe anyone? The karma in our storage is very simple to get rid of; a fire can do it. With the San Mei fire (Holy Fire), the whole world can be burned, let alone your little karma.

Only the present is important. In the present and future, we are not creating any new debt so we will not owe anyone. If we are no longer reluctant to leave the world, then why would we want to come back? At the time of dying, although we try our best to think of something that we like, we just can't find anything. What we think of are all very painful and very terrible so that we only want to run away fast. Therefore, spiritual practice is not blindly believing, but is, instead, logical.

Even if you do not believe that I can incinerate your past karma, you still have other logic to believe. For example, a farmer has saved a lot of taros or rice in his storage for the next season's planting, or he has saved the seeds of a new crop. However, when the planting season comes, he does not take

them out but keeps them in his storehouse. So, the longer he keeps them in there, the more rotten they become. They can be eaten by insects, become rotten, or be carried away by mice and ants. Then they have no chance to develop and no chance to sprout. No one gives them water, no one gives them enough soil, and there is not enough sunshine. They lack everything. Therefore, they will become rotten themselves.

Similarly, our past karma remains in our memory. When it has a chance to come in contact with the outside, it will develop further. Now, we don't do that anymore and we don't give it any chance to develop. For example, now we no longer make mistakes like we did in the past. In the past, we did many things wrong. If we continue to do a wrong thing now, it will trigger our past mistake and develop into present or future karma. However, we don't do that anymore so that it has no chance, no material and not enough conditions to develop further. Therefore, we should keep the guidelines, we should be vegetarian, and we should meditate. Even though we meditate, we still create a little bit of karma each day. In case we have created new karma carelessly, we can do the Quan Yin to wash it out. Therefore, we are very safe and have no leakage to let the karma sprout.

Speak in a Positive Way

Spoken by Supreme Master Ching Hai
Houston, Texas, U.S.A., November 14, 1993 (VIDEO#395)
(Originally in English)

Q: *There is so much crime in the world now, so much one-on-one violence within humankind. What can we do to begin to have greater respect for ourselves and human lives so that we are not killing one another, so that we are not so violent and so cruel to one another?*

M: Spread the love message all the time. Always progress positively. It's better to tell the children, "Honey, you . . ." Just say it in a positive way instead of the negative way that we most often do. For example, we say, "Don't be so dirty", but we could say, "Honey, keep yourself clean." And the word "clean" will go inside the mind instead of the word "dirty." It doesn't matter about the "don't" or the "do." It's the essence of the sentence that's important. Most people say, "Don't be so dirty," "Don't be so cruel," or "Don't be so nasty," this, that and the other. Instead, just say, "Be kind, be gentle, be gracious, be graceful," and then the essence of the words will boil down to "kind, gentle, graceful." And when everything else is gone, only the essence remains. We always keep telling children, "You are dirty," "Don't stay up late." Just say, "Go to bed early." I make that mistake too, so I'm still learning also.

Will Positive Thinking Change Our Karma?

Spoken by Supreme Master Ching Hai
Los Angeles, U.S.A., March 15, 1996 (VIDEO#538)
(Originally in English)

Q: *I see in the recent News magazine that Master stresses the importance of positive thinking. I know that positive thinking will drive positive energy and avoid the negative energy around you. Does positive thinking change karma, or not?*

M: Sometimes it can, sometimes it cannot. It depends on how deep the karma is and on how truly positive your thinking is — the power of your thinking not just because you want to think positive, it will be positive. It depends on how much money you spend 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 this 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 are focused and we concentrate the power in whichever direction we want to use it, or for whatever purpose, it would be powerful. But before that, whatever you want, whatever you think, is just very flat — no power. So, people just go with positive thinking, but nothing is done. Nothing happens. Then they will doubt the people who say what positive thinking will do. But, it's not the author who says that who is wrong. It's the person who practices, who is wrong. He didn't have enough power to even think, never mind negative or positive.



Pearls of Wisdom

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa, September 29, 1991 (VIDEO#190)
(Originally in Chinese)

Thoughts are very important. When we think nobly, the whole universe admires, loves and serves us; and waits for us to visit their place. When our thoughts are not noble, not glorious and not as generous as the enlightened ones, we become ordinary sentient beings. This is what is meant by: "All is created by the mind!"

Sometimes you may think that it is merely a thought, it is not very important. No! It is very important. As human beings, our actions, speech and thoughts are interrelated. If the atmosphere generated within us is not one of purity and benign practice, or is dishonorable, it will be expressed in our actions.



Pearls of Wisdom

Elevate Ourselves to the Positive Level

Spoken by Supreme Master Ching Hai
 Youngdong, Korea, May 6, 1998 (DVD#618)
 (Originally in English)

A German fellow initiate said to Master: "Every day, I remember that I found this Method. I found You. It's like a miracle. I'm so happy and I feel that everything around me has transformed. My whole family is so loving now, and things that I never thought could happen have come true. Everyone that my mother has ever prayed for has gotten better. It's so fantastic!"

Master answered: "Good! Like attracts like. Because you're better, everything better will come to you. That's why people say to you, 'Think positively!' It's not because you say, 'I think positive and I expect positive,' that the positive things come. It's not. When you are able to think positively, that means you are elevated to the positive level. You are higher already, so the negative cannot touch you, cannot catch up with you. That's why you're happy. And once you're in the positive level, you just attract the positive, of course. If you are in America, you can't be in France; that's very simple."

"Try to climb to that level. Try all your best. Meditate more; read the holy teachings, read positive books; read anything that reminds you of your Higher Nature, of the contact with God. Then you'll be better, more and more every day, and everything will turn out better for you. You'll know without my doing anything, without you doing anything. Of course, you pray sometimes to the Master Power for help, and if you need it, of course It's always there, but if you raise yourself to a higher level, you'll have it permanently and you can only come up all the time. The Quan Yin Method is a way to bring you up there, but it's you who do it, you who want it. You make the effort."

Trinity

Spoken by Supreme Master Ching Hai
Chuangli, Formosa, February 25, 1989 (VIDEO#49)
(Originally in Chinese)

Q: *Master, what are the transcendental body, the reward body (the physical body), and the dharma body in Buddhism? How do we attain the three-fold body?*

M: The dharma body is the Truth or the Tao, the true Self, the heavenly Kingdom, God, or Creator. It exists eternally. It has never been born and will never perish. It is indivisible, neither good nor bad, compassionate nor wicked. The transcendental body comes from the dharma body — that, which is neither good nor bad, has never been born and will never perish. Therefore, the transcendental body is also the dharma body. We sentient beings pray a lot because we suffer much anguish. These prayers form a kind of atmosphere, which can transform itself and move to some place, where it emits a beam of Light. This Light is the transcendental body. It originates from that huge Source of Light that has never been born and will never perish, which is dazzlingly brilliant and nameless, has no upper limit, and does not move. We can say that the beam of Light thus transmitted from this huge Source is the transcendental body. It becomes denser as it descends and takes a form. At the higher level, this form is Light, transparent Light, and is intangible. It can be seen, though not by the physical eyes. However, sometimes it is visible to the physical eyes as well. As the beam of Light descends further, it becomes denser and changes into a physical body of flesh. The physical body looks just like the brilliant, transparent body above, except that the brilliant body is more beautiful, attractive, better-looking to the eye, and more powerful because it is not confined by this silly tool of flesh. So, this

is the meaning of the dharma body, the transcendental body, and the physical body.

A person who has attained the Truth should be able to use his three-fold body. We, who have not attained the Truth, have only the physical body. We are always falling ill. We are helpless, unable to help ourselves, or take care of ourselves or others. A person who has attained the three-fold body through the unity of the physical body, the transcendental body, and the dharma body is able to do anything. His physical body is connected to the transcendental body, which, in turn, is linked to the highest Power in the universe — that which exists forever, has never been born, and will never perish. Therefore, the three are together in oneness. Catholics speak of this as the Trinity. This is the meaning of the three-fold body of the Buddha in Buddhism. A person with a three-fold body is an enlightened Master, a Buddha, a Bodhisattva, a Christ, a Saint, or one who has attained the Truth.



Pearls of Wisdom

Master's Physical Body Is Much More Precious!

Spoken by Supreme Master Ching Hai
European 3-Day Retreat, August 25, 1995 (VIDEO#494)
(Originally in Chinese)

Some people are not content with seeing my transcendental body, so they still come to see me. I don't know why they act like this. Perhaps it is because the physical body is very rare; every enlightened Being has a transcendental body.

It is easy to see the transcendental body, but more difficult to see the real body, which only exists when an enlightened Master is living in this world. After the Master passes away, only the transcendental body is left. Of course, it is more desirable to see both the transcendental body and the real one.

Ordinary enlightened Beings have only transcendental bodies, but not real physical bodies, so they cannot help sentient beings. Likewise, Shakyamuni Buddha still has His transcendental body, but He cannot initiate us or give us any help. Perhaps He can guide us to a living Master, who has a physical body, to get initiated.

Everyone loves the real body because it is rare! There are too many transcendental bodies. The universe is full of transcendental bodies of enlightened Beings, who are omnipresent. Physical bodies are rare — there are only a few. Only when enlightened Beings come, can sentient beings see Their real physical bodies.

Chapter V



A few obstacles are good for us. They give us the incentive to strive; our willpower will thus grow stronger and our determination to seek the Truth will also become firmer.

~ The Supreme Master Ching Hai

Vegetarian Diet: Determination Is Better than Anything

Spoken by Supreme Master Ching Hai
Sydney, Australia, May 9, 1997 (DVD#582)
(Originally in English)

Q: *My question is about the purity of vegetarian food. I am concerned about people who need medicine and they might take something that contains animal products, like some things that are made from shellfish are very good for people who are sick in a certain way. I'm thinking of things where such a small amount of animal material is involved. Do You know why is it so detrimental?*

M: It's your mind that is important. If we tend to take anything just for the body at the cost of our spiritual, moral understanding, then of course, we will pay for it. If there's another substitute, then we can take the substitute, if absolutely not, then we just take that. Then it's all right. It's the mind that's important; it's our determination to do anything at all to keep our purity and to avoid the violence. That's it. It's not that you take a little animal and you go to hell or anything like that. It's just that you lack determination, and you will hinder yourself and weaken your willpower.

Willpower is very important for going ahead in any field, and if you belittle yourself by giving in to anything, by giving up your high standards in exchange for some physical comfort when you could do otherwise, then you just harm yourself; that's what I call detrimental. It's not that God punishes you or the devil comes and takes you to hell or anything. You have to keep your standards; that's what it is.

Q: *So many medicines come in little capsules and they've made of animal products, gelatin. If you don't know, then is it OK?*

M: If you know, then don't take them for your own sake. That's all. The animal is already dead. You take it and he won't die anymore, but it's just that if we want to keep ourselves absolutely in control, like you control your situation; you control what you eat, you eat what you want and not what's forced upon you by any circumstances, then you keep your own power. Nothing can shake you then because you do what you want in any circumstance. That's what it is.

But suppose if nothing else can be substituted for that medicine and you need it to sustain the physical body while you continue to realize God, then take it. Don't be a fanatic. It's just for your willpower that you should fight to keep it. (Applause) The thing we should keep is our level of consciousness, our standards; otherwise, you can do anything you want.

The guidelines and the rules are not for you to keep; actually they're for you to realize whether you're up to that standard or not. If you give up and sink down, that's already detrimental because you've lowered your standards already. Anyone at the college level has to pass certain tests, has to understand certain subjects. If you lower yourself, then you will become high school level again, no need to ask. If you slacken your effort in maintaining your college level and slacken your effort in progressing, then you just go backwards or stay there. You are just being harmful to yourself.

Visions

Spoken by Supreme Master Ching Hai
Bangkok, Thailand, December 30, 1999 (DVD#677)
(Originally in English)

Q: *Does the blessed Virgin exist? I come from Ireland, which is supposed to be quite a religious country. She is supposed to have appeared in Ireland and Lourdes. A lot of people believe in Her existence and power. I was just wondering what is Your opinion?*

M: When people see an apparition, because they are in a Catholic country or a Christian country, they presume that it is the Virgin Mary. Nevertheless, She can also exist, and why not? The Virgin Mary does not actually have to be a person. It is a power of the Universe, or maybe an angel that can also assume the appearance of the Virgin Mary to bless people. Maybe the kids or the people who saw that vision were pure at heart, and were praying with sincerity, so the angel, the spiritual inner Master, or whoever, took pity on them and appeared to comfort them, to bring them happiness, or to bless them. It is just like when you meditate sometimes you see Jesus, Buddha, and all that.

That happens, but the thing is that it is rare. You can see how rare it is in the religious world when just one or two see the Virgin Mary here and there. We see that a lot here in our group, but because the children, or whoever saw the vision over there, they thought that the Virgin Mary appeared there, but it is not true. We can see the Virgin Mary anywhere — even in our own home. Some of our meditation practitioners see Her or Jesus or Buddha, but that doesn't mean They appeared there. It is because you went into a different dimension and saw them at that time. But of course, the children could not explain that

because they did not even know how to explain it or whoever saw that did not have much spiritual experience. They were just blessed with the vision once or twice.

Because you come to my school and I explain it to you, when you see that, you know what it is. You can even bring that vision back again because you know how. So, you see how rare it is? A person of Christian faith saw Mary in Lourdes, and everyone in the whole world flocks over there because it is so rare for Christian people to see Her or for Her to appear in Ireland or anywhere. So far, I have heard that She has appeared in only three or four places in the whole world. Do you know how many millions of Christian faithful there are on this planet? And only a few, three or four, have seen Her. That's how rare it is. And here we take it for granted that we see Jesus — no big deal. This is a proof also because it is so rare.

God

Spoken by Supreme Master Ching Hai
Brisbane, Australia, March 20, 1993 (VIDEO#336)
(Originally in English)

Q: *Master Ching Hai, have You seen God?*

M: Yes, I see God, anytime, just like I see you. All of my disciples see God to some degree; they see Jesus, Buddha, the Indian Saints, or other Saints and talk to Them, learn from Them. They are representatives of God, and we can also know God directly.

Chapter W



If everyone in this world would share with others what they have in excess, then peace and happiness would reign in the world. There would be no more war or theft.

~ The Supreme Master Ching Hai

War and God

Spoken by Supreme Master Ching Hai
Singapore, March 8, 1993 (VIDEO#327)
(Originally in English)

Q: *Why can't God prevent wars?*

M: Why should He interfere with our game? Wars are caused by us human beings. As long as we don't realize that others and all creatures are ourselves, we will still have wars. Until we are bored, we are hurt, or others are hurt, we will not get enlightened. Eventually, we will long, from inside, to search for the Truth. We will understand that wars are useless. We should have peace. We should love others as we love ourselves.

This is our lesson, so God lets us learn this lesson. He does not prevent wars. He could terminate wars, but that will not do us any good because then we would not learn our lesson. We should prevent wars by ourselves. We should get together and end all wars. Only then will we truly understand what true eternal peace is.



Pearls of Wisdom

In this age of much trouble and disaster, we also have great hope, because God has ordained many Saints to come to our world.

~ The Supreme Master Ching Hai

Spoken by Supreme Master Ching Hai

Pusan, Korea, May 15, 1993 (VIDEO#373)(Originally in English)

The world is a big house and we have many rooms. Because we are very busy with our daily lives, we do not have much chance to see each other, but if everyone in this world realized that we are all brothers and sisters, then there would not be any discrimination and war.

Spoken by Supreme Master Ching Hai

Costa Rica, February 9, 1991 (VIDEO#153)(Originally in English)

I hope that one day the world will be without frontiers, so that neighbors can come and go to neighboring countries, have a cup of tea, drink a cup of coffee, talk together, and go back home on the same day or in the same week without any problems about documents, without any trouble, without any interference from policemen, and all kinds of terrible bureaucracy. There should never be any refugees at all, let alone people refusing them. Every person should have the right to travel where he or she wants, and to make a living where it is suitable and favorable to his or her condition.

Until that day, our world will remain in suffering, conflict and war. We should not bother to ask ourselves why. The reason is very obvious. It's because we are possessive. We think, "This is mine, this is ours, this belongs to us." We have forgotten to whom all these things belong. We have forgotten that God is the only King, and we

do not act according to the rules of this almighty King. We never think in this life. Everyone just takes care of him or herself. Even if people have too much to eat and too much to drink, they don't give it to their neighbors in need. Therefore, war is inevitable.

Spoken by Supreme Master Ching Hai

Berkeley University, California, U.S.A., October 13, 1989 (VIDEO#101) (Originally in English)

If we did not eat meat, no one would kill, no one would raise cattle. All the food would stay where it is, and they could eat it and become healthy and strong. It would be good for every nation and good for our nation as well. We waste a lot of money on arms and on raising animals. All the arable land, or most of it, is wasted nowadays on raising cattle, pigs and the like. If we used these areas to cultivate wholesome, healthy food, I think the nations would benefit more and our nation would have more peace and there would be no need for armed defense.

If every nation lived according to the Bible, according to the Buddhist teachings, ***Thou shall not kill, Thou shall not steal***, etc. then the world would have no more need for peace conferences and would not need to waste so much coffee, champagne and cake at round table discussions that go nowhere. The more we talk about peace, the more war we have. It is because we go about it in an inconsistent manner. If everyone practiced meditation and ate a wholesome diet without any killing involved, the world would long since have been in a peaceful state and we would have no hunger.

There's no need to give away your property; just give up the meat-based diet. That would be enough to save the world, as well as your own and the nation's health.

Spoken by Supreme Master Ching Hai

Montreal, Canada, April 17, 1993 (VIDEO#354)(Originally in English)

Meat is the cause of all wars and suffering in this world, as well as that of your personal self. To refrain from eating meat is to contribute to peace on this planet because in this way we terminate the cause of killing. Therefore, we will not reap the results of being killed or being wounded.

Spoken by Supreme Master Ching Hai

Panama, November 29, 1989 (VIDEO#106)(Originally in English)

Nowadays there are certain happenings, such as changes in the weather, famine and all kinds of diseases inflicted upon our world. Some people with little faith blame God again. Everywhere I lecture, people ask me, "If there is a God, why do such and such disasters happen?" But these people should remember that it's not God who does all these things. It is we who have made all these troubles. For example, a few nations test atom and hydrogen bombs, which disturbs the structure of the atmosphere, shaking the stability of the Earth. They think they can just shoot missiles into the air and it will create no problems, or do it in the ocean and it will make no problems. These practices still make problems, because the universe is constructed with many kinds of materials, some with solid substances and some with invisible substances. So, by disturbing the invisible substances, they also disturb the stability of the universe and interfere with the natural evolution of nature.

Spoken by Supreme Master Ching Hai

Costa Rica, December 16, 1990(VIDEO#141)(Originally in English)

All wars come from ignorance. If we are ignorant, we don't know how to stop hatred, we don't know how to stop aggression and possessiveness. The higher the position we're in, the more danger we may cause for humanity; so first, you'd better be enlightened, and then serve the world with greater understanding.

Spoken by Supreme Master Ching Hai

California, U.S.A., November 30, 1993 (VIDEO#398)(Originally in English)

Of course, war is inevitable, and I'm equally grateful if they protect the world or they keep the peace, but to keep peace is better. It doesn't matter how big the war is, it cannot go on forever if no one fights. If only one side fights, it gets fed up. It doesn't matter how aggressive a person is, if he continues alone in a war, then he gets tired and the war ends even more quickly. Sometimes we interfere with other people's wars, prolonging them and causing the loss of many lives.

Spoken by Supreme Master Ching Hai

West Virginia, U.S.A., February 17, 1991 (VIDEO#154)(Originally in English)

If we read the Bible, the Buddhist texts, or any other religious scriptures, we see that it is always stated that the Kingdom of God is within us, we are the temple of God, or we have Buddha Nature within us. Now, why don't we make use of this Buddha Nature, or the Kingdom of God within, to deal with things instead of using just outer material power, which is unstable, unreliable, and causes a lot of misery and the loss of the lives of many talented, young, beautiful, creative, intelligent human beings, which is a waste.

It takes tremendous creative power from God or the Universal Force to create a human being. It takes a lot of intelligence, time, money and love to raise one human being. Now, in just one second, it is destroyed, along with thousands and millions of others in war. That is very, very miserable. It is very unfair of us to do these things. It doesn't matter if we are right or wrong in war; it always creates misery for both parties.

We understand that even our enemies have souls, sentiments, intelligence, compassion and understanding. It's just that we don't sit together and talk. We don't make friends. We're not supposed to make friends with our enemies, so we sometimes forget that they are also human like us. Therefore, it is easy to slay someone whom we do not think much of or whom we don't hold in high esteem.

Spoken by Supreme Master Ching Hai

Hong Kong, May 28, 1993 (VIDEO#376)(Originally in English)

We have always looked for peace in this world. Many nations and the United Nations, etc. have tried their best to reconcile broken ties between the countries that are having conflicts with each other — sometimes with success, sometimes without. It's not because the United Nations has not tried its best; it's not because many presidents or politicians are not pure in their motives. It is because many of our brothers and sisters have not truly found peace within themselves, and they are forever still searching for happiness and true

peace outside. So long as we still have these brothers and sisters who are trying to look for peace and happiness outside of themselves, we will not have true and everlasting peace in this world. Therefore, most of us know that despite all the finances, all the time, all the energy spent in making world peace, we often fail. Even if we succeed, the outcome is only temporary, or if we succeed in having peace in one country, war will break out in the next country.

Spoken by Supreme Master Ching Hai

Brisbane, Australia, March 20, 1993 (VIDEO#336)(Originally in English)

People make war with each other because they identify too much with their bodies, with the immediate needs and all the demands of their bodies. Therefore, they kill each other. The only solution to this problem is to find a way to realize that we are not our bodies, and therefore no one opposes us and we are in no danger economically or politically. Enlightenment is the true and lasting answer; otherwise, we will continue to identify with our bodies and try to fulfill the needs of the body out of worry that other people will come and steal our crops, take our wives, or invade our nations.

Some nations make war with each other because they want to expand their economic power. In order to feed their overpopulated countries, they fight to gain more land, to gain more of the economic market, etc. It all has to do with the body. Even though we say it is differences in ideals, it all amounts to bodily demands. If we become enlightened, these wars will stop by themselves. We will realize truly the brotherhood of humankind.

Develop the Wisdom Eye to Understand the World

Spoken by Supreme Master Ching Hai
Long Beach, CA, U.S.A., December 29, 1996 (DVD#571)
(Originally in English)

Q: *Everything I read says that we are entering a millennium of harmony, peace, and prosperity. Can we give people a word of encouragement about the good things to come? In fact, we can even use the bad things that have happened as an opportunity for growth.*

M: Every opportunity is an opportunity for growth; every millennium is a golden millennium. It depends on what we feel inside and how we see the world outside. When we develop our wisdom eye, we see things differently. Every age is a golden age. If it's not, we are not developed spiritually, and every age is a dark age. No problem; for us, the golden millennium is already here.

Spoken by Supreme Master Ching Hai
Portland, Oregon, U.S.A., December 4, 1993 (VIDEO#399)
(Originally in English)

We are stepping into the Golden Age, so we have to change. We have to leave behind all these old, useless conceptions of how a Saint should be; or we should leave behind the dark thinking, the negative expectations of the world and ourselves. Do something! We should start with ourselves; we should clean our house. If there's anything we don't like about ourselves, we should change it — replace it with more positive, more virtuous qualities.

Chapter Y



*If every person improves himself, the world will naturally improve too.
~ The Supreme Master Ching Hai*

Yin-Yang

Spoken by Supreme Master Ching Hai
Houston, TX, U.S.A., November 14, 1993 (DVD#395)
(Originally in English)

Q: *Is it possible to have a balance in life by having the yang and the yin, the good the bad, the suffering?*

M: Yes, sure. Now we have to do it, because we live in this world. It's too late to say, "I can avoid it altogether," so we have to accept suffering as a part of our yin-yang, balance of positive and negative. But nevertheless, we don't sow more for the future, first. Second, we don't sow suffering for our neighbors. Also, we will minimize the results of our past actions by adding more strength of the positive spirit into our daily lives through meditation, by thinking of God the right way. Everything has a way, actually.

Q: *Do You believe in the anima and the animus — the male spirit and the female spirit — within each of us, and having a harmony and balance therein?*

M: That's what we call positive and negative forces. Yes, the female is supposed to be a negative force. Whatever is weak, slow or kind of inert, we call negative. The other, a little bit kind of outgoing and strong, we call it positive. Many people call it different names, like creative power; that is also called negative, actually. But then it has side effects because when you are created then you're supposed to be demolished one day. But in the whole, when they're both balanced, then we are in equilibrium with the universe, in harmony; and we don't have much suffering.



Pearly of Wisdom

Spoken by Supreme Master Ching Hai

Phnom Pehn, Cambodia, May 11, 1996 (VIDEO#545)(Originally in English)

There are only two choices, the positive and the negative. If the positive doesn't act, then the negative will come. If we don't use our positive thinking and power, then there's only one other choice. When the time comes, we will use the negative because the chance has passed. Then, the more we use the negative, the more we get used to it, and we will never do anything else except keep using it again, again and again. We will never get out of it. That's what we call the "wheel of transmigration," because we keep running inside that circle again, again, and again.

Spoken by Supreme Master Ching Hai

New Jersey Center, U.S.A., June 24, 1992 (VIDEO#259) (Originally in English)

We also have a destroying nature inside us. Depending on each person, the destructive tendency is higher or lower. But try to control it, otherwise, you will carry on the whole time with your destructive spirit, and that's very negative. We have both negative and positive inside, but we only use the negative when necessary. It's not that I'm saying we can't use it, because, a negative power, when you use it in the right place, is very good.

Just like the children at home, you're always positive with them, encouraging them, loving them, and telling them all good things. But when they're too naughty, when they try to be stubborn, are not obedient enough, and do wrong things — harm other people or the neighbors, then you have to use a so-called negative attitude; but actually in that case, it's positive.

You have to scold them, or maybe punish them lightly, like they have to kneel, stay at home when you go out, or you cut down on some of their enjoyments, pocket money, or whatever. These look negative because parents are always supposed to be loving, forgiving, smooth and soft-spoken. So, why punish the children? But they deserve it; they have to be punished, otherwise, they can't turn to the positive.

That's when the negative power is for a useful purpose. Don't always say that the negative can't be used or the positive has to be used all the time. If you use positive power or a positive attitude in the wrong way, it becomes negative. For example, your child is very naughty — you have given him everything already, but he goes out to steal just for fun or because he associates with bad guys; or he gets on drugs, and goes out and breaks into people's cars, and you tell him, but he doesn't change. If you still keep rewarding him, loving him, forgiving him, then you are negative. Then your attitude is negative. You're spoiling him, you're harming him, you're harming his future, because one day the police or the neighbors will catch him, or another stronger guy will hit him, break his bones, break everything of his future, and your heart as well. In that case, your positive attitude is absolutely negative.

So, we have to understand this Yin-Yang nature, and make use of both accordingly — not dislike one and cling to the other, but know how to use them. That's the art of living; that is wisdom. Otherwise, how else can we survive in this world with ourselves and our loved ones? There has to be some limit. It's the same with me; so don't always expect me to give you candy and smile all the time. I have to do some of my negative work, and turn it into positive, turn these negative people into positive. Otherwise, you'll never grow up.

Index

A

- Abortion 95, 96. See also Karma: killing
- Actions 4, 6, 31, 52, 80, 82, 112, 149, 178, 181, 186, 188, 205, 206, 233, 254, 276
 - cause of 6, 50, 129, 149, 170, 270. See also Attachment: ridding ourselves of; Karma: law of
 - in name of the Master 80
 - purify 8, 93, 94, 142, 186, 236
- Age and spiritual practice 17
- Aggression 63, 271
- Ahimsa 16, 68
- Alcohol, alcoholism 19, 20, 56, 98, 127, 233
- Anger 4, 29, 67, 71, 72, 79, 162, 179, 195. See also Emotions
- Animal products 262, 263
- Animals 10, 11, 49, 96, 98, 184, 269
- Asura beings 54
- Atmosphere
 - clearing 3, 23, 54
 - negative 20, 54, 118, 123, 186
 - through meditation practice 142, 244, 258
 - through practice 95
- Attachment 3, 6, 64, 78, 156, 237
 - cause of 95, 251
 - ridding ourselves of 24, 30, 195, 217
- Attitude
 - competitive 70, 205

B

- Behavior
 - of a noble person 205
- Blessing
 - power of group meditation 245
 - power of the Holy Names 207
 - power of the Master 3, 17, 28, 170, 212, 221. See also Master Power

Bliss 19, 29, 152, 249

Body

during meditation 5, 6, 29, 31, 189, 190, 201

illness of 3, 34, 49

leaving the 6, 29, 46, 183, 184

physical 29, 31, 50, 59, 91, 131, 164, 178, 184, 230, 247, 260

protection/care of 50, 107, 262, 273

transcendental body of the Master 139, 258, 260

transcendental body 259

we are not the 45, 46, 124, 159, 188, 228, 237

C

Chanting 22, 23, 28, 203

Charity 96

Chi Kung 3, 34

Child, children 35, 37, 75, 77, 93, 95, 96, 97, 98, 155, 204, 227, 228,
254, 264, 277, 278

Childhood 75

Church 92, 171

Company

practitioner affected by 39, 127, 244

Concentrate, concentration 139, 151, 152, 187, 239, 240, 244, 255
method of 48, 55

Conduct, right 220, 239. See also Behavior: of a noble person

Conscience 82, 83, 84, 85, 113, 122, 135, 204, 213

Contacting God 27, 120, 132, 143, 214, 257

Convenient Method 3, 17, 18, 43, 44, 137

Criticize, critical 79, 135

Curing bodily illnesses 23, 28, 30, 34

D

Death, dying 37, 53, 57, 93, 107, 224, 251, 252

Desires 65, 66, 100, 115, 128, 227, 237, 248

Destiny 90, 108, 133, 166. See also Karma: fixed

Detachment 25, 64, 195. See also Problem Solving

Devil 52, 262

Devotion 3, 47, 109, 221
 Die daily 6, 183, 221. See also Body: leaving the
 Difficulty in meditation 55, 94, 95, 193, 192
 Divorce 109
 Doubts 103, 162, 237
 Dreams 4, 53, 54, 94, 118, 134
 Drugs 4, 20, 39, 55, 56, 278
 Duality 26. See also Yin Yang 8, 276, 278
 Duty of the Master 47, 136, 188

E

Ego 4, 28, 67, 74, 75, 76, 77, 78, 79, 80, 104, 105, 107, 115, 124, 129, 169, 181, 205, 212
 Emotions 6, 68, 71, 156, 157, 162, 163, 195
 Energy 4, 7, 20, 52, 71, 117, 118, 203, 225, 230, 231, 232, 246, 255
 positive/negative 4, 31, 52, 232
 Evil 4, 96, 101, 111, 113, 120, 135
 Experiences, inner 3, 17, 44, 53, 92, 100, 153, 210, 248, See also inner vision 3, 43-44, 153, 172, 210, 226, 248, 288

F

Family
 benefited by initiation 100, 182, 185, 245, 257
 duty to 47, 116, 156, 204
 fulfill obligations to 22
 karma 148
 Quan Yin 41, 241, 246
 relationships 204, 216, 231
 Fate 90, 108
 Fear 102, 103, 104, 105, 106, 107, 162, 227. See also Emotions
 Feelings 4, 58, 67, 73, 106, 135, 162, 172, 252. See also Emotions
 Five generations 17, 22, 243
 Five Guidelines 68, 94, 198, 241, 252, 263, 289
 Fixed karma 5, 134. See Karma: fixed
 Fortune telling 5, 108
 Future 13, 99, 115, 215, 216, 224, 252, 253, 276, 278

G

- Gambling 20, 21, 68, 232
- Ghost 22, 185
- God Power 27, 63, 170, 201
- Grace of the Master 241
- Gratitude 61, 175
- Greed 4, 11, 24, 30, 71, 73, 79, 100, 108, 250
- Group meditation 60, 203, 241-243
- Guilt 107, 135, 231, 252
- Guidelines 31, 53, 68, 94, 97, 98, 125, 186, 198, 241, 248, 253, 263, 289

H

- Habits 5, 56, 75, 77, 82, 126, 127, 136, 141, 169, 177, 186, 227
- Harmful actions 41, 74
- Harmful information 37, 101
- Hell 58, 93, 97, 98, 99, 113, 122, 123, 226, 249, 250, 251, 262
- Holy Names 34, 94, 169, 202, 207, 234
- Human body. See Body: physical
- Humility 73, 79, 165

I

- Ideal
 - noble 6, 42,, 48, 113, 177
- Ignorance 24, 34, 103, 112, 132, 247, 271
- Illness
 - cause of 35, 48, 134
 - healing of 28, 34
 - spiritual 30
- Initiate
 - associations with others 39, 142, 143
 - conduct 63, 65, 99, 136, 243
 - practice of 99, 234, 241, 244, 257
- Initiation
 - before 91, 137, 140, 182, 195, 238

- benefits of 22
- during 17, 92, 134, 138, 139
- life after 44, 114, 182, 248
- of a Master 164, 165, 167
- purpose of 27, 98, 101, 103, 174, 176
- Inner Master 139, 216, 226, 264
 - help from 53, 94, 105, 136, 211

J

- Jesus 73, 84, 131, 132, 161, 162, 164, 221, 244, 264
- Job 35. See also Work

K

- Karma
 - and social relationships 32, 129, 146
 - cleansing 52, 78, 93, 134, 192, 204, 252
 - effects of 35, 54, 106, 111, 128, 136, 146, 186
 - fixed 94, 98, 106, 111, 134, 145, 148, 149, 253
 - karmic illnesses 28
 - killing 57, 95, 269, 270, 273
 - law of 34, 49, 57, 60, 97, 153, 225, 250
 - stored 17, 37, 190, 252
- Kill. See Karma: killing

L

- Leaving the body. See Body: leaving the
- Life
 - past 36, 53, 94, 111, 128, 134, 139, 148, 170, 216, 217, 228, 236, 248
 - simple 154, 169
- Lifetime, liberation in 17, 134, 184
- Light
 - meditation on 31, 43, 55, 105, 153, 197, 239, 248
 - of God 79, 101, 140, 143, 171, 186, 258
- Living Master 27, 46, 74, 92, 93, 158, 162, 164, 165, 167, 167, 168,

169,171, 172, 173, 179, 221, 222, 238, 259, 260

Lust 71

M

Magical power 34

Marriage 142, 148, 230

successful, harmonious 156, 204. See also Emotions

Master

blessing of contact with 92, 160, 167

care of 93, 94, 97, 196, 241, 252

death of 46

disciple relationship 46, 74, 159, 170, 174, 175, 176, 177, 195, 222

teachings of 70, 84, 192, 239, 248, 255

Master Power 53, 91, 92, 146, 159, 160, 178, 181, 212, 241,257

See also God Power

Maya 94, 178, 179, 180, 181, 210, 211

Meat 30, 50, 137, 269, 270

Meditation

cleansing power of 53, 237, 244, 253, 276

difficulties with 39, 77, 94, 193, 194

disturbances during 94, 95, 105

fruits of 16, 43, 50, 58, 78, 84, 130, 182, 195, 216, 269

guidelines 91, 187-189, 194, 197, 198, 202, 203, 219, 241, 244

lack of concentration 55, 76, 203

physical transcendentals during 31, 183, 189, 193

purpose of 91, 199, 201, 229, 255

Mind 17, 19, 28, 29, 102, 103, 112, 117, 123, 127, 129, 130, 136,

139,153, 155, 159, 160, 170, 179, 181,188, 197, 198, 202, 203,

205, 216-218, 230-232, 236, 238-241, 248, 250, 255, 256, 262

Mistakes 35, 37, 53, 70, 99, 204, 253

Morals 38, 54, 231, 234, 262

N

Negative

force 33, 170. See also Energy: positive/negative

power 37, 103, 170, 200, 210, 211, 255, 276-278
 Nightmares 54
 Nonviolence 16

O

Obligations 65, 190
 Obstacles 50, 71, 80, 94, 100, 111, 112, 163, 191, 210, 211, 213, 261
 Offerings 100, 252

P

Past lives 35, 98, 111, 216, 217, 236, 248
 Peace
 inner 20, 29, 195, 199
 of mind 83, 84, 213
 world 47, 51, 54, 98, 266, 267, 271, 272, 274
 Possessed 20, 54, 98, 216
 Possessive, possessiveness 268, 271
 Power, God. See God Power
 Pray, prayer 16, 53, 54, 80, 92, 95, 101, 118, 132, 136, 139, 141, 143,
 145, 169, 211, 218, 219, 221, 222, 257, 258, 264
 Guidelines 31, 97, 98. See Five Guidelines
 Predictions 108, 114, 116, 274. See also Future
 Present moment 107, 114, 115, 215, 216, 252
 Problem Solving 25
 Problems 230, 245, 246, 270
 receiving answers 80, 203
 Progress, spiritual 174, 176, 179, 241, 248
 obstacles 95
 rate of 105, 142, 165, 198, 248
 Protection
 of Holy Names 34, 54, 211, 234
 of the Master 53, 99
 Purification 49, 93, 94, 139, 142, 160, 186, 236, 237

Q

Quan Yin

practitioners 34, 184

Quan Yin Method 17, 33, 58, 79, 91, 94, 100, 103, 104, 108, 140,
142, 170, 174, 176, 186, 196, 197, 198, 199, 203, 216, 221, 257
benefits of 50, 55, 66, 146, 154, 219, 253

R

Real Self 24, 141, 201, 216, 224, 227, 228

Reincarnation 35, 38, 252

Religion 50, 110, 227

S

Saint 100, 142, 218, 234, 259, 268, 274

Self, True. See True Self

Service 100, 229

Sexual energy 230, 231

Sexual thoughts 234

Sleep

problems of 53

Soul 17, 22, 37, 50, 71, 91, 95, 101, 106, 123, 159, 179, 233, 250, 272

Sound

effects of 23, 43, 55, 78, 236, 237

meditation on 31, 101, 189, 197, 239, 248

of God 140, 154, 236, 237

Spiritual

diary 79

healing 23, 28, 30

practice 15, 17, 22, 34, 41, 48, 55, 61, 67, 74, 79, 82, 85, 100, 108,
117, 134, 136, 142, 154, 169, 174, 187, 189, 191, 219, 238-241,
243, 245, 246, 247, 248, 269

purpose of 112, 170, 176, 200

progress 130, 229, 240, 241, 243, 248. See Progress, spiritual

Suffering 36, 40, 51, 57, 85, 99, 135, 136, 154, 156, 215, 217, 228,
241, 247, 258, 257, 261, 276

of the Master 180
 Supernatural powers 34, 108

T

Tao 100, 250, 258

Thinking

as an obstruction 76
 misconceptions 72, 112, 170, 197, 205, 228, 235, 243, 247, 250,
 268, 270
 negative 20, 52, 54, 236, 237, 244, 274
 positive 20, 94, 220, 244, 255, 257, 277

Thoughts 16, 31, 112, 146, 153, 169, 170, 178, 234
 power of 16, 20, 52, 106, 118, 198, 249, 255, 256

Transmigration 34, 111, 183, 250, 251, 252, 277

True Self 45, 74, 79, 100, 130, 141, 171, 201, 258

V

Vegetarian diet

and spiritual practice 17, 137, 169, 252, 262, 263
 effects of 269
 purpose of 97, 253

Vibration 23, 31, 39, 54, 96, 106, 171, 184, 189, 191, 192, 200, 236

Violence 16, 37, 68, 77, 107, 254, 262. See also Ahimsa

Visions 53, 171, 195, 226, 264, 265

inner visions 3, 43-44, 153, 172, 210, 226, 248, 288

W

War 57, 85, 146, 266, 267, 268, 269, 271, 273

Will of God 109, 113, 115, 168

Wisdom eye 54, 55, 94, 202, 234, 274

Work 29, 58, 63, 65, 70, 71, 72, 73, 76, 80, 81, 82, 84, 85, 95, 100,
 106, 110, 166, 182, 229, 247

Worldly attractions. See Desires

Worship 22

Initiation: The Quan Yin Method

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

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

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

The initiation into the Quan Yin Method is not an esoteric ritual or a ceremony for entering a new religion. During the initiation, specific instruction in meditation on the inner Light and inner Sound is given, and Master Ching Hai provides the “Spiritual Transmission.” This first taste of Divine Presence is given in silence. Master Ching Hai need not be physically present in order to open this “door” for you. The Transmission is an essential part of the Method. The technique themselves will bring little benefit without the Grace of the Master.

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

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

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

The initiation is offered free of charge.

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

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

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

The Five Guidelines

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

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

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

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