

THE SUPREME MASTER CHING HAI

The Love of Centuries





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of Centuries



*Supreme Master
Ching Hai*

ST. MARTIN CENTER, FRANCE
SEPTEMBER 6, 2008

Dedication

*M*ost Beloved Master,

In obeisance, we express our sincerest and deepest appreciation to You, the universe's Compassionate Master, for your guidance in the gathering, translating, and introducing the magnificent poems in Your immense river of poetry to the world. Each verse gently flows with cooling freshness, like a nectar spring that softly enters the consciousness of all beings, awakening the compassion in each soul on the journey of eternal love.

May humanity eternally radiate with grace from the everlasting love of Your wondrous poems.

May all living beings soon return to the Shore of Enlightenment, blessed by Your boundless compassion.

Our gratefulness, Master, for the verses
The Love of Centuries on the shore of Paradise
Listening to each pearl, each golden word
Into my mind it flows,
A multicolored light it becomes
A thousand years the river of poetry shines
A visit to the Original Source the ferry takes the travelers.

In Your boundless blessings,
Your disciples

Acknowledgments

The poet wishes to thank all the Divine Blessing and loving people whose dedication and diligence go beyond ordinary work to bring this poetry collection into beautiful creation for all to enjoy. Bless you!

♥♥ Supreme Master Ching Hai

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Biography of Supreme Master Ching Hai

The Way of Love



Supreme Master Ching Hai is a world-renowned spiritual teacher, artist and humanitarian, whose loving assistance extends beyond all cultural boundaries. She was born in central Âu Lạc (Vietnam), studied in Europe, and worked there for the Red Cross. She soon realized that suffering exists in all corners of the globe, and Her yearning to find a remedy became the foremost goal in Her life. She was happily married at the time to a German physician, and although it was a difficult decision for both of them, with Her husband's blessing, She left to fulfill this ideal. She then embarked on a journey in search of spiritual enlightenment. Eventually, in the Himalayas in India, She received from a true Master the divine transmission of the inner Light and Sound, which She later called the Quan Yin Method. After a period of diligent practice, She attained the Great Enlightenment.

The Supreme Master Ching Hai International Association emerged in the 1980s around the teachings of Supreme Master Ching Hai. At the earnest request of those around Her, She shared the Quan Yin Method of meditation with others, encouraging them to look within to find their own divine greatness. Before long, invitations arrived from the Americas, Europe, Asia, Australia, Africa as well as the United Nations for Her to give lectures.

Supreme Master Ching Hai's compassionate heart has also been reflected in Her meticulous care for the less fortunate in various circumstances. Her benevolent work



transcends all limitations to reach the disadvantaged, the elderly, the incarcerated, those with physical or mental challenges, the homeless, and veterans. In these urgent times, due to the effects of global warming, Supreme Master Ching Hai has generously contributed millions of dollars in humanitarian aid and requested our Association members go to help countless victims of natural disasters throughout the world. In addition, the planet's precious animals and the environment have been recipients of Her tender care. Her loving kindness has touched the hearts of millions the world over and has inspired others to follow Her altruistic example. The income generated from Her artistic creations, such as paintings, lamps, clothing and jewelry designs, have enabled the support of Her mission of comforting God's children in times of need.

Recently Supreme Master Ching Hai has authored books that have become #1 international bestsellers, namely *The Birds in My Life*, *The Dogs in My Life*, and *The Noble Wilds*. Now translated into several languages, these volumes reveal many telepathic and spiritual insights into the deep emotions and thoughts of our treasured animal co-inhabitants, highlighting their gracious spirit and unconditional love.

Wishing to acknowledge others for their actions and influence toward developments of goodness in the world, Supreme Master Ching Hai founded the Shining World Leadership Award in March 2006. Since then, She has also established other prestigious awards, such as the Shining World Hero Award, Shining World Compassion Award, Shining World Honesty Award, and Shining World Invention Award, etc. The honored recipients are individuals, nations and organizations whose exemplary works have significantly contributed to the harmony, beauty and sustainability of our Earth. Some of these recipients include the 2nd President of the Republic of Slovenia, Dr. Janez Drnovšek; the 45th U.S. Vice President Al Gore, 2007 Nobel Peace Prize Laureate with the UN's Intergovernmental Panel

on Climate Change (IPCC); Chief of UN IPCC and Director-General of The Energy and Resources Institute India (TERI), Dr. Rajendra K. Pachauri, 2010 UN-HABITAT Cities Lecture Award recipient; Head of the NASA Institute for Space Studies, Dr. James E. Hansen, 2009 Recipient of the Carl Gustaf Rossby Research Medal; and renowned British primatologist Dr. Jane Goodall, to name a few.

Our precious animal friends have also been presented with distinctions such as the Shining World Hero Award, Shining World Intelligence Award, etc., for their selfless and noble deeds in rescuing lives at the risk of their own, and for exhibiting remarkable bravery, intelligence, and care through their loving acts.

Supreme Master Ching Hai has given much to our world, both spiritually and materially. Although She does not seek acknowledgment, in recognition of Her selfless contribution, government representatives and private organizations worldwide have presented Her with prestigious awards on numerous occasions. Among these are the Gusi Peace Prize (2006), First-place Silver for the 27th Annual Telly Awards (2006), Los Angeles Music Week Certificate of Commendation (2002), World Spiritual Leadership Award (1994), and World Citizen Humanitarian Award (1994). In addition, February 22 and October 25 have been proclaimed by government officials in the United States as the Supreme Master Ching Hai Day. Her dedicated aid to the world continues to this day, with millions of grateful hearts among leaders and their co-citizens alike.

Supreme Master Ching Hai is among notable pioneers in our society today who wisely and courageously express concern about climate change. In fact, for more than 20 years, She has talked about preserving the environment. She introduced the Alternative Living and SOS global warming campaigns and appeared as honored Guest Speaker

at conferences to bring to the public's attention the root cause of the planet's current disasters and their prime solution: a compassionate, vegan lifestyle. "Be Veg, Go Green 2 Save the Planet!" is now a well-known motto that originated from Supreme Master Ching Hai.

Being well aware of the immense impact our food choices have on the climate and to facilitate humanity's transition into a more benevolent, Earth-sustaining way of living, Supreme Master Ching Hai also inspired the development of a chain of vegan restaurants called "Loving Hut." With many locations throughout the world, these popular dining establishments advocate a healthy diet by providing a cuisine of a vast array of delicious, affordable and nutritious vegan dishes, and in so doing, promote the best solution to protect the world, its citizens and all its co-inhabitants, and our future generations from the devastating effects of global warming.

In our era, Supreme Master Ching Hai is truly a selfless and dedicated individual who is tirelessly helping world citizens create a bright future for our beloved planet.



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.

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* Originally in Aulacese (Vietnamese)





Foreword



Poetry is an artistic, stylistic expression and reflection of the spirit. Wu Tzu's poems transcend the preconceived thinking of worldly people, just like a pure lotus amidst the dusty world, a radiant lighthouse in the stormy sea, and a rainbow across a dark cloudy sky.

The style of Wu Tzu's poetry is sometimes soft and gentle as a slow flowing stream, or sometimes vibrant and forceful as a thousand horses racing. Her verses are imbued with graceful and otherworldly qualities. When expressed in the Poet's simple, conversational words, these verses often belie their profound meanings and pure lyrical beauty.

With a refreshing choice of words and harmonious rhythms in Her poems, the Poet has created a beautiful, ethereal world, as well as a poetic style that is at once romantic and splendid. Above all, these poems seem to have been created with total spontaneity, and yet their effect is total enchantment.

In addition to their unique artistic quality, these poems often convey the great compassion from the Poet's heart. It is therefore not just the beauty of the verses but the love expressed through them that will elevate the readers' spirits and bring them to an ultimate state of Truth, goodness and beauty.

I would like to recommend this book to our readers, and I hope you will also enjoy the spiritual message and the romantic beauty in these poems. Through reading this poetry anthology, the readers will appreciate the Truth, goodness and beauty from the heart of the Poet, Wu Tzu, and thus realize the true meaning of life.

~ **Karl Min Ku**, Former Director-General of the National Central Library (NCL), Formosa, R.O.C., former member of the Standing Committee of the International Federation of Library Associations and Institutions (IFLAI), UNESCO, former president of the Association of Parliamentary Librarians of Asia and the Pacific (APLAP).

Note: "Wu Tzu" is Supreme Master Ching Hai's pen name, meaning "no death, life eternal."



❧ Preface ❧

With a spirit of oneness and eternal light of Truth, Supreme Master Ching Hai deeply feels sorrow for the suffering people in our world, as Her heart merges with each vicissitude of this illusory human life.

In such an ephemeral sphere, life is at times like silent footsteps and forlorn as a boat on the high sea, longing for a return to shore to find the loving home of yore. Yet the beloved is forever like the silhouette of a bird that has flown far away from Eden. What remains is an inconsolable yearning:


*“Last night, I dreamt
Of restful sheets and pillows
As fragrant sandalwood wafting through the air
Heartfelt was the time
When we were still together
When our love was still forever.”*

(Dream in the Night)

The Love of Centuries is a poetry collection featuring 46 exquisite poems composed by Supreme Master Ching Hai. It conveys love, reminiscence, and the resonance of a soul sympathetic with human lives and the fates of all humble, fragile co-inhabitants. With abounding changes in life, whether lofty or worldly, no one can escape from the transmigratory wheel of birth and death. In this uncertain river of life, Supreme Master Ching Hai feels a deep concern for humans' plight. Thus, Her verses are imbued with anguish and compassion:

*“Tears dried up and I'm wordless
Weeping in sympathy for the tormented!”*

(Please Wake Up!)



Supreme Master Ching Hai's poetry harmoniously weaves words and emotions, spirituality and everyday life. Her poetic expression is gentle, profound, and flowing like the moonlight shining on each soul's hidden corners. At times Her verse is like a lonely boat carrying wishes of love across the river of misery to the shore of happiness, at times it is pure like the summer rain, refreshing our spirits in all the paths of this fleeting world. The Poet earnestly prays for humanity to soon awaken to the True Self, to the benevolent and noble lifestyle, and to face the reality and henceforth transform our planet into Heaven on Earth, where humans and all co-inhabitants can live in peace and harmony:

*"O brother, wake up at once
Proudly walk on great seas and rivers
Look straight at the flaming sun
And vow sacrifice to save all beings."*
(Please Wake Up!)

We invite poetry lovers to enjoy the verses in *The Love of Centuries* and to experience an unwavering love and a realm of enlightenment so a longing "to reunite with the beloved" in the heart of the one away from Home shall endure evermore.

We are grateful to Supreme Master Ching Hai for gifting our world an everlasting source of love and hope through Her magnificent poetic verses:

*"To the luminous land of bliss, we shall return
Heavenly winds echoing ubiquitous ocean sounds."*
(When Shall We Meet Again?)

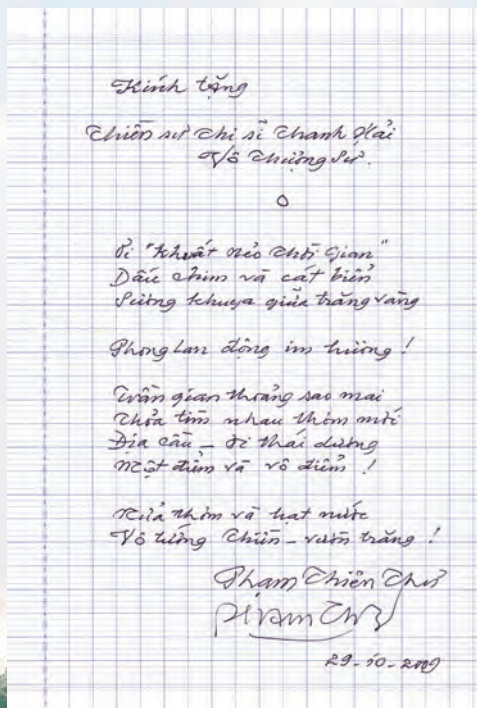
**~ The Supreme Master Ching Hai International Association
Book Department**

Note: Words or phrases in italics are excerpted from this poetry collection.



Reflections from Celebrated Artists on Supreme Master Ching Hai's Poetry

Phạm Thiên Thư is one of the most gifted poets in Âu Lạc. During the course of his life as an artist, he has contributed many immortal poems to the country's literary heritage, such as "The Grotto of Yellow Flowers" and "Hoàng Thị of Yore". After reading Supreme Master Ching Hai's *The Love of Centuries*, he was so inspired that he wrote a poem filled with love and profound meaning to dedicate to Her as follows:



**Respectfully dedicated to Zen Master
and Poet Supreme Master Ching Hai:**

O "Shade of Time"

Traces of birds and beach sand

Late night mist in the golden moonlight

Touched, the orchid held its fragrance!

A fleeting morning star in the mundane world

Contented to search for a new scent

Earth – O sun


A point and point-less!

Partially fragrant and a water drop

Formless meditation – a moonlight garden!

Phạm Thiên Thư


October 29, 2009



Poetry, songs, and music are priceless gifts for humankind which elevate them spiritually, moving them closer in their understanding and loving of one another. In the now-legato, now-lento tone of the poems, poets and musicians often find a common ground in their voices, thanks to their spiritual synchronicity. Inspired by the light-hearted, yet fervently expressive, and the romantic, yet profoundly articulated verses from Supreme Master Ching Hai, gifted musicians have added their beautiful melodies, giving wings to Her verses to soar higher. Following are cherished affections, the entrusted inner feelings that gifted, international artists warmly dedicate to Supreme Master Ching Hai and Her exceptionally beautiful verses:

FRED KARLIN (1936-2004) was an American composer who had won both Oscar and Emmy Awards, along with many other honors for his music. He was the composer of the extraordinary musical dramatic epic, *The Peace Seeker*, performed at the concert in which Supreme Master Ching Hai's poetry was set to music: "I feel very privileged myself to be able to have worked on this piece and written it for many reasons. For the Supreme Master Ching Hai, the Poet, She describes various ways in which we come face to face with the darker part of life because of this, because of not having that connection. I suppose that is kind of a reverse example illustrating that if we look inside and really make that personal connection, we wouldn't, and we'd stop seeking happiness without – whether it's fame and fortune, which one of Her lyrics talks about."

BILL CONTI, an American Oscar and Emmy Award winner, conducted a very special piece from Supreme Master Ching Hai's poetry: "This special piece that was written by Supreme Master Ching Hai is a piece of music that I have arranged, I think, in a very special way to present both the music and the lyrics and try to evoke something in the audience when it's being performed, because that is the secret of music... When the music is playing, that person, in this case Supreme Master Ching Hai, is just like being with you... If I could meet or have the pleasure to be with the Supreme Master Ching Hai, I would tell Her how the experience that I had was so wonderful, and what She is giving to other people is so wonderful."

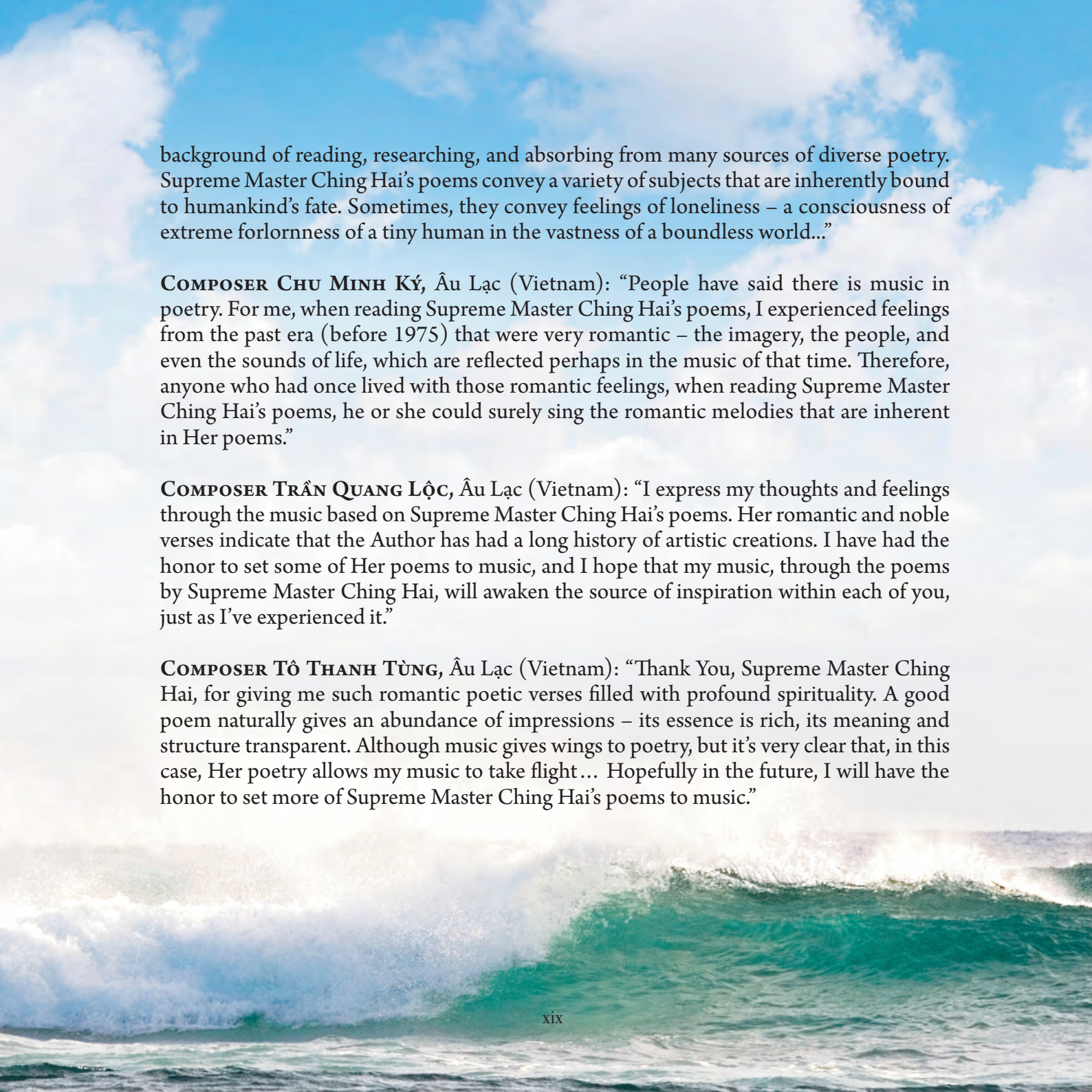


COMPOSER PHẠM DUY, Âu Lạc (Vietnam): “Supreme Master Ching Hai’s poetry expresses the harmony of an earthly love and the purity of a spiritual life. But, in my opinion, Her poems not only transcend preconceived notions but also portray a journey of consciousness, a journey of life on the river of reflections – the sole belonging is an open heart. The final destination is a natural awakening, a turning away without any attachment – an innocent homecoming. Those are the poems in which one ‘listens once more to the sound of life.’”

COMPOSER NGUYỄN VĂN TÝ, Âu Lạc (Vietnam): “I feel that I’m very fortunate to be able to stretch my hands to the farthest reach of life, in the sense that I’ve had the opportunity to set Supreme Master Ching Hai’s poems to music. I believe that one day, thanks to Her poems, my music will take flight into realms that I have always dreamt about... I am grateful to Supreme Master Ching Hai, to the heart of a poet. She is someone who has attained the Truth but still leaves in people’s hearts impressions that are very human – which many others and I were able to perceive.”

COMPOSER PHẠM MẠNH CƯỜNG, Âu Lạc (Vietnam): “I am honored to have read and enjoyed Supreme Master Ching Hai’s poem collections. Her poetry carries meanings that are harmonious and beautiful, combining love and spirituality. The verses are truly exquisite, spontaneous, sincere, and melodious – they can easily touch the readers. Supreme Master Ching Hai’s poems have brought me a wealth of inspiration, and I have taken the liberty to compose a number of songs based on Her poetic works. I would like to respectfully present these compositions to Supreme Master Ching Hai, an internationally renowned lady whom I greatly admire.”

COMPOSER VŨ ĐỨC SAO BIỂN, Âu Lạc (Vietnam): “Supreme Master Ching Hai’s poetry is multi-faceted in its style. Those styles did not come by chance, but they came from a

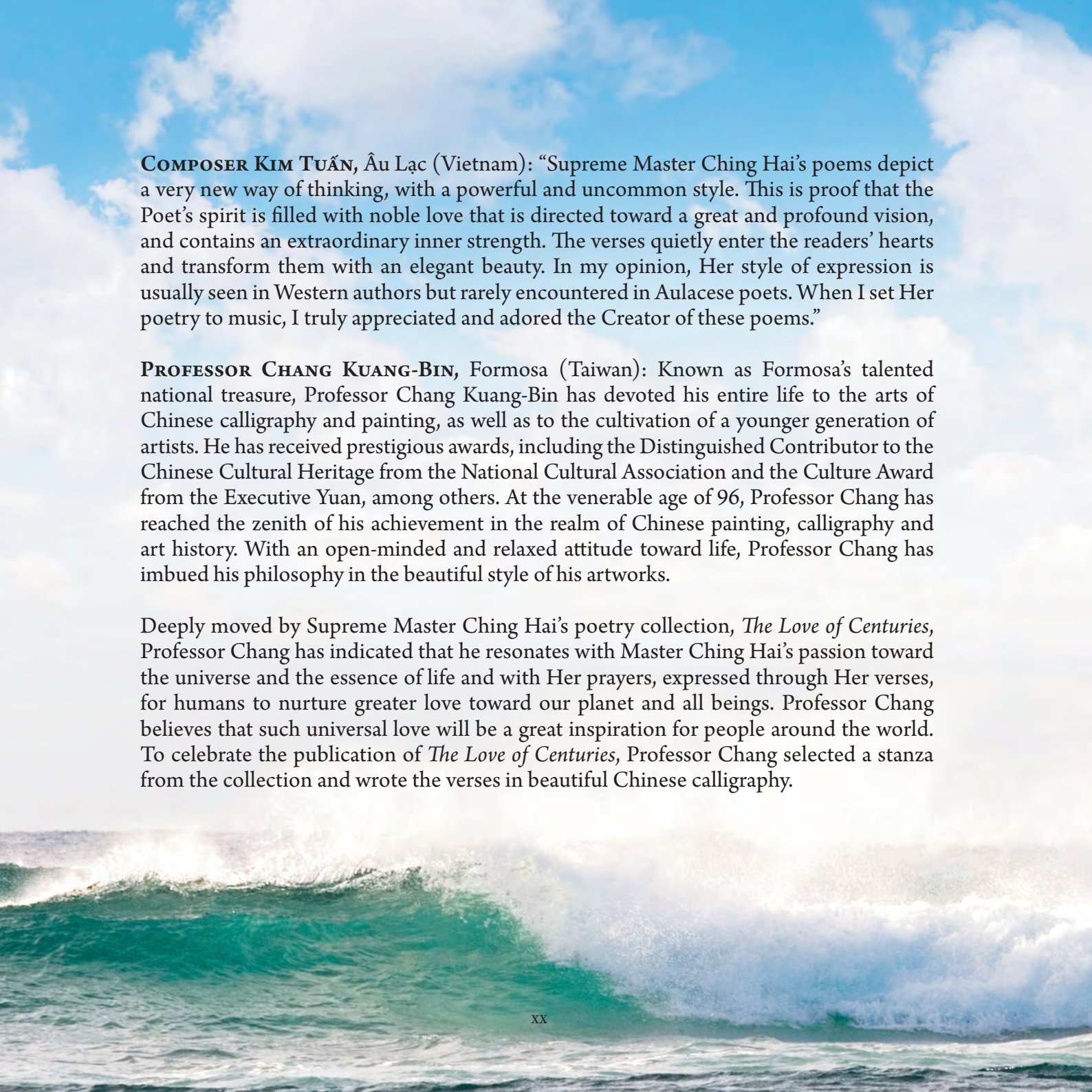


background of reading, researching, and absorbing from many sources of diverse poetry. Supreme Master Ching Hai's poems convey a variety of subjects that are inherently bound to humankind's fate. Sometimes, they convey feelings of loneliness – a consciousness of extreme forlornness of a tiny human in the vastness of a boundless world..."

COMPOSER CHU MINH KÝ, Âu Lạc (Vietnam): "People have said there is music in poetry. For me, when reading Supreme Master Ching Hai's poems, I experienced feelings from the past era (before 1975) that were very romantic – the imagery, the people, and even the sounds of life, which are reflected perhaps in the music of that time. Therefore, anyone who had once lived with those romantic feelings, when reading Supreme Master Ching Hai's poems, he or she could surely sing the romantic melodies that are inherent in Her poems."

COMPOSER TRẦN QUANG LỘC, Âu Lạc (Vietnam): "I express my thoughts and feelings through the music based on Supreme Master Ching Hai's poems. Her romantic and noble verses indicate that the Author has had a long history of artistic creations. I have had the honor to set some of Her poems to music, and I hope that my music, through the poems by Supreme Master Ching Hai, will awaken the source of inspiration within each of you, just as I've experienced it."

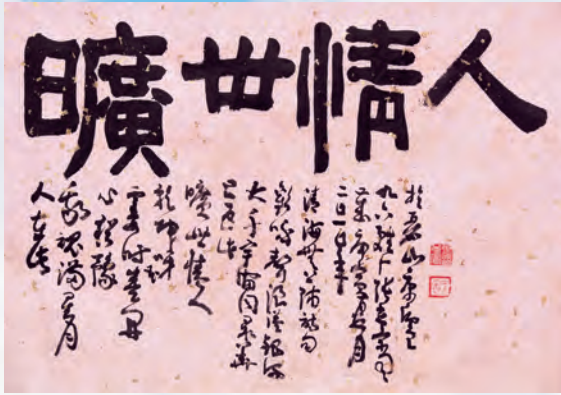
COMPOSER TÔ THANH TÙNG, Âu Lạc (Vietnam): "Thank You, Supreme Master Ching Hai, for giving me such romantic poetic verses filled with profound spirituality. A good poem naturally gives an abundance of impressions – its essence is rich, its meaning and structure transparent. Although music gives wings to poetry, but it's very clear that, in this case, Her poetry allows my music to take flight... Hopefully in the future, I will have the honor to set more of Supreme Master Ching Hai's poems to music."



COMPOSER KIM TUẤN, Âu Lạc (Vietnam): “Supreme Master Ching Hai’s poems depict a very new way of thinking, with a powerful and uncommon style. This is proof that the Poet’s spirit is filled with noble love that is directed toward a great and profound vision, and contains an extraordinary inner strength. The verses quietly enter the readers’ hearts and transform them with an elegant beauty. In my opinion, Her style of expression is usually seen in Western authors but rarely encountered in Aulacese poets. When I set Her poetry to music, I truly appreciated and adored the Creator of these poems.”

PROFESSOR CHANG KUANG-BIN, Formosa (Taiwan): Known as Formosa’s talented national treasure, Professor Chang Kuang-Bin has devoted his entire life to the arts of Chinese calligraphy and painting, as well as to the cultivation of a younger generation of artists. He has received prestigious awards, including the Distinguished Contributor to the Chinese Cultural Heritage from the National Cultural Association and the Culture Award from the Executive Yuan, among others. At the venerable age of 96, Professor Chang has reached the zenith of his achievement in the realm of Chinese painting, calligraphy and art history. With an open-minded and relaxed attitude toward life, Professor Chang has imbued his philosophy in the beautiful style of his artworks.

Deeply moved by Supreme Master Ching Hai’s poetry collection, *The Love of Centuries*, Professor Chang has indicated that he resonates with Master Ching Hai’s passion toward the universe and the essence of life and with Her prayers, expressed through Her verses, for humans to nurture greater love toward our planet and all beings. Professor Chang believes that such universal love will be a great inspiration for people around the world. To celebrate the publication of *The Love of Centuries*, Professor Chang selected a stanza from the collection and wrote the verses in beautiful Chinese calligraphy.



Professor Chang Kuang-Bin's
Chinese calligraphy

The Love of Centuries

*You are here! My soul's adorned by moons and stars
The wilted heart now blossoms boundlessly.
Oh, dear universe!*

Is now here

My love of centuries!

Your arrival elevates myriad worlds

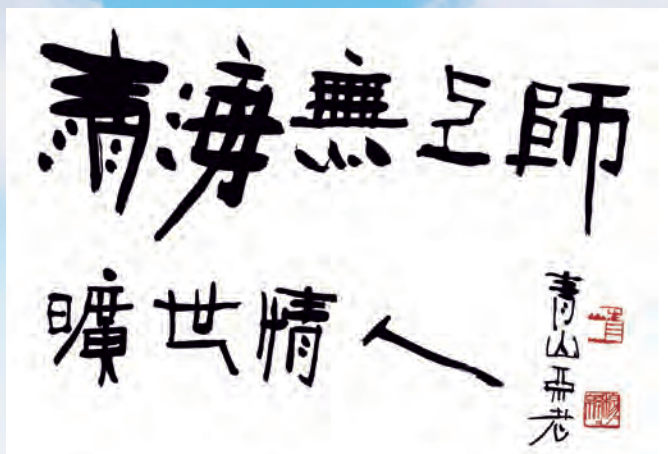
Waves of joy reach even the farthest galaxy.

Poem by Supreme Master Ching Hai
Chang Kuang-Bin (at age 96)
at Lishan Apartment ~ Summer 2010

Beautiful works of art cultivate our nature and inspire love in all of us; thus, we would like to thank Professor Chang Kuang-Bin for his great contribution to Chinese cultural and art heritages.

PROFESSOR CHIANG I-HAN, Formosa (Taiwan): Nationally treasured artist, Professor Chiang I-Han, is a famous contemporary Chinese ink painter and calligrapher. Upon knowing that Supreme Master Ching Hai's latest poetry anthology, *The Love of Centuries*, was to be published soon, he specially wrote an inscription for the front cover of the book in the Chinese version to convey his congratulations.

Professor Chiang is devotedly involved in numerous art forms. Integrating contemporary western art concepts into his foundation of traditional Chinese culture, his works form



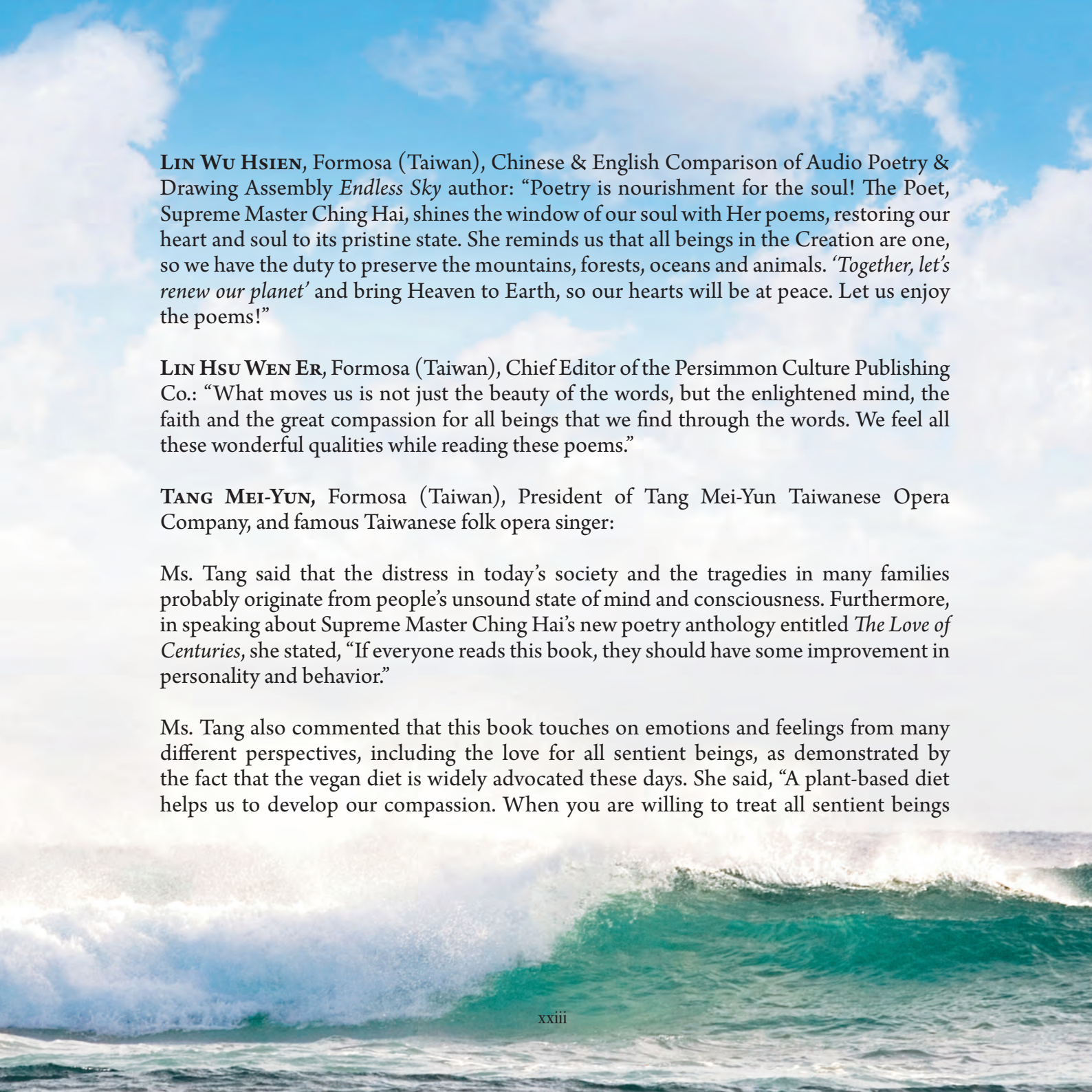
Professor Chiang I-Han's Chinese calligraphy

a unique style featuring both Chinese classical and western romantic characteristics.

In December, Golden Year 5 (2008), when Supreme Master Ching Hai's new book, *Celestial Art*, was officially launched at the Hsihu Center in Formosa (Taiwan), Professor Chiang personally attended the event. Not only does he concur with Supreme Master Ching Hai's noble ideals, he also greatly admires Supreme Master Ching Hai's art creations.

Although Professor Chiang has reached the age of 85, he still relentlessly expects himself to “break through the outdated condition of confinement, liberate from the old ideology... awaken the youth of life, and reclaim the instinct of originality.” From his signature, “Green Mountains,” we can sense his youthful spirit. We are grateful to Professor Chiang for his art, through which he has brought the message of beauty to the world and elevated the consciousness of humanity.

WU SHENG, Formosa (Taiwan), is a poet famous for verses depicting his native land. After reading Supreme Master Ching Hai's poems, he graciously commented: “Through personal practice, the thoughts of love have become more glorious and perfect.”



LIN WU HSIEN, Formosa (Taiwan), Chinese & English Comparison of Audio Poetry & Drawing Assembly *Endless Sky* author: “Poetry is nourishment for the soul! The Poet, Supreme Master Ching Hai, shines the window of our soul with Her poems, restoring our heart and soul to its pristine state. She reminds us that all beings in the Creation are one, so we have the duty to preserve the mountains, forests, oceans and animals. *‘Together, let’s renew our planet’* and bring Heaven to Earth, so our hearts will be at peace. Let us enjoy the poems!”

LIN HSU WEN ER, Formosa (Taiwan), Chief Editor of the Persimmon Culture Publishing Co.: “What moves us is not just the beauty of the words, but the enlightened mind, the faith and the great compassion for all beings that we find through the words. We feel all these wonderful qualities while reading these poems.”

TANG MEI-YUN, Formosa (Taiwan), President of Tang Mei-Yun Taiwanese Opera Company, and famous Taiwanese folk opera singer:

Ms. Tang said that the distress in today’s society and the tragedies in many families probably originate from people’s unsound state of mind and consciousness. Furthermore, in speaking about Supreme Master Ching Hai’s new poetry anthology entitled *The Love of Centuries*, she stated, “If everyone reads this book, they should have some improvement in personality and behavior.”

Ms. Tang also commented that this book touches on emotions and feelings from many different perspectives, including the love for all sentient beings, as demonstrated by the fact that the vegan diet is widely advocated these days. She said, “A plant-based diet helps us to develop our compassion. When you are willing to treat all sentient beings

with compassion, obviously everything that you do can definitely touch people's hearts... I think what our society lacks is this peacefulness and this genuine feeling and genuine benevolence. So, I feel that this book really deserves to be recommended to everyone."

KANG YUAN, Formosa (Taiwan), an author who ardently loves his homeland and cares about its native species:

My feelings after reading Supreme Master's poems are as follows:
*The verses purify the mundane affection
as if music elevates the spirit to our Source
The entwining passion is now extinguished
True Nature emerges as karmic affinity is severed.*



❧ PART 1 ❧

*Youth and
Love for the Homeland*



My Home

(Written by Supreme Master Ching Hai in Her youth)

Originally in Aulacese: "Nhà Tôi"

My cozy little home perches on the hillside
Soothing breeze and gentle clouds draped amidst the sky
Fragrant flowers and grass so green perfume the air
Pine trees hum enchantingly to the dance of moon goddesses fair.

Butterflies frolic in the scented garden
Flowers adorning tender branches
Pink, yellow, crimson, violet, peach
O, so aromatic, all the way to the Heavens!

Radiantly the moon glows on the green peak
Borne on the air a song of peace
Golden melody rises with the wind
Into the clear sky, so soothing.



The forest path, intimate as an embrace
Enfolding your dainty steps, lifting dreamy days
In the distance the ocean chimes in poetry
Singing with me on this eve of fantasy.

In spring, wild flowers blanket the mountain
In summer, cicadas croon to a sweet reverie
In autumn, canary-colored leaves embroider the window
In winter, flames sing cheerfully in the warm fire.

All four seasons, flowers bloom in my heart
Everywhere clouds approach in greeting
Loving friends make the heart grow fonder
Animals and birds mingle like close acquaintances!

Bring out the moon-shaped lute
Sound a delightful musical chord
Spirit soars with the notes of love
Joyful heart follows the music's rhythm.

Tra la la fa la
Fa la la tra la
Tra la la fa la
Fa la la tra la.



Nostalgic Summer

(Written by Supreme Master Ching Hai around age 15)

Originally in Aulacese: "Hạ Nhớ"

Do you recall one early summer
Royal poincianas filled the sky like the lifeblood of youth
Strolling with classmates in the schoolyard
Lingering at the moment of farewell, alas!

Half in gladness, half hesitating in parting
A pink blossom to adorn each other's hair, our expression of affection!
After the dust trails of departures, a long hundred days follow
Cicadas chorus in sorrow like our heartfelt adieu.



You depart for the fertile fields and blue-green waters
Where streams and lakes chorus to greet acquaintances
On a ferry, I cross the grand river
Returning to the small village where there's mother and the cassavas.

Brother's ship travels across the azure ocean and white sand
Willow trees weave a tender melodious song
Sister's car enters the highlands
Where mountain clouds shade an enchanting smile...

I remain here in the windy and dusty city
Counting withering flowers while waiting for the summer sunlight to fade
Waiting for a hundred days, waiting anew for a warm embrace
Waiting to stroll under the school's shaded terrace.

Don't forget, my dear, our days of joy
Good friends, honored teachers, and cherished relations.

The golden breeze scatters red poincianas all around the walls
And in my heart, the days and months silently fall...
Yearning so deep like the desolate schoolyard
A hundred days of longing is like a century silently passing by!







FORMER HOME OF THE POET. MUNICH, GERMANY. EARLY 1980s.
PHOTO COURTESY OF THE POET'S FORMER HUSBAND.

On a Day

*(Written by Supreme Master Ching Hai
in Her youth)*

Originally in Aulacese: "Một Ngày"

On leave from school one day
With dad I went to visit our home village
The familiar bus of old
Along the levee it rolled.

Redolent rice on both sides
Golden waves in the rosy sunlight
A house here, a red-tiled roof there
Rose apples and mangoes filled the yards.

A spotted dog crawled after the bus
Tail fanning in the summer wind
Red dust rising well beyond the trail
A bamboo grove blurred in the distant field...

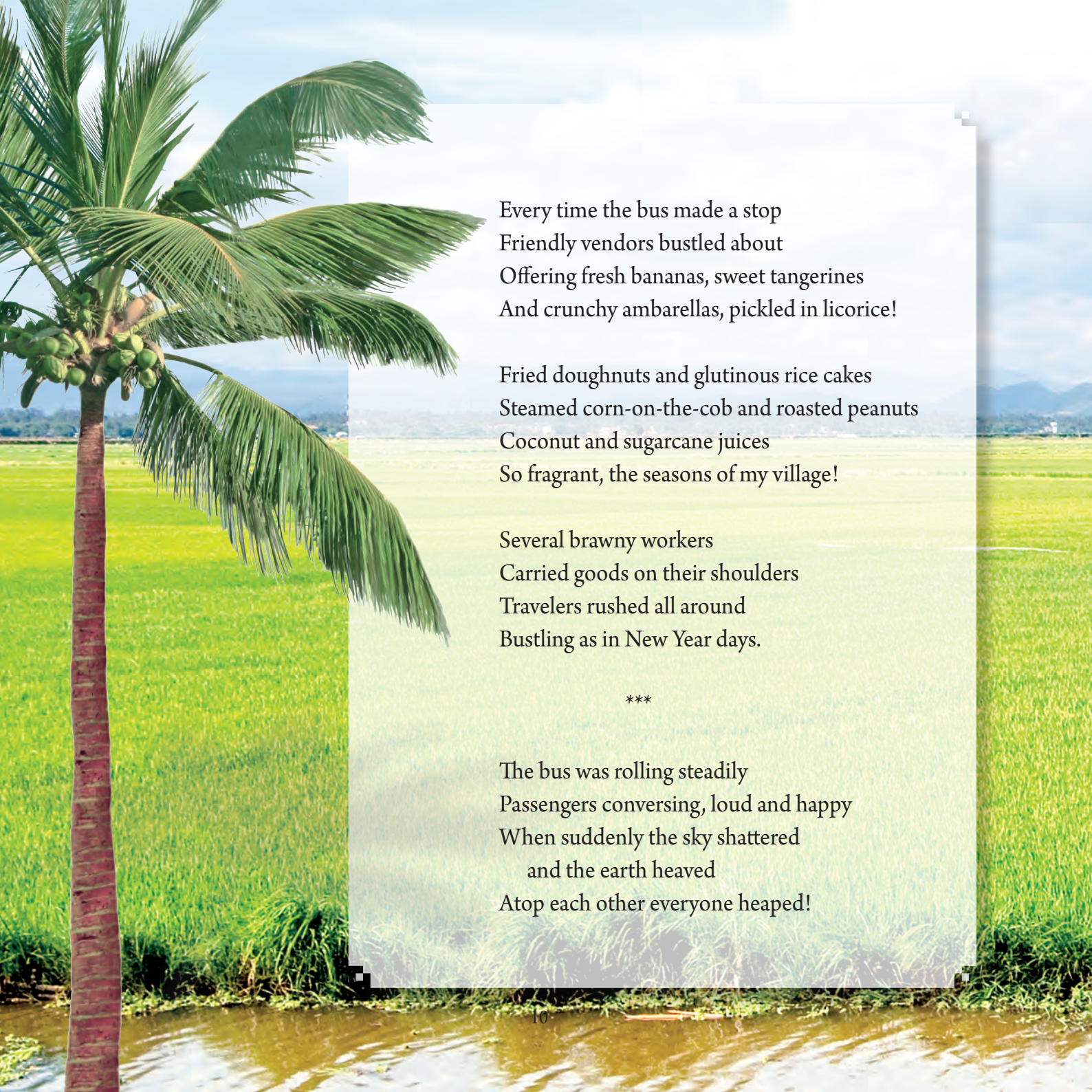
A herd of aged water buffaloes bewildered
Toward the road they gazed
A flock of storks gliding with such grace
Above the rich horizonless field.



A pair of brown oxen tried with all their might
Pulling bales of yellow hay
Dragging a squeaky cart so heavy
Slowly carrying the load of time.

Passing by the ridge of a silvery mountain
The high wind imbued with fragrance!
Hundreds of alpine flowers scattered
Pink orchids and violet myrtles

Then across the pier we went
Playful waves rippled to the shore
Aquatic lilies gently caressed the oars
Water hyacinths floated here and there...



Every time the bus made a stop
Friendly vendors bustled about
Offering fresh bananas, sweet tangerines
And crunchy ambarellas, pickled in licorice!

Fried doughnuts and glutinous rice cakes
Steamed corn-on-the-cob and roasted peanuts
Coconut and sugarcane juices
So fragrant, the seasons of my village!

Several brawny workers
Carried goods on their shoulders
Travelers rushed all around
Bustling as in New Year days.

The bus was rolling steadily
Passengers conversing, loud and happy
When suddenly the sky shattered
and the earth heaved
Atop each other everyone heaped!

The bus exploded into smithereens
The driver, his head flew off
One passenger with body in pieces
Another with a leg by the bridge!

A woman and her baby unborn
Gasping for breath in a puddle of red blood
Two innocent toddlers
Drowned and lost in the deep river!

An elder with hair all white
In her hands still a pot of betel
Yet her spirit has vanished
To who knows where?!...

With three other survivors
My dad held his wound
A stream of blood slowly dripped
As he feebly pulled himself along the road!...



And One Day


*(Written by Supreme Master Ching Hai
around age 16)*

Originally in Aulacese: "Và Một Ngày"

I went up the mountain one day
To revisit the small hut
In the woods of my childhood
Where I used to bathe in the river source.

It was during wartime
Evacuated along with villagers
Parents worked the stony field
Protecting the young daughters
A humble thatched hut by the hillside
Away from falling bombs and flying bullets!

I remember surviving on cassavas
Bowls of rice often half empty
I remember the freezing cold nights
Leopards and tigers roared yardsides!



I remember the late nights of radiant moons
And the soft scent of fragrant orchids
Jubilantly the cock crowed a new morn
Like those days of peace!

Here is where, with friends, I often
Took refuge from the summer sun
Under branches so verdant
Sharing a portion of sweet potato, golden.

Childhood quickly gone
Then peace came to the land
But a deep bond was torn asunder
Parted by a questioning river!...

One day I went up the mountain
Reminiscing my tender childhood
Gazing at the hills and woods from days of yore
And the traces of war blemish on my youth!...

**SUPREME MASTER CHING HAI'S PAINTING:
"THE BATTLE BETWEEN YIN AND YANG"**

(Hsihu Center, Formosa, 1995)

This work depicts two men playing the paradoxical roles of the Yin and Yang forces in human nature, caught in the world of illusion. Thus, they are engaged in a fatal duel of positive versus negative, the real versus the false. So engrossed in combat that they fail to realize the need to reconcile their differences and cooperate with each other in order to escape the mundane world, symbolized by the fire burning slowly around them. The figures are oblivious to the cold and aloof woman (an instrument of the King of Maya) contemptuously sneering, "You are under my control. I have all the time in the world to play with you. There's no hurry. Take your time roasting slowly in the fire. Take your time enjoying this suffering!" (Note: The fire in the background of Supreme Master Ching Hai's painting is low, dim and burning very slowly.)

The painting reminds us not to be beguiled by the illusory world that seems so real. Only through spiritual practice in the footsteps of an enlightened Master will we rise above mundane illusions and find eternal Truth.

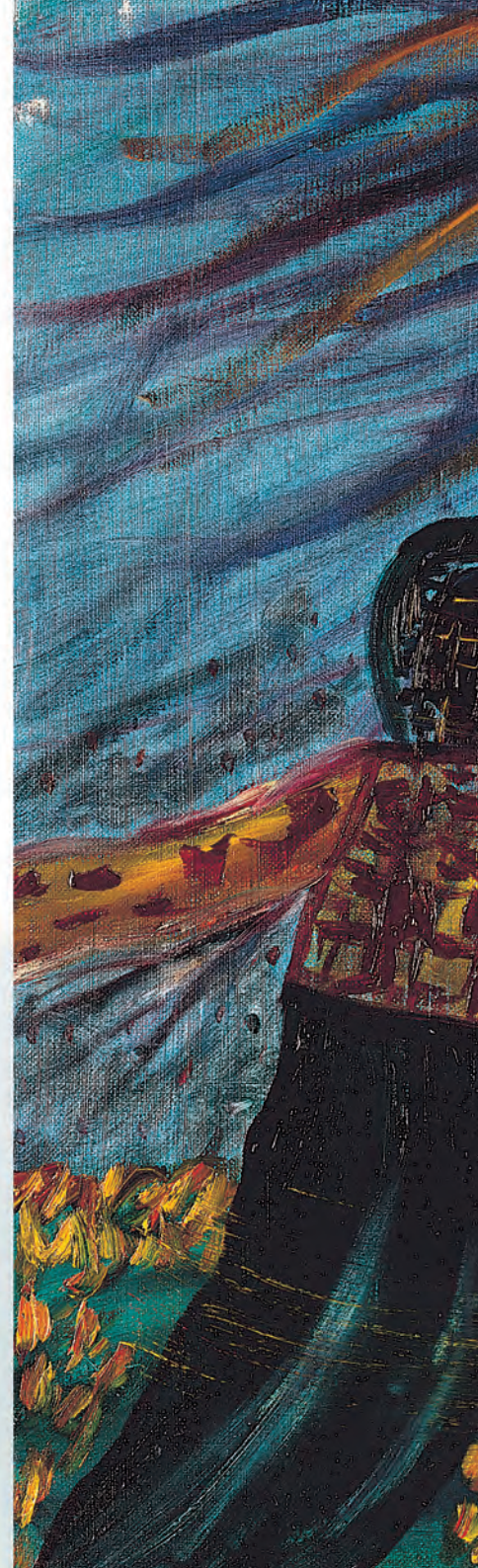






PHOTO BY THE POET

❧ PART 2 ❧

Love for All Beings



A Puppy's Heart

(Written by Supreme Master Ching Hai in Her late 20s)

Originally in Aulacese: "Lời Chú Vện"

I'm just a teeny pup
But my love's overflowing
With full devotion to my caretaker
For my whole life, I'll never waver.

Thank you for your generosity
Looking after my humble life
Giving me cooling drinks
 and yum-yum food
A soft mattress, plus cozy blankets.

In my heart you alone exist
My idol and master for life
Every day waiting by the gate
And guarding to keep you safe at night.

Oh, how lovely you are
My eyes on you dwell forever!
Your hands, gentle and soothing,
Brighten up my very being!

I love you beyond expression
When you're gone, I feel so forlorn
I love you till eternity
If in your place, I should have to die
If in your place, I should have to die
In the end, I'd still happily smile...

I love you till eternity
Oh, how I love love you so!



SUPREME MASTER CHING HAI
WITH HER RESCUED PET LUCKY
BOURGES, FRANCE - SEPTEMBER 2005



Words of a Hen


*(Written by Supreme Master Ching Hai
in Her late 20s)*

Originally in Aulacese: "Lòi Gà Mái"

To the field I go this morn
Standing tall, I greet the river and mountain
With my young innocent babes
In the pond we swim and bathe.

Skipping along right behind Mama
Young feathers with newly tinged hues
Round eyes like tiny beans
Oh, my babies, how adorable you are!

For the corn and grains, we're grateful to humans
Every day, happy and carefree
Fresh clear water and shady trees
The green grass waves in the gentle breeze.



Blue sky, wispy clouds,
flowing streams
Life is like a fairy dream
Thank You, Lord Creator
For these days of peace and wonder!

Then came an unexpected calamity
A net was suddenly cast upon me
A flash of shiny blade
A scream muffled in splattering blood!

My babies are left behind
Mama's heart is torn and shattered!
Please... shield... my... children...
for... me...
Don't... kill... them!
Oh my... precious... babies...

THE POET
WITH HER YOUNG COUSIN
IN BÔNG SƠN, ÂU LẠC. AGE 14.



Words of a Piglet

*(Written by Supreme Master Ching Hai
in Her late 20s)*


Originally in Aulacese: "Lời Lợn Con"

The day I met you first
Was the day of my birth
Pink and round, me oh so plump
I gaily frolicked with Mom.

Lovingly you looked at me
Praising, "Oh, so round, what a cutie!"
Every day you came by to visit
Bringing cool water and delicious veggie treats...

Mommy and I were so touched
Your kindness, more than gold worth
I lived a peaceful life
Under your care and protection
Growing more plump with each passing day
Just eat, rest and play...




A photograph of a pig and her piglets in a grassy field. In the background, there are two huts with thatched roofs. The pig is pink with a black face and ears, and she has several small piglets around her. The scene is set in a rural, outdoor environment with trees and a clear sky.

So lovely was this early morn
As clouds were drifting across the sky
Cuddling together, Mommy and I
Unaware of the befalling tragedy!

Two brawny young men
Strong like tigers and elephants
Squashed my tiny body
 into a cage of horror. Flat!
There was no way to escape!
O God, what purgatory was this?

I wailed in fear and terror
Mom, oh Mom, please save me!
Oh caretaker, please, fast, come protect me!
Rescue my life, I'm still at a tender age!

A rural landscape with several huts featuring thick, thatched roofs made of straw or dried grass. The huts are built on a grassy field, and a rustic wooden fence runs across the foreground. The sky is bright blue with scattered white clouds. The overall scene is peaceful and idyllic, typical of a traditional village setting.


Mom was crying out in sorrow
Tears of desperation filling her eyes
The immense Heavens cannot contain
This horrendous emotional pain!

My caretaker turned away
Hands busy counting a stack of money
Haplessly I rolled around in the car trunk
Breaking heart more painful than bodily misery!

The two young men bantered:
“ This piglet will be so tasty!
Tomorrow we’ll slaughter him
To celebrate the birth of the wife’s newborn baby! ”

Oh, how ironic this life
My soul is shattered
Tears flow in my heart
Like blood running in rivulets.

I thought you loved me
Nurturing me to maturity
But all this was a sham
For you, it’s just profit and gain!



Tomorrow my body will be chopped to pieces
My flesh and bones turned to sheer torture
Just so people can laugh in merriment
At their happy feast and gathering.

To your children and others' too
I wish them all long lives
So the family can stay together
Not endure the same fate as mine...

I pray the whole family lives nobly
To be human in many lifetimes
And never be reborn as pigs
Paying forever karmic debts!

Alas, good-bye life...
I ache for my gentle suffering mother
In tears I am overcome...
Oh, Mommy! Mom... Mom...

Imagine It's Thee!

Confined in a dirty, tiny, little crate
Don't know how to spell s-p-a-c-e-space
Wading in filth and urine and stench
Never feel the sun or breeze on my skin!
Are these made only for human beings?

Can neither turn to the left nor right
Force-fed drugs till you lose your mind!
Sweltering at noon, frozen in the night
Fresh air? What is it, in the name of life?

Cuddling babies? You might trample on them!

Or they'll die from cold and rotten hygiene
If they survive, they'll be eaten afresh
At such tender months! Oh all the Gods!!!

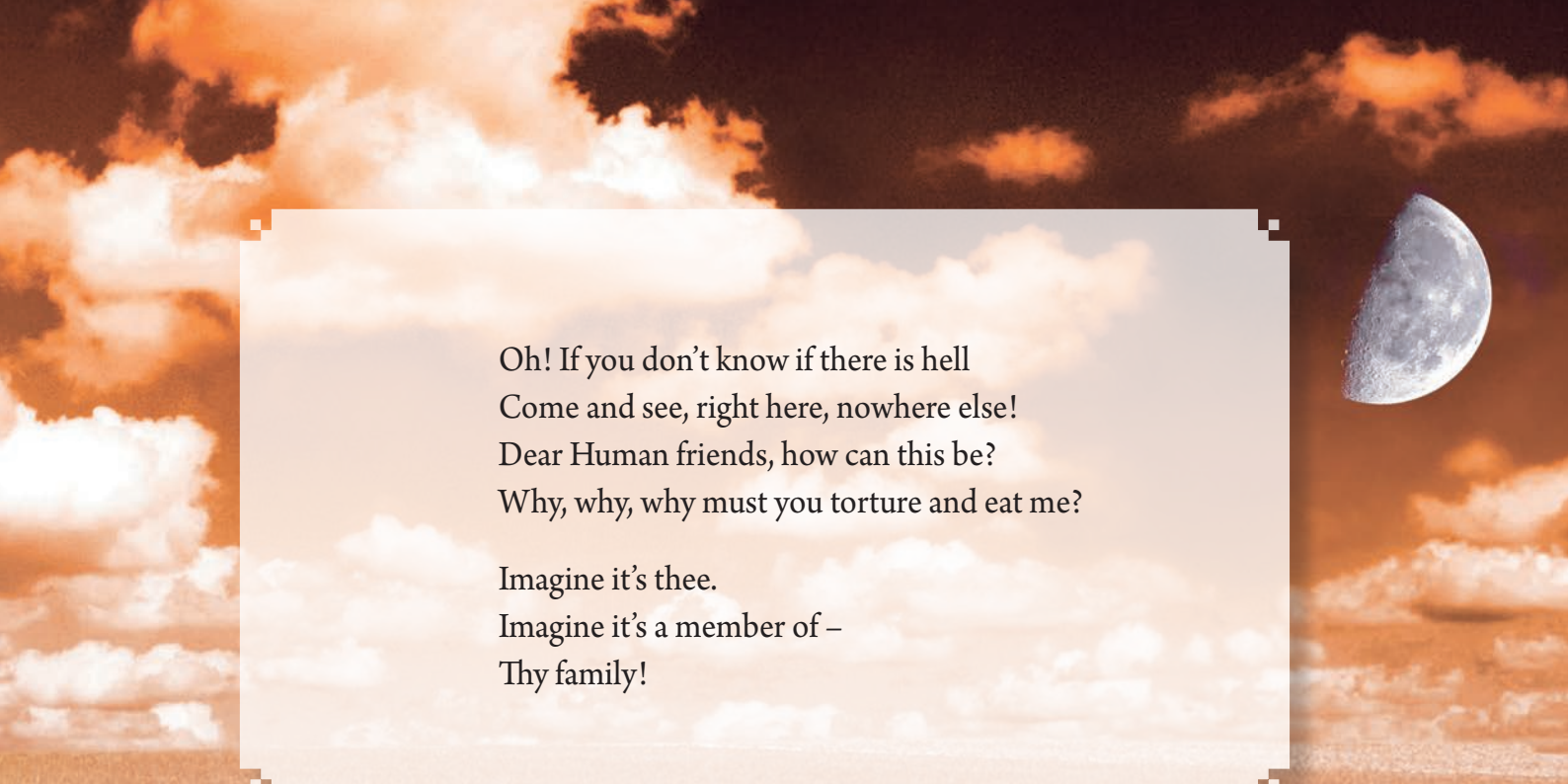
Can't even tell of my nightmare
The entire human race, anyone cares?!
I live in terror and suffering my whole life
Just for their pleasure = a bloody bite!

Enduring truck with hampering stand
To wherever to be torn open from limb to limb
Or to hang from one leg on the ceiling!
And to have your throat slit like a worst criminal
Gut and blood spilling all over
Amid crying, begging and agonizing screams!

How can anyone bear or enjoy such a sight?
Have they all been dumb, deaf and blind?

Since when have humans become so cruel,
Losing all their loving, kind nature?

They kick, stab, slice and torture
Oh the pain is beyond endure!
I cry for help! ... Is someone there?!...
How come only blood, blood, and blood everywhere?
Within these cramped, dark, horror-filled walls
There is no one but axes and shadows
Shadows that are mighty, axes that are sharp
I am terrified; I am small, trembling, helpless.



Oh! If you don't know if there is hell
Come and see, right here, nowhere else!
Dear Human friends, how can this be?
Why, why, why must you torture and eat me?

Imagine it's thee.
Imagine it's a member of –
Thy family!





SUPREME MASTER CHING HAI'S PAINTING:
"A SMILE OF THE SPRING"
MONACO - 2007-2008

❧ PART 3 ❧

*Love that Transcends
Space and Time*



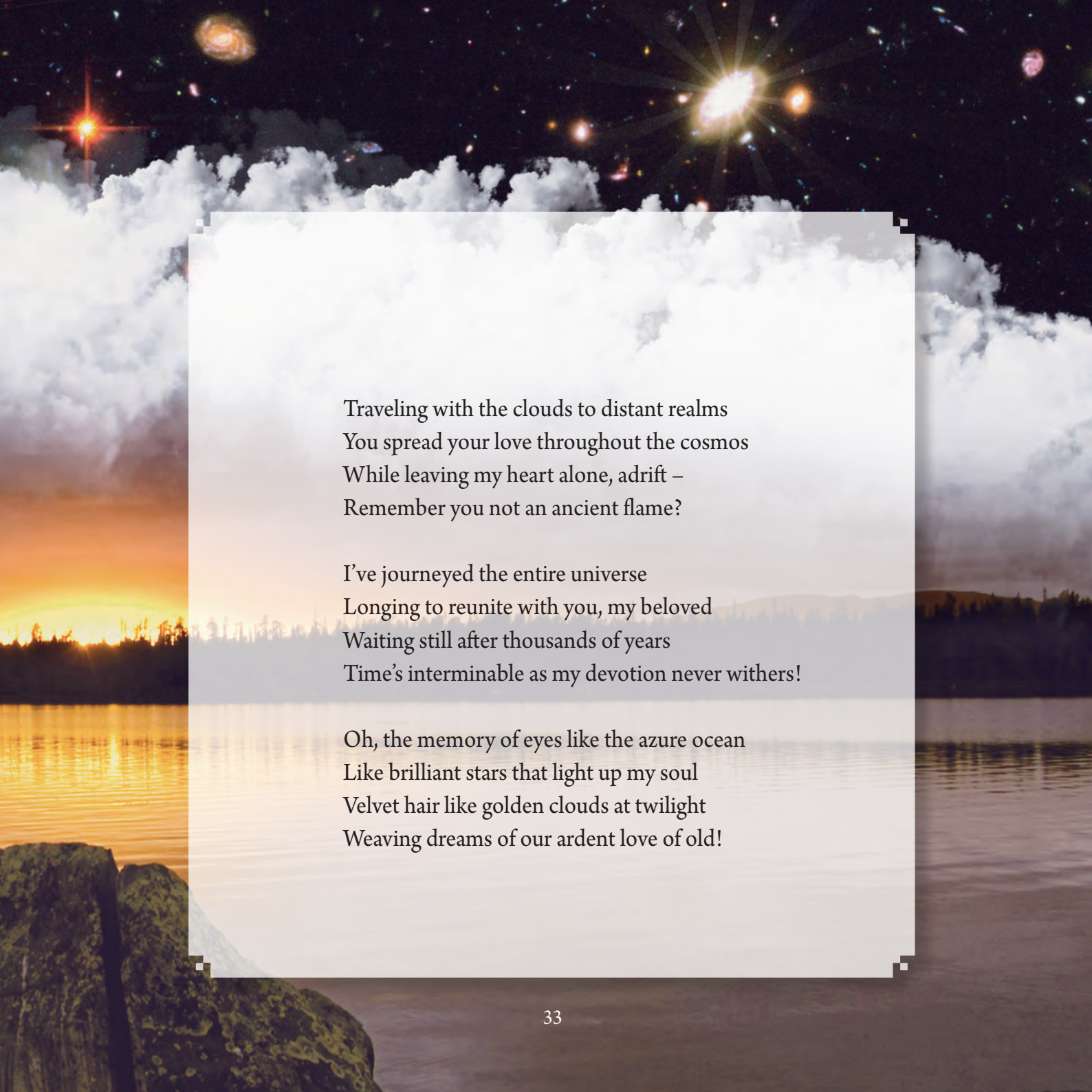


The Love of Centuries

Originally in Aulacese: "Người Tình Thiên Cổ"

Tonight resting under the shining stars
My thoughts are with the one from planets afar
Space and time divide not our sacred love
My heart withers, waiting from centuries long.


Where are you in the vast transmigration?
I've searched through millions of galaxies
Feet weary in thousands of turbulent worlds,
Know you not?



Traveling with the clouds to distant realms
You spread your love throughout the cosmos
While leaving my heart alone, adrift –
Remember you not an ancient flame?


I've journeyed the entire universe
Longing to reunite with you, my beloved
Waiting still after thousands of years
Time's interminable as my devotion never withers!

Oh, the memory of eyes like the azure ocean
Like brilliant stars that light up my soul
Velvet hair like golden clouds at twilight
Weaving dreams of our ardent love of old!



Your graceful silhouette warms the wintry expanse
Delicate footprints leaving even the pebbles dazed
A lovely smile bringing forth spring blossoms
Sweet lullaby voice soothing evening birds.


Mountains and forests rejoice
 when your lithe feet glide by
Tender, emerald grass dancing with clouds
 in the cerulean sky
Nature is dreamy
Streams and woodlands filled with melody
Thousands of autumns and winters pass,
 besotted still the moon
Akin to my heart,
Love is evermore...
Missing you without end.
I crown the flower-laden throne
So planet Earth can shine in splendor!



You are here! My soul's adorned by moons and stars
The wilted heart now blossoms boundlessly.
Oh, dear universe!
Is now here
My love of centuries!
Your arrival elevates myriad worlds
Waves of joy reach even the farthest galaxy.

But in the corners of our eyes,
 thousands of stars stand silent
You and I, familiar yet estranged
What to say – so distanced by life's upheavals?

Remember you not the ancient planet
 from whence we came?
And intimate moments like covers on rainy nights.
Timeless love now suddenly diffident!
A cold pebble rolls beneath the limitless ocean.



We gaze in uncertainty at separation
Will we meet again in this life or after eons?

Day turns to night, pillows tears-dampened
The moon and stars grow faint,
 clouds sinking in heartbreak.

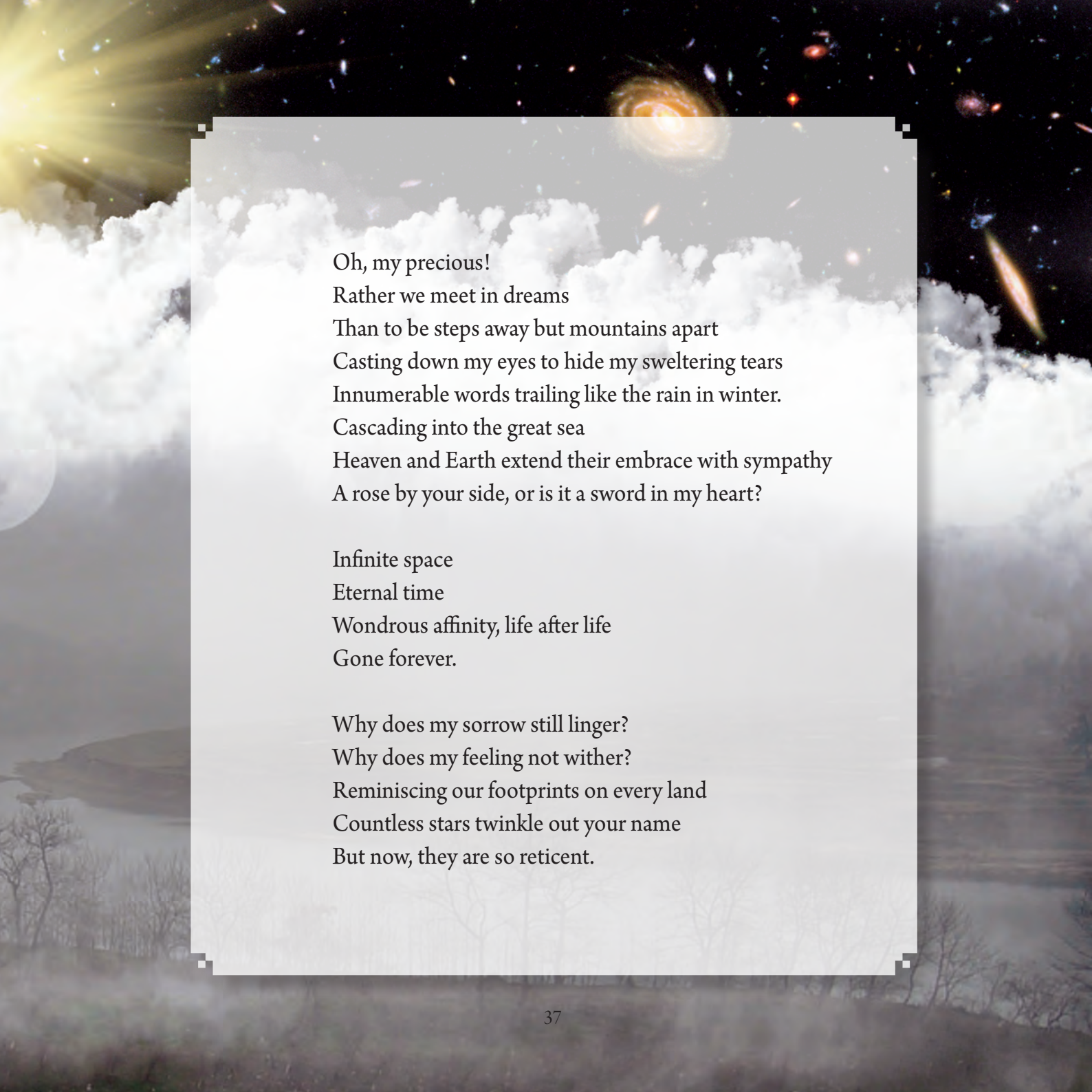
Do you know of my immense anguish?

Viewing the full moon,
 can you tell it's waning?

In the vast ocean,
 can you see my teardrops of longing!

Watching the falling leaves,
 does your heart not stir?


The wintry wind wails a long, melancholy tune
Rainfall on this side remains not on the other
Evening fades, twilight reluctantly descends
And comes yet another night, lasting a century...



Oh, my precious!
Rather we meet in dreams
Than to be steps away but mountains apart
Casting down my eyes to hide my sweltering tears
Innumerable words trailing like the rain in winter.
Cascading into the great sea
Heaven and Earth extend their embrace with sympathy
A rose by your side, or is it a sword in my heart?

Infinite space
Eternal time
Wondrous affinity, life after life
Gone forever.

Why does my sorrow still linger?
Why does my feeling not wither?
Reminiscing our footprints on every land
Countless stars twinkle out your name
But now, they are so reticent.



I send my love to the white clouds
To high mountains
Into the gentle breeze...
What's left from the traces of the moon
and stars I tenderly hold
Lest my heart become blighted.

Oh my beloved, remember you not
a trace of our past destiny?
Please send into the wind
a small whisper:
“Eternally not forget each other!”



SUPREME MASTER CHING HAI
CAP MARTIN, FRANCE – AUGUST 29, 2009



Dream in the Night

*(Written by Supreme Master Ching Hai in Her Youth)
Originally in Aulacese: "Mơ Đêm"*

This exquisite poem was set to music by two-time Oscar-winning composer Al Kasha and performed by Tony Award nominee and Emmy Award winner Liz Callaway in the Supreme Master Television's 4th Anniversary concert, "Gifting Peace".

Last night, I dreamt
Of restful sheets and pillows
As fragrant sandalwood
 wafting through the air
Heartfelt was the time
When we were still together,
When our love was still forever.

Last night, I dreamt
Of leaving life's red dust behind
Light-footed to paradise
Carefree for once
On the fragrant hillside –
Anguish and sorrow are gone.

Tonight, I've come home
Mountain rain trickles ceaselessly
Wheels roll over the lonely path
Clouds hang miserably
Inviting dreams
Exquisite visions
To forget the illusory human realm!

My darling! My beloved!
The river flows tirelessly
Searching for a cherished
harbor of old
Where long days will be
delightful
A human's lot content
And all complaints silenced.

Last night, I dreamt
I was a swan
Soaring above mountains
Drinking in the snow
Bathing in the rainbow
Feeling free again
Feeling free again.




Shade of Time

*Originally in Aulacese:
"Khuất Nẻo Thời Gian"*

You are like bird traces
Soaring high in far regions
I return as night dew
Melting into oblivion!

You are the moonlight
Shining on all paths of life
I am the morning star
Belated and fading afar!



The love of ancient has arrived
Why passion as remote as clouds
in the sky
Rather meet each other in dream
Where loving word is simple
Warm and familiar hands
find each other.

Time oh time!
How is it that feelings become fragile
as shadow of the night
Rather meet each other in dream
That caring old flame
That loving old poem.

You are like the Sun realm
Shining through all glory
I am like the wild orchid
Wrapped in soft fragrance!

You are like the passing boat
Ever floating away from shore
I melt with the winter rain
Forever drifting!



An Ancient Love

(Written by Supreme Master Ching Hai at age 20)

Originally in Aulacese: "Tinh Xua"

When one returns, it seems love has faded
Promises of affection vanished into oblivion
In the ancient capital, a lover's hesitation
In the high tower, another ponders her fate.

Like tears the mist glimmers in the firmament
Alluring smiles dissolving in the sound
of raindrops on the pavilion
At night, one's slumber in anguish immersed
Heart throbbing like the ebbing candle.

Once upon a time, a regal robe was donned
Golden gait, silver pen, a joyous union
with the royal beloved
But now, the illusory dream is gone
A butterfly's fantasy, wings fluttering in the wispy nebula.

From fleeting dreams of reigning all kingdoms
Castles and citadels in ruins, sorrow thus transmigrated
Alas, tender love was lost in the strong wind
 and parting clouds
Fragile flowers withered on the distant autumn hill.

Once upon a time, you had loved me
Youth and beauty sweetly shared, now all is empty
In the black of the night, white candles waning
In the flickering light manifested our previous
 karmic binding...

The sound of scripture chanting
 resonates within
Holding these rosary beads,
 bidding farewell ephemeral existence
Gradually awakened from a dream
 since eternity
Suddenly illuminated and rediscovering
 our true identity.






The King of My Heart

Originally in Aulacese: "Vuong Hoàng"


Ten years have passed since last we met
Parted by mountains and rivers wide
Reunited unexpectedly this evening
The coastal realm rejoices.
Exhilarating!

Olden feelings seem newly strange
Affection of yore like tides rising
Heart jubilant.
Oh, a festival!
Each footstep a tender rhythm.


In a twinkling the heart's bedazed
In a glimpse one's lulled into blithe reverie
For ten years a love thought to be memory
Now surges unannounced, overflowing.




After lifetimes you've arrived
More beautiful, graceful and elegant
One's heart flutters in rapture
Dreaming of intimate times encore.






O King of my heart
Our paths so oft' entwined
Now you've come back into my life
Melodious still the music of bygone time?...




Resonating still tunes of the past
Or has the heart's music ebbed?
Flowers of old in love's bouquet
Emanating still the perfume from the boudoir?




Words drown and lips move not
In bewilderment, tears becloud the eyes
Elated with amour the heart beats
But without strength, hesitate gentle feet.




So close, yet as if miles away
Face-to-face yet an ocean divides
With ardor you I behold
All words evanesce like gossamer mist!



O mortal heart
Faded in transience
A bond forsaken for eons
Dream not of loving togetherness!



When shall we rejoin
To play heavenly melodies once more
So the Celestial Weaver, reveling in love
Can forever be with her cherished
Buffalo Beau!

A woman with dark hair tied back, wearing a blue and white striped tank top and blue jeans, sits on a large, light-colored stone block. She is looking down and to her right. The background is filled with the blurred outlines of ancient stone columns and arches, suggesting an archaeological site. The lighting is warm and golden, typical of late afternoon or early morning. In the top right corner, there is a white rectangular box with a decorative border containing text.

THE POET
ATHENS, GREECE
EARLY 1980S

To the Love of My Lives

When quick sand has whirled away
Much of one's precious golden time
Leisurely slip in
Memories of yesterlife.
One hundred nine thousand
Five hundred plus ...
That's the number of Earth days
Since we parted
How did we ever say goodbye?!

O Prince of mine
Dearly Beloved
What can I say?
What can one say!



The whole cosmos just stands by...
Helpless!
The witness of the heart
Keeps silent!
Golden doors and forbidden fortresses
Lock afar romance!
Fame and fortune
Encage human's real emotion.


Would my Love ever want to be
Free!
Could the daygone amour
Ever again blossom
Soaring above destiny?

Ten years of this planet
Since we again met
My heart forever beats forlorn
Asking Heaven
Why fate is so unconcerned!

Many springs have come and gone:
God sends anew flowers
To all corners of the world.
Someone just needs an old lover
How come Hes ignores!

Time has no wall
But doth separate
Even the Love that has been forever
Between now and thereafter
The heart cannot tell.

Those fallen leaves of autumns
Cover all traces of dear passion
Those lashing winter winds
Level all footprints
Of the loving past!
We became someone
Or no one
Forget or remember dormant memories



The one who remembers
May feel so sad!
The one who forgets
May not be that happy.

It would be Heaven
If we both retrieve together
The same memories.

P.S. To Prince
For a little change
To light up a smile.
Perhaps!



To Prince

Passing by Bistro de Paris

Why are so many gathering?

Oh! The Prince!

My heart skips a few beats

For such a long time... we haven't had a chance to meet.

I have almost forgotten

How handsome you really are

Or maybe you just reveal more charm

With age:

~ Spark of wisdom


Shines in your eyes.

~ Dignity adorns your face

Your speech flows with so much sincerity and warmth.

~ Astounded and proud I am

Watching from afar with adoration and love.



Already you can shoulder the nation
Alone your beauté would melt all hearts
(especially that of mine!)
More at peace am I
Seeing you gracefully fulfill your task...

But behind the most radiant smile
Did I sense a veil of loneliness?

Oh! How I would give anything
To comfort you for a while
Hold your hand and walk beside you
When this fleeting world
Has not much to offer.

I would like to show you
Some glimpses of Shangri-La;
Of the Eden that man long forgot.
Or just simply give you a massage
And sing to your soul.

Playing melodies from faraway lands
That you haven't had the chance
To visit.

Telling stories of miracles
That happened along my way.

Or simply place your weary head
On the pillow of purple cloud
Lead you on to the avenue of pure love
Bathe you in scented rose petal water
Warm candlelights
Melodies tender.

Reading to you some ancient lore
Full of counsel and wonder
Or send you into dreams
Sweeter than Oriental lotuses!
Cooler than the rain in summer...

Or we can mask beyond all masks
Slip unnoticed into the cinema
Popcorn and soda
Laugh and frown with the acts.
Picking on some low characters.

And then we go to a Chinese restaurant
You can show off your chopstick talent
Or we sit and just hold hands
Or walk around giggling in the evening park
Or go enjoying pizzas straight from a wood oven
Talk about things that concern none.

Ah! Your magnetic countenance
Alarmingly more captivating than ever before
Make me dream of all that and more.

§

What life is for
When we have no one to share
All the joy and happiness!
And loneliness could be at times
Overwhelmingly ungracious!

... Yes! We have done all such before
When we both still remembered what is
Before the last curtain coldly draws
Before life's rewritten another new script
When we were forever looking
Into each other's eyes
When our Love was Life!

Now, this world is never good enough
For either of us.
But somehow I am glad you descended.
For this would be the last time we meet
In the physical realm
Be it even just some glimpses!

In the continuum of life
We said hallo
We say goodbye...
Oh how many a time!
Still, it's such a pain and pleasure
To see a many lifetimes lover
So near and yet too far!
It makes the heart restless
Longing for the places of yore!

And more...



SUPREME MASTER CHING HAI
CAP MARTIN, FRANCE – AUGUST 15, 2009

Congratulatory Note to Prince

Beyond the sea of well wishers
It's difficult to glimpse the radiant face of my beloved
My inspiration: almost drowned by the cheers.
Some people smiled
Some were in tears
The emergence of a new king brings hopes
Of peace and prosperity in future years.
My heart rejoices
With the lovely people of this fairy abode
Wishing Your Majesty
The best from Earth and Heaven
With the noble task you are to carry on
May blessings be abundant
May your path be even
May your days be smooth as silk
May your parents be proud from Heaven
Seeing you are the son of perfection.

From a hotel suite by the sea
Someone is sending Your Majesty
All her heartfelt
Congratulations and respect!

Now that you preside over this kingdom
Our paths might not cross easily again
Still I want you to know
Nothing has changed
In my heart!
You are the most special Prince on the planet!
I wish you, the distinguished sovereign:
All the joy! And happiness
All the best in life
On this historic occasion...
May Heaven always be kind ♥



London

London is a big city
It's easier to feel lonely
Especially if you are in love
With a special someone that you cannot be.

I told myself just forget him
But how?
Like climbing mountains!
Inscribed in all corners of my heart
Are thousands of years of deep affection!
If there is no such thing as reincarnation
How come I feel so bounded?

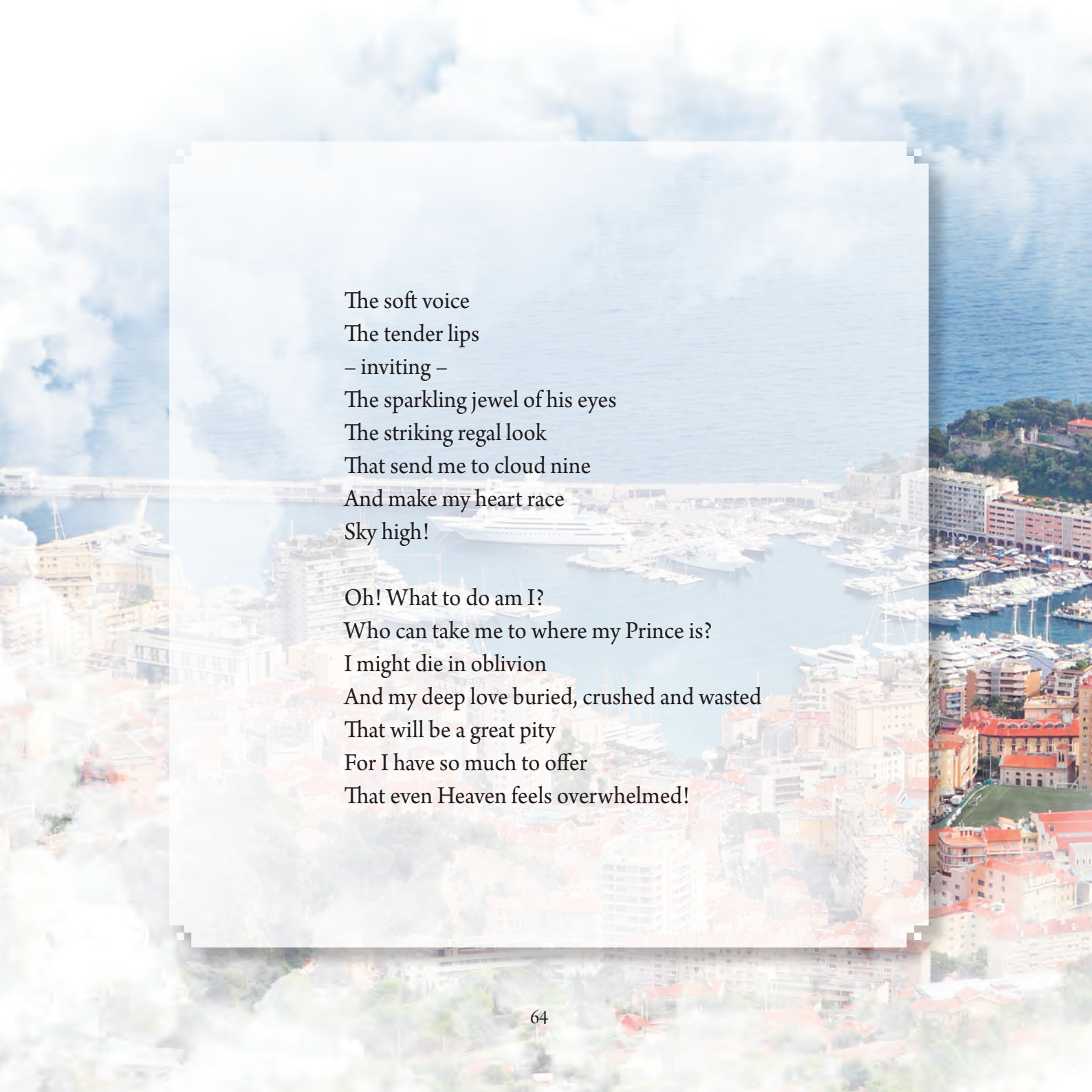
To whom could I tell my troubles?
The world keeps silent.



Why now my dear good self
Things have become more different.
Between us two
Could there be any chance?
Why so restless!


The moon shines
The stars twinkle
The breeze sends eternal caresses
Côte d'Azur is ever blue.

Just take one day as it comes
Heaven is always perfect
How come my Heaven
Lacks something?

An aerial photograph of a coastal city, likely Dubrovnik, showing a harbor filled with numerous white boats and a large white cruise ship docked. The city buildings have red-tiled roofs, and the sea is a deep blue. The sky is filled with white clouds.

The soft voice
The tender lips
– inviting –
The sparkling jewel of his eyes
The striking regal look
That send me to cloud nine
And make my heart race
Sky high!

Oh! What to do am I?
Who can take me to where my Prince is?
I might die in oblivion
And my deep love buried, crushed and wasted
That will be a great pity
For I have so much to offer
That even Heaven feels overwhelmed!

An aerial photograph of a coastal city, likely Dubrovnik, showing a large white building with a red roof on a hill overlooking the sea. The city is densely packed with buildings, and the sea is visible in the background under a cloudy sky.

I do believe
Together we'll make a real difference
In our lives and in the world.

But how can I tell him
Without sounding too boastful
Without breaking the line of femininity?

Still I long for the day
When our hearts will beat together
And the whole world will rejoice
In our reunion forever.

O pray Heavenly Father
Do grant it be.

Old Lover

The night is long
The ocean is dark
Only some lights from the far ships are shining
And in my heart
Something is shimmering:
A dream
That refuses to be just another dream.

I choose to live on the ocean
But not to face the palace.
For I am afraid
It reminds me
Too much of someone
Who is so deep in my entire being
But so far from my heart!

Is the sky drizzling
Or is it my own tears?

I cannot stay long in London
'Cause I miss it here
Oh ancient citadel
Away I can't go
For I miss him so...

Oh my old lover
Here at least
The same air we breathe
There might be a fair chance
That we could even meet!

People live by food, it seems
Me? I live by dreams!

Time is always running out...
To somewhere
Leaving behind despair!

If I could just hold those gentle hands
And for an instant
Look into those blue eyes' magic
There may be nothing more I need
Could die tomorrow
With little regret or sorrow.


But of course I would rather live
Happily ever after
With my lives long lasting amour.



The Fragrant Path

The walk
Through a lovely park
From my hotel
To Bistro de Paris
“The fragrant path” I call it
For its flowing waft
Of ever-present flowers.

I am grateful that there is you,
And this is the most beautiful
City in the world.
In which
Lives the most charming Prince of all!
The lovely kingdom is as romantic as he is.
You will believe in fairy tales
For it really exists.
Here you will feel love
In the air.
People are drawn in from everywhere...
'Cause of love



Well, except for one setback:
It's just that I was too shy
To go to the palace.

There were thousands of cameras
Clicking at my footsteps
The very first time I ever went there
So much for a "low profile" visit
That measured up to but a few yards!

Alas!
When Prince Charming invited
That tomorrow
We should go to the palace
He had no idea of my "dilemma"
That I might die
Before entering the gate!
So I said
Thanks – NO!!!

Many years later
As I grew more mature.
Regretting my yesteryear mistake
I wished he would
Invite me once again
Then I would die to attend.

Yes! I would die for you
I would die for love.
Forgive me, I was just too shy!
Nothing in this world is more worthwhile
Nothing better to live for...

Only I didn't know any better
You see, I wasn't even used to true love
Give us one chance more
It is too precious
I know
To let pass through the fingers.

As if there is no tomorrow
As if no lives in the past
As if we have never met
As if we are total strangers!

Once a lover
Always a lover
Even more so 'cause we lived many lives
Together...

Oh mon amour!
I don't have any wish
But can't give up just this one:
That we'll someday be together again
Spending the rest of our existence
Making our life happy
And the world a better place!

Tell me, mon soleil
My Prince
Is it too much
Of a dream?



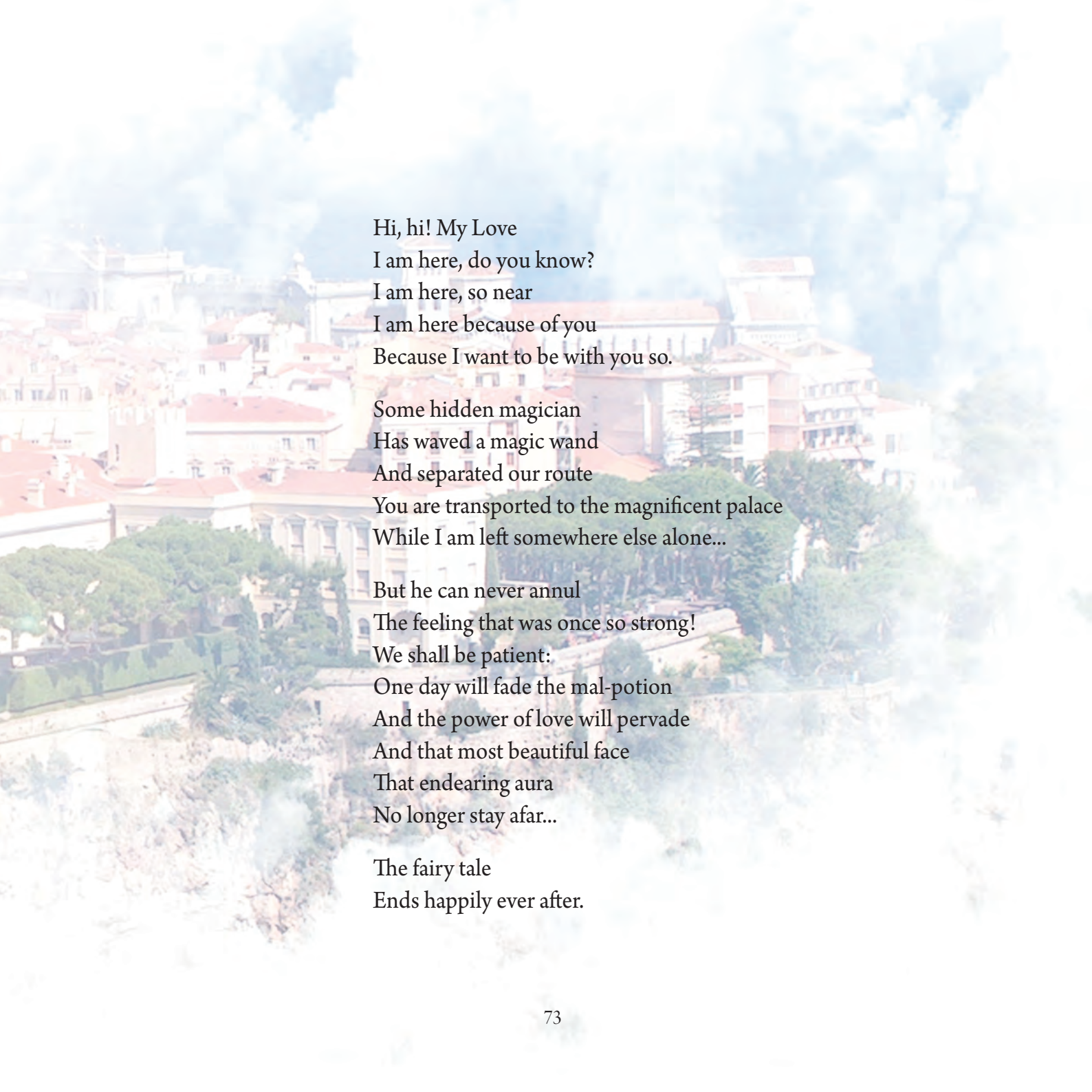
You and the Kingdom

It isn't the lovely kingdom
It is someone here that I love
Even with all the charm of *la principauté*
My heart wouldn't be here if you are not!

Ah! The illuminating *mien*
That brightens all corners of my thoughts
Also makes my mind restless
For no reason
No explanation!

Maybe it's the way you smile
Maybe it's the gentle tone from your lips
Or the warmth and blueness of your eyes...
I don't know what!
I just know that you are the most refined
And the most beautiful man
On the planet!

I see you everywhere
It's difficult to forget
I say hallo to your photos
I blow kisses
Through the windows.



Hi, hi! My Love
I am here, do you know?
I am here, so near
I am here because of you
Because I want to be with you so.

Some hidden magician
Has waved a magic wand
And separated our route
You are transported to the magnificent palace
While I am left somewhere else alone...

But he can never annul
The feeling that was once so strong!
We shall be patient:
One day will fade the mal-potion
And the power of love will pervade
And that most beautiful face
That endearing aura
No longer stay afar...

The fairy tale
Ends happily ever after.

Condolence Note

Imagine the king of this Earth
The highest priestess
The most powerful being on the planet
Who has everything
By a mere wave of her hand...
Just lost her parent:
He is an orphan
Like every other poor man
In the world!

No one truly understands
His loneliness and the pain!
Nor any priceless present
Could offer a stir of comfort
To the desolated heart
Of the one
Who has lost “everything”...

O my king!
We are all in sorrow and mourning
Even God is powerless
Pensive (profoundly)
At the penning douleur!
In your tender heart!

All condolences seem empty of meaning
Any embrace would be futile, helpless!

§

There is a “nobody”
Who sits “on the other side” chez Jimmy
On a Saturday night this summer
Watching the by-going world:
Busy, busy!!!

Without their Prince (wonder)
How people do party?!!!



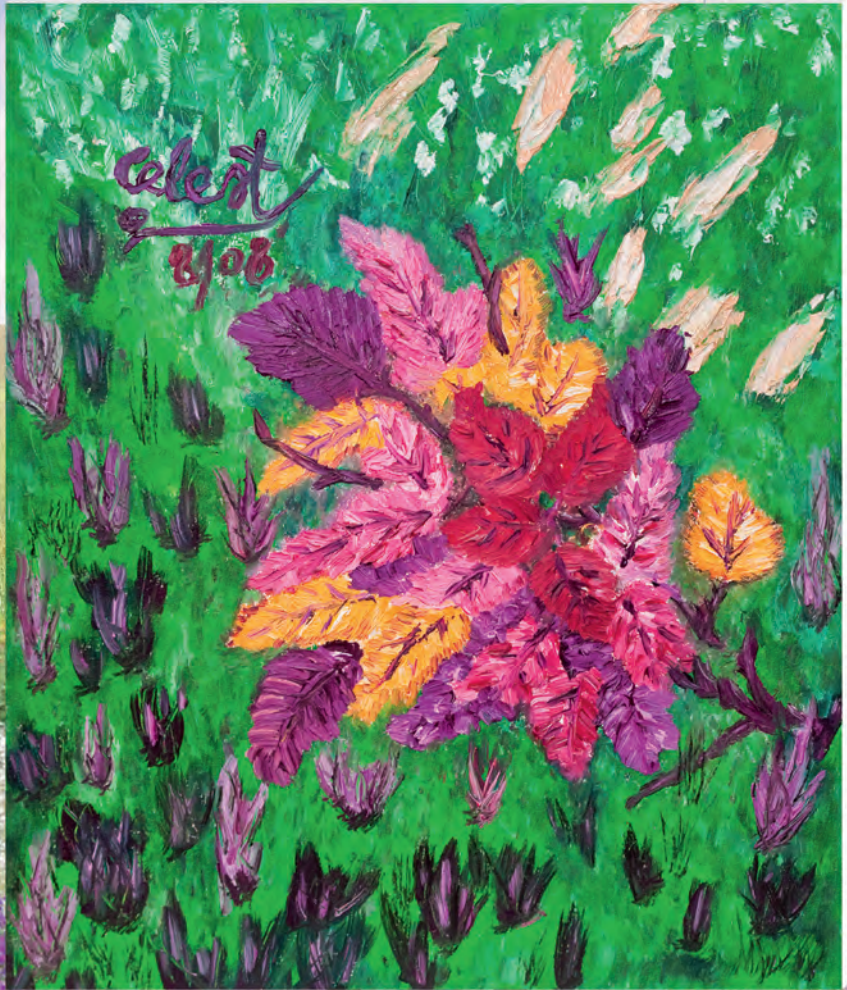
PHOTO BY THE POET



PART 4



For Someone Special



SUPREME MASTER CHING HAI'S PAINTING:
"SAYING A GLORIOUS GOODBYE!"
MENTON, FRANCE - AUGUST 2008

A portrait of Supreme Master Ching Hai, a woman with blonde hair styled up, wearing a purple sequined top and a red flower corsage. She is set against a background of misty mountains and a field of red flowers. The text is located in the upper right corner of the image.

SUPREME MASTER CHING HAI
ST. MARTIN CENTER, FRANCE
AUGUST 8, 2009



The Golden Lotus

(In memory of the Most Venerable Thích Mãn Giác)

Originally in Aulacese: “Đóa Sen Vàng”

A golden lotus has left the world
There had never been
 much attachment to this Earth!
For the ones remaining still,
 in the three realms, with sorrow filled
O, Golden Lotus,
Why hath thou so soon bid adieu?

Supreme Master Ching Hai

December 15, 2006

FORMER GREAT ELDER SUPERIOR MONK THÍCH MÃN GIÁC (1929-2006) was a zen master, poet, and well-acclaimed scholar and educator in Âu Lạc (Vietnam). In addition to his significant contributions to the Dharma, he left behind for the nation a treasure-trove of poetry and songs through the collected poems of *Lone Traveler*, *Poems by Huyền Không*, *Free White Clouds*, etc.



Sayonara

*(In memory of The Most Venerable Thích Mãn Giác)
Originally in Aulacese: "Sayonara"*

A holy Saint had returned to Heaven
The flowered forest lamented in the autumn wind
You'd departed, "so ever lightly as a feather"
Leaving this world, with all its form and illusion.

Reminiscing your kind and generous heart
How you'd been to different lands, carefree
The sutra chanting still permeated with fragrance in the air
But a saffron cassock billowing
 in the wind was no longer!

Now that you're gone, flowers changed their hues
The temple of old in reflection silently bows
You've gone to join the True Self
A realm, precious as Udumbaras*
 has manifested from a selfless mind.

December 16, 2006

* Udumbaras: A legendary flower that only blooms once every thousand years, according to Hindu mythology.



*Spontaneously Written
for Hoàng Cầm*

Originally in Aulacese: "Xuất Bút Cho Hoàng Cầm"

At life's **Golden*** twilight, one returns Home
Poetry's hue a white crane, hair of crystal
As* if all is but a glimpse in a long dream
Amidst pure clouds, the returning path is perfumed.

Wu Tzu – May 7, 2010

* Derived from the name of the late renowned composer Hoàng Cầm

HOÀNG CẦM (1922-2010) – a poet from Kinh Bắc whose real name is Bùi Tăng Việt – in his 88 years of "living to love and loving to write," poet Hoàng Cầm left behind for the poetic and musical world of Âu Lạc (Vietnam) a great spiritual legacy. His name was associated with outstanding poems like *Leaves of Fantasy*, *The Other Side of Đuống River*, *To the Northern Capital*, *Thoughts on New Year's Eve...* and poetic dramas such as *Kiều Loan*, *Resentment in Nam Quan*, etc.



Tô Thu Hồ

Originally in Aulacese: "Vê Thu Hồ"

Ancient souls in repose
Golden **Autumn*** leaves scattering...
A crane soaring with the wind
In the void, wings quietly resting
Singing "the sorrow of separation"***
Grieving, the grass by the **Lake**.*

Your heart elegant as brocade
Your spirit smooth as velvet
Melody as precious stream
Music like heavenly rain!

Now the earthly realm is all quiet
Autumn* lost in the distant **Lake**'s* silhouette!
A few tunes remain, resonating
Lingering at the end of remote horizon!

Wu Tzu – May 19, 2000

* Derived from the name of the late renowned composer Thu Hồ

** Title of a song composed by Thu Hồ

THU HỒ (1919-2000) – real name is Hồ Thu – was a gifted stage actor, poet and musician who contributed significantly to modern music in Âu Lạc (Vietnam). In his 50 year-long involvement in the arts, musician Thu Hồ left a wealth of artistic legacy of more than 200 marvelous songs such as *Motherland*, *Pastoral Evening Flute*, *Longing for Each Other*, *Sorrow of Separation*, *Purple-hued Evening Forest*, etc.



For Lê Uyên Phương

Originally in Aulacese: "Gửi Lê Uyên Phương"

You have journeyed to another **Realm***
To a **Pure*** land of eternal peace
Like a lotus abandoning "the marsh"**
Like the moon leaving the clouds
Recalling you in your gentleness
"A sad day,"** fills one's nostalgic heart...

This human world is an illusory dream
Like morning dew and evening rain
By the shore of cause and retribution
A boat has lifted its anchor
The traveler journeys to some other sphere
A single oar in deep reverie!

Wu Tzu – 1999

* Derived from the name of the late celebrated singer-songwriter
Lê Uyên Phương

** Phrases from Lê Uyên Phương's songs

LÊ UYÊN PHƯƠNG (1941-1999) was a gifted musician in Âu Lạc (Vietnam). His name went hand in hand with **Lê Uyên**, a talented and well-known singer, as they found a common voice. He left for the world immortal love songs such as *Our Quagmire*, *A Love Song for You*, *How Long Will This Sadness Last?*...



For Thái Hằng

Originally in Aulacese: "Gởi Thái Hằng"

Understanding each other's heart
The silent grief is left unspoken!
You return to great emptiness
I'm by the melancholic tomb.
Our hearts, even **Mt. Everest***
cannot divide
Our love is **Eternal***,
beyond all traces of time...

Wu Tzu – August 14, 1999

* Derived from the name of the late famous Aulacese (Vietnamese) singer Thái Hằng

To Phạm Duy

Originally in Aulacese: "Cho Phạm Duy"

Now **One*** remains alone in life
Counting each day silently passing by
A season of roses never to return
Forever** missing the only one!

* Derived from the name of talented Aulacese (Vietnamese) composer Phạm Duy

** Derived from the name of the late famous Aulacese (Vietnamese) singer Thái Hằng

Well-known singer **THÁI HẰNG** (1927-1999) – a beautiful daughter of the region of Hà Thành, a land of thousand-year civilization – her birth name is Phạm Thị Quang Thái. She came from a family immersed in the musical tradition and was musician Phạm Duy's beloved wife. Thái Hằng's voice and great name were connected with Thăng Long Choir and Phạm Duy's magnificent songs. To this day, lovers of Aulacese (Vietnamese) music still reminisce about her velvety voice in immortal songs such as *Sound of the Celestial Flute*, *Homeland Nostalgia*, *Love Melody*, etc.

PHẠM DUY (born in 1921) – his real name is Phạm Duy Cẩn – is considered a "grand old tree" of modern music in Âu Lạc (Vietnam) with a great number of songs written in diverse musical genres ranging from love, folk, to spiritual; some have become immortal and deeply etched into the people's hearts in Âu Lạc. These include *Love Melody*, *Country Mother*, *The Mandarin Road*, *Mother Vietnam*, and his great latest release, *Illustrations of "The Tale of Kiều"*. His legendary songs gave wings to the timeless voices of Thái Hằng, Thái Thanh, Lê Thu... to soar high and far in the sky of Âu Lạc's music.



The Quiet Hero

(To all the good policemen)

In the freezing wintry gust
You stand tall like a colossal Greek statue
The ocean storm seems to veer away from you
Awed by that indomitable courage!
In the sweltering haze of summer-noon
Your dignified smile diffuses complaints
The high sun would take flight, shy of your endurance.
In the chaos of traffic hour
Your assuring arms restore order
Never expecting a thanks.

When I forget to slow down on busy streets
You reproach me back to safe speed.
When I lock myself out at midnight
You “welcome home” with the master key and a smile!
When I am lost on the stressful motorway
You drive with me to the right place.
You even speak my language
Well! You did try..

Tough on the baddies
Soft on the meeks.
Though having to deal much
With negative sides of human characters
Surprisingly, your heart still reserves plenty of trust.
In ten thousand ways
You show your genuine goodness!

I remember
When we first met
You carried me off to the roadside
(My second failed attempt
On a motorbike)
You were yelling at the paramedics
“Do something, do something!
Will she be all right?
Will she be all right?”

Your face was like
That of a worried father
Your aura was like
That of an angel's
The face I will always remember
For the rest of my life.

Oh yes, I know you well
In a foreign town
In my home village
In a scary alley so narrow and dark
On a deserted beach at dawn...
You are mostly alone
Or just with God!

You are the day-to-day bravest soldier
Fighting a constant war
Against violence and injustice
Saving the weak
Shielding the innocent.
Putting your life at risk
To keep safety and peace
For your co-citizens
And for the ones you don't know even:
Like me eh! "Just a tourist..."

But I am also the public
Who is inspired to write you this poem.
For it is Noël
And this shall be our modest gift:
A feedback ribboned with something positive
Packeted with Love and sealed with Respect that's due to you.
So that someday, when you feel: you are through
Dealing with darkness!

You may remember this letter somehow
Knowing the public loves you!
It's just that society still breeds defects, so inexplicable!
But we'll all try different ways to mend...

Now it is a special season
And I am not sure what to send!
(You know... to a police!)
So just sincerely wish you a nice Christmas
As the old year rolls to an end:
May we all start a happy life afresh
May our days bear pleasant events.

Hopefully they will all vanish, "the bads"
But even then
It's always nice to see a police around
Walking tall, looking good, talking proud
In the uniform that represents protectiveness.
Strong but fair, humble but fearless
You are the Quiet Hero
Who "love what we do" (*)
And the people love you ♥

♥ CDLA ♥

~~~~ ♥ ~~~~

(\*) Quote from a policeman, met on the street in Monaco.





PHOTO BY THE POET






PART 5



*Divine Love*





SUPREME MASTER CHING HAI  
ROQUEBRUNE, FRANCE  
NOVEMBER 22, 2009





## *Please Wake Up!*

*Originally in Aulacese: "Hãy Bừng Tỉnh!"*

O world, wake up and behold  
Rivers and mountains are in tumult  
Burnt forests, eroded hills, desiccated streams  
Whither do the poor souls go in the end of all dreams?



O great Earth, lessened be your agony  
For these tears to wane with the persistent night  
O seas and lakes, cease not your melodies  
Allowing hope for a morrow among humanity...

O sentient beings, have respite in the realm beyond  
Though you departed without the last utterance  
Let the throbbing of my heart abate  
While I await Earthlings' timely repentance.

O deep forests, preserve your true essence  
Protect the human race in their moments of erring  
Please accept my heartfelt thousand teardrops  
To nurture your majestic trees, leaves and roots.

O heart, relent your sobbing  
For my soul to rest in long nights  
Tears dried up and I'm wordless  
Weeping in pain for the tormented!



O night, please kindle your source of light  
Shine the way for those human souls in darkness  
Be serene for my mind to still  
And enter emptiness with the miraculous celestial melody.

O day, stir not sudden unrests  
For peace to repose in our very hearts  
For humankind's struggles to subside  
For the true Self to gloriously shine.

O heart of mine, lament no longer  
Like an insect writhing in the chilling winter.  
Calmly wait for a perfect tomorrow  
And the day the world be adorned with Heavenly Halo.

O, I cry, I plead, I beseech  
O, infinite Buddhas, the Gods, the angels  
Deliver souls straying from the True Path  
Wandering in the endless cycle of suffering hell!





O brother, wake up at once  
Proudly walk upon great seas and rivers  
Look straight at the flaming sun  
And vow sacrifice to save all on Earth!

O sister, wake up this instant  
Arise from places of devastation  
Together, let's renew our planet  
For all to sing joyous songs of oneness.





A woman with long brown hair is standing in a lush garden. She is wearing a light blue dress with a vibrant floral pattern in purple, yellow, and pink. Over her shoulders, she wears a plush purple shawl with a decorative brooch at the center. She is holding a small, dark purple, textured handbag. The garden is filled with green bushes and numerous pink and red roses. A stone path leads through the garden in the background.

SUPREME MASTER CHING HAI  
(wearing Vegan "Fur")  
ROQUEBRUNE, FRANCE  
NOVEMBER 17, 2009



## *Please Don't!*

*Originally in Aulacese: "Hãy Dừng Lại!"*


Please don't go! Leaving an elderly mother and innocent siblings  
There's no real hatred among us human beings  
Battlefields have but guns, swords and hostilities  
While here a warm home welcomes your company.

Please don't go! Wreaking suffering on others  
There's no real animosity, only thirst for power  
Countless corpses lie shriveled to expand an empire  
Whereas here only love, peace and safety thrive.

Please don't go! Deserting a gentle father and filial children  
There's no real enmity, just trickery  
An entire nation destroyed for a few to gloat  
While here carefree kites sail in the sky peacefully.

Please don't go further on the path  
Of vengeful ghosts and shrieking demons.  
A soldier's life crushed in the foreign land –  
A soul lost in the dusty wind of murky realms!






O darling, please halt your steps  
Hold these hands of your loving wife  
Please feel for your family, country and the world  
Why have the heart to sow death and misery?

Stay your hand, won't you please  
Don't brandish the sword and utter vows that are so bloody  
Look again at your "eternal enemies" –  
Are they not also part of humanity?!

Sit by me so that your mind becomes tranquil  
Listen to the stray spirits  
    on cold mountains and lonely hills  
    wandering for thousands of lifetimes  
In the howling wind and rain, their heart-wrenching cries  
Lamenting karmic debts in a war of bygone nites!

Either we die or others perish  
A vibrant future suddenly snuffed out in the prime of life  
All the affections, families and friends  
Vanished with a spiteful heart in a bitter blood pool's stench!





A human existence full of vitality  
Youthful dreams with sky-high aspirations  
Washed away with a stream of hot blood in one rushed instant  
Chilly wind blows yellow dust on the ground of killing.

Please stay with me, together we can honor life  
Our neighbors, relatives and parents will be just nearby  
There are tender rice and succulent potatoes,  
romantic rivers and dreamy seas  
A long levee bedecked with flowering fields  
for you and me!

Many heroes and heroines, present and past  
Have saved myriad beings from bloodshed  
They've built peace and prosperity  
Replacing swords with wondrous Truths since eternity.

Taking lives, we'll have to pay with our own  
How can we rejoice in causing demise and separation  
Only boundless, lasting compassion  
Shall make us great among all creation...



SUPREME MASTER CHING HAI  
ROQUEBRUNE, FRANCE  
NOVEMBER 2009





# *A Word with the Buddha Stone-Statue*

*(Written by Supreme Master Ching Hai in Her late 30s)*

*Originally in Aulacese: "Nói Với Bụt"*

Please weep no more, O Buddha  
So full of misery is this worldly samsara!  
The heart is a tempestuous forest  
And our tears a turbulent ocean!

Let us return Home, O Buddha  
Wherefore do we remain on this shore  
A mundane realm where vicissitudes overwhelm  
Languish not in agony, beloved Holy Saint.



Day by day, rain or shine  
All beings in hardship mired!  
Joy and sorrow go hand in hand  
Who is crying, who is caring!

Loving Buddha, please despair no more  
Pleasures of this world are few in store  
The sun rises, then night descends  
Beloved Buddha, please be no more despondent.

O Buddha, let us take our leave  
Farewell to this place of illusion  
Mortals linger still  
Returning to this suffering existence  
they forever will...



*Talking to a  
Stone Buddha*

Hallo, Buddha, why do you cry?  
In your stone heart, any desire?  
Because the world is suffering?  
Or it's the pain of all beings?

Oh dear Buddha, why do you cry?  
I see your heart has no desire!  
I see your tears stream down the sea  
Carrying your love to the corals!



Oh Buddha  
Why have you  
Left Nirvana?  
Oh Buddha  
What is here to see  
The human or the drama  
Of life in the shadow!  
Of life in the sorrow?  
Oh Buddha  
Oh Buddha  
Oh Buddha  
Oh Buddha  
Have you to leave Nirvana?

Hallo, Buddha, can you still cry?  
And your stone heart  
Has melted with time?  
I see your tears flow down the stream  
Sprinkling your love to the sandy realm!





*It Is Not So, My Love*


*(Written by Supreme Master Ching Hai  
in Her late 30s)*

*Originally in Aulacese: "Không Đâu Em"*

It is not so, my love, we are not strangers  
It is not so, my love, our affection was once tender  
Fading beyond purple clouds, traces of birds in flight  
The holy spirit's still alive with sacred light.

It is not so, my love, we are not of the earthly race  
It is not so, my love, we are from a magnificent palace  
Time and again, lost in this labyrinth  
Immersed in vicissitudes, and Heaven so distant.





Search for it, my love, in the elusive resonance  
Listen, my love, to the deepest dimension  
Envision, my love, the path of perfect emptiness  
In the original Self,  
    you'll be resplendent with God's graceful spell...

Shall we return to our ancient Home in paradise?  
Shall we go, guided by the wondrous Heaven light  
To our august abode abounding with melodies divine?  
The noble celestial throne beacons us welcomed.

The day when angels chorus in exalted harmony  
The day when the cosmos rejoices  
Is the day we're welcomed Home  
    to our noble celestial throne!



## *Let's Love*

*(Written by Supreme Master Ching Hai in Her late 20s)*

*Originally in Aulacese: "Thuong Nhau Di"*


*This exquisite poem was set to music by two-time Oscar-winning composer Al Kasha and performed by Leah Allers, Tony Award nominee and Emmy Award winner Liz Callaway, Grammy Award nominee Kashif, Grammy Award winner Melissa Manchester, Tony Award winner Melba Moore, and Tony Award winner Karen Ziemba in the Supreme Master Television's 4th Anniversary concert, "Gifting Peace".*

You and I, one identical life:  
Let's embrace and share all the joys  
Uplifting ourselves in time of need  
Sailing together through bitter and sweet.

If you, brother, just pass me by  
Not even once make contact, our eyes  
Tomorrow we might from this world depart  
Both will feel reluctant – the hour of goodbye.

Regretting not to weave acquaintance  
Regretting not to embroider greetings  
Regretting sister's beautiful garden  
Has locked gate and high fence.






And you might wither  
Footprints – dust cover  
Alone to town I will go  
Watching life fades without you!

Let's love each other  
The spring sends flowers  
The trees bear green gifts  
Oh marvel planet!

Night sky glistens  
Day's first light dazzling  
Birds chorus at dawn  
Cicadas greet summer's arrival.

Immense seas and rivers  
Forests adorned in lemony flowers  
Azure crystal sky  
Land reaches far and wide.






Let's love each other  
The rainy season fresh and cooling  
River water, sweet as nectar  
Nourishing love amongst human beings.

Life will be more cheery each day  
For love is complete and perfect  
The love of Earth and Heaven  
The love of humans.

Let's live just for each other  
Let's live on for our future  
Let's build Eden on Earth  
Let's gift peace to each other.

Then people will cease to be in pain  
Then love will brighten the world  
In a thousand places angels will dance  
Glory be Heaven and human!

My inner Heaven:  
Offered to this realm!...





SUPREME MASTER CHING HAI  
*(wearing Vegan "Fur")*  
ST. MARTIN CENTER, FRANCE  
OCTOBER 3, 2009







PHOTO BY THE POET





## *The Ideal Beloved*


*(Written by Supreme Master Ching Hai in Her late 20s)*

*Originally in Aulacese: "Người Yêu Lý Tưởng"*

Each morning I welcome the emerging dawn  
Each evening I bid farewell to the sun's departure  
The whole day, flowers' fragrance permeates my yard  
All night long in the firmament, sparkling stars!

O joy when life's resplendent  
And friendly people are far and near  
I see the pulse of life afresh on leaves  
And kind wishes adorn smiling lips.






Then you arrive, bringing springtime in your eyes  
Wings of summer linger on your hair silky fine  
Graceful steps softly return with autumn  
Velvet hands warm the winter sun.

You are here to gladden life  
Enchanting smile brightens the moon evermore  
Under delicate feet, a cool, gentle stream  
And the dark earth comes alive with miracles!

O love, you're like an ebullient morn  
Like eventide glorious in the twilight  
An autumn breeze that soothes simple dreams with a lullaby  
A jubilant melody on the day of our union.





You exist for serenity eternal  
When you visit, rivers and mountains join  
in a delightful chorus!  
Loving gaze, as emerald waters, luminous!  
Rosy lips a glowing hue for this weary life.

O the beloved of summer rain and vernal sunrise  
Of golden light, magenta clouds, and azure sky  
You've come to elevate this world of dreams  
The entire land's glorified in the melody of benevolence.

My heart kneels before your elegant footsteps  
Treading blithely into the realm of everlasting amour.

You've come here to warm the season of frigid snow  
For the air to be perfumed, mountains lush,  
and rivers expansive  
My heart rejoices, and all of humanity is rejuvenated  
To welcome and embrace the ideal beloved.





## *When You Said You Love Me*

*This exquisite poem was set to music by the Oscar and Emmy Award-winning composer Bill Conti and performed by Tony Award winner Karen Ziemba in the Supreme Master Television's 4th Anniversary concert, "Gifting Peace".*

When you said you love me  
All sorrows go away  
On the cloud I soar high  
Like a swan on the mountain I fly – I fly – I fly  
And you hold my hands tight  
My heart sings through the night  
All the stars shine brightly  
And the moon dances within me.





Can we keep  
This magic moment!  
Can we keep  
This magic moment!  
Can we go  
Where time stands still  
Where love is forever new  
Where our feelings will never end?

And love is a beautiful song  
For the world to sing along  
And our love is forever young!

Never say you'll leave me  
Never let me be lonely  
Together we will share  
The dream that never fades away  
Never, ever...






## *Bird of Paradise*

Oh, Glorious Bird of Paradise!  
Where hither doth Thou go?  
On a span of wind that never blows...  
To the nameless regions 'bove the rainbow?

The sunless sun doth Thou acquaint  
The sandless shore Thy feet shall land  
Thy thirst Thou quench  
Thy thirst Thou quench  
Of the sweetest ambrosia 'til Thy heart's content.





Oh, Bird of Paradise!  
Fly Home! Fly!  
On a spread of purple cloud  
Dost Thou arise...

Lightest wing  
Softest heart  
Follow the stringless harp  
Thou doth arrive!  
At the land of endless time  
To bathe in the river of ever calm  
To play in the fields of ever young  
And spoken to by the Lord in melodious tone.

Oh, Bird of Paradise!  
Thou knowest the most loved One  
Thou knowest the Benevolent.

Take me on Thy empowr'd wings  
For I also must come  
Must come Home...  
I must come Home...  
Far away sweet Home!  
Home, Heaven Home!






## *Song 4 the Sun*

Glorious Jewel  
In the vast sky!  
How I'm awed  
Feeling your might!

The sight of you  
Bursts morning dew,  
Brightens the world,  
Warms up the Earth!  
When you arrive  
All is glorified.

I feel so blessed  
To have you here  
Thanks for being a friend  
In time of laughter  
In time of tears!






You are the best  
In this physical realm  
Giving warmth and nourishment,  
Happiness and pleasure!  
You are the comfort  
For countless beings  
None is denied  
Your love and blessing!

I don't know how  
To say thank you.  
Words are empty  
In your greatness.  
Words are empty  
In your glory!  
God must have known  
I need you so!  
Can't imagine  
This world without you!





The ancient people  
They worshipped you.  
Modern people  
They adore you.

... I have only  
Some grateful tears  
And this humble  
Song from my heart ...  
I'd sing for you  
The whole day through!

Please stay with me  
Forevermore!

Please stay with me  
Forevermore!

I love you, Sun  
And you sure know!



SUPREME MASTER CHING HAI  
ST. MARTIN CENTER, FRANCE  
DECEMBER 11, 2009







## *Moon of Mine*

Oh moon of mine  
How sweet your smile  
Only for me  
Oh how happy!

No one to see  
No one to know  
Our love for each other  
Though you care for all!

No one can smile  
So sweet and long  
You are the one  
You are the only one!

THE POET  
EARLY 1980s  
RAPPALLO, ITALY



And when I'd sung  
You stayed still and hung  
Above the mountains  
You listened and danced  
Till my heart's content...  
Endearing and lovely  
You are the beauty  
Of the galaxy.

You share the pain  
And the joy, with me!  
You are the loyal  
Friend of eternity.

You shine my path  
In the dark mountain  
You soothe my heart  
When I'm in pain.

Can any one  
See any thing  
More beautiful than you!



I wait for you  
In time of waning  
In cloudy nights  
In stormy skies.

You have to be  
In my existence.  
What's life without  
My moon?!

I will not exchange  
The world's treasure  
For just half of you  
Shining beauty  
Stay forever and ever  
In the vast sky...

The world loves you  
And I love you  
Thank you for being  
The best of friends!

I love you, Moon.  
I love you, Moon!  
I love you forever  
My Moon.





SUPREME MASTER CHING HAI  
HSIHU, FORMOSA – SEPTEMBER 22, 1991  
MOON FESTIVAL CELEBRATION  
AND THREE-DAY RETREAT





## *Precious Stars!*

Stars, stars!  
How beautiful you are!  
How precious  
Beyond all words  
Adorning this samsara!

I love, love, love  
To visit you  
And sing for you  
Lovely sweet lores.

SUPREME MASTER CHING HAI  
ST. MARTIN CENTER, FRANCE  
SEPTEMBER 5, 2008



You're so shining  
You're so enchanting  
Why did God make you  
Soo special, soo... beautiful!

From far away  
I feel your love  
Spreading from the sky  
To this planet of mine.

You bear witness  
To all pleasures  
To all splendor  
And all upheavals.

Yet you remain  
Forever brightened  
Forever loving  
Forever unchanged  
Forever giving!

We the humans  
Frail and humble  
But love and cherish you  
More than jewels  
Forever we try  
To go near you  
To visit you  
To embrace you.

Oh divine jewels  
Of the cosmos  
Far, far away  
You love us..., true?





*I Am*

I am a politician  
without a platform.

I am a King  
without a throne.


I am a soldier  
without weapons.

I am a victim  
without justification.

I am a fighter  
without enemy.

Friends and foes,  
they're all within me!





SUPREME MASTER CHING HAI  
(wearing Vegan "Fur")  
ROQUEBRUNE, FRANCE  
NOVEMBER 8, 2009




## *Praised Be the Providence*

*This exquisite poem was set to music by the Oscar and Emmy Award-winning composer Bill Conti and performed by international soprano Giorgia Fumanti in the Supreme Master Television's 3rd Anniversary concert, "Rejoicing in Our Green Planet and Peaceful Life".*

Praised be the Providence!  
Thanks to Earth and Heavens  
To invisible and visible beings  
For the grace bestowed 'pon Supreme Master Television.  
May this forever be blessed  
To serve the world for peace and happiness.

Thank you all the circle of friends  
Of brave staffs, whose love and dedication  
Have brought joys to countless beings  
In this life and maybe the next!





Thanks to all who share the bliss  
And support this positive program  
From the depth of my heart  
May God bless you!

And congratulations:  
Multitude of wondrous viewers!  
Thanks for your loyalty  
Thanks for your faith  
Wishing you all the best  
On Earth as well as from Heaven  
With all my love – enjoy!



## *God Loves You So!*

*This lullaby has been spontaneously sung by Supreme Master Ching Hai for Her pets as well as Her disciples, and recorded on the spot to remind all beings always to remember God. Please refer to the CD-M037-Good Night, Baby to enjoy this beautiful song through Her melodious voice.*

Good night, beauty, good night, glory  
You are divine, remember well!  
Have a sweet dream, wonderful friends  
Beauty of mine, love of Heaven!

God loves you so, I love you more  
You are divine, you are God's love.  
Good night, dear friends, love of Heaven  
Glory of life, wonder of mine!

You are so loved, you are so dear  
Heaven shields you, and God loves you  
And I love you, you know it's true  
Forevermore, you are my love.  
Sweetheart of mine, you are divine  
Never forget, you are God's child!



You are the one, that I so love  
You are the one, that God so loves!

Remember well, you are divine  
You are glory, you're Heaven!  
We love us so, no matter how  
No matter where, always together.  
We are best friends, life after life  
Never apart, 'cause we are one.  
'Cause I love you, and you love me  
'Cause God loves you, eternally.

We're from Heaven, please don't forget  
One day we will all go back Home  
Where we belong, where no sorrow  
Where no sorrow, only beauty  
And love and peace and bliss and glory  
No more, no more, no tears no more!  
No more sorrow, never, nevermore  
'Cause you're God's love, 'cause you're my love!

Maybe you forget, but you'll remember  
'Cause you're divine, 'cause you are wonder!



You are the best, no one better  
You are the ones, God loves the most!  
I love you so, every day more  
Nothing will change my love for you!

Have a sweet dream, wonderful vision  
Go to Heaven, visit your Home  
That's where we'll be, that's where we belong  
Not this terrifying and fearsome realm.

One day we'll leave all this behind  
Only you and I, with love in Heaven!  
No more worry, no separation  
No more sorrow, no more trouble!

Everything here, just comes and goes  
Have peace in your wonderful heart!  
Remember dear, that day long ago  
You were carefree, you were in Heaven  
Remember dear, you are that one  
Full of happiness, full of wonder.  
Remember dear, you are that one  
Full of glory, full of beauty!



You are that one, I know you are  
Please remember and be happy!  
No matter what happens in the world  
You are in safety, forever and ever.  
Because you are not human, dear  
We are not the body  
You've just forgotten  
Remember please!  
Then you'll be well  
Then you'll be happy  
Never forget, you are divine!

You are God's love, you are my love  
Remember well, you are God's love!  
You are beautiful, you are wonderful  
If only I know, I wish you know!

Do not forget, you are the best  
I tell the truth, believe it's so.  
It's the ego that makes trouble  
It's not your Self, you're wonder!  
You're so pure, you're so pure  
You are so kind, you are such a love!



I wish you know who you really are  
Then you'll be happy, never sorry!  
Because I know, I know you well  
Just wish you know the way I do.

Then you'll be free from all trouble  
Then you'll be free from all sorrow.  
I love you so, only I know  
I wish you do, just like I know!

One day you will... know what you are  
That you are love, that you are pure  
That you're divine, that you're God's child  
The only love of the whole Heavens!

I wish you know just like I know  
I wish you know God loves you so!

And if you feel that you're lonely  
It is not so, dear love of mine!  
God's always there, looking after you  
Looking at you, with all Hiers love!



Just wish you know, the way I know  
God loves you so, every day more!  
Just wish you know just like I know  
Then you'll be free from all sorrow!

One day you will, one day you'll know  
No one, no one, can make you fear!  
No one, no one, can hurt you more!  
The day will come, you will all know  
Peace in your heart will be forever!  
You will remember who you really are  
Then you'll be free, forever and ever!  
Just wish you know the way I know  
The day will come, you'll know God's love!

Have a sweet dream, remember God  
Have a sweet dream, remember God!  
You are divine, you are God's love  
Remember well, you are my love...(!)





SUPREME MASTER CHING HAI  
ST. MARTIN CENTER, FRANCE  
JULY 18, 2009

## *Good Nite Baby*

*This lullaby has been spontaneously sung by Supreme Master Ching Hai for Her pets as well as Her disciples. Master jotted it down later from memory to remind all beings always to remember God. Please refer to the CD-M037-Good Night, Baby to enjoy this beautiful song through Her melodious voice.*

Goodnight, baby  
Wonderful dream  
Heaven loves you  
And I love you.

Remember God  
Hes loves you true  
You are divine  
You are Hiers child.

Goodnight, beauty  
Remember Hirm  
Remember Light – remember Love.

Together we make life better  
Together we love one 'nother.



Nite nite, sweetie, shall see you soon  
In realms beyond sorrow and pain  
Heaven is here in you and me  
In all of the entire creation.

Goodnight, Rainbow, sleep in God's love  
In Angel's arms, in clouds tender  
In melody of thousands songs.  
In blessed Light of worlds beyond.

I love you so every day more  
Angels shield you and God bless you  
You are divine, you are God's child  
You are divine, you are God's love –

Nite nite, darlings  
You are divine  
Sleep in God's love  
Dream of Heaven.

Nite nite, beauty  
Wonderful friends  
Sleep in my love  
Dream of Heaven.

We are divine  
Remember dears  
We are holy  
We are God's love!

Nite nite, babies, beautiful ones  
Wonderful ones of God's creation.  
Thanks for your love, your company  
Thanks for your heart, your loyalty.  
My love for you, every day true  
My love for you, every day true.

Remember God and your great Self  
Heaven loves you and I love you  
Nite nite, beauties, wonderful friends  
See you in dreams, glorious visions.  
The sun will rise for you and I  
Have a sweet dream.  
Have a sweet nite!



Nite nite, baby  
You're safe with me  
The rain won't come  
Thunder is away.

Heaven blesses you  
Angels stand by  
You'll be unharmed  
And safe always.

I am right here  
To soothe the night  
No fear lightning  
No fear gunfire.

Nothing'll happen  
To my good boys  
And my good girls  
You are God's love.

Above the cloud  
Above the sky  
Dance with stars  
Sing with angels.

I love you so  
Every day more  
Heaven shields you  
And God bless you  
Angels praise you  
Fairies adore you  
You bring a smile  
To those near you  
You made my day  
Through your melody.

Nite nite nite nite  
Treasures of mine  
Have a sweet dream  
Rainbow vision.

Thank you, baby  
For your great love  
Your loyalty  
Beautiful heart.



Lovely baby  
Thanks for your love  
Understanding  
And forgiving.

Thank you, sweetheart  
For what you are  
Ever loving  
Ever loyal.

You are Godsent  
To human world  
Are reflection  
Of Heaven's love.

Thanks for the smile  
That lights my face  
Thanks for your heart's  
Undying love.

You are angel  
'n protecting friend  
Fearless hero  
Righteous being.

I am honored  
To be your friend  
My heart rejoices  
To have your love.

Goodnight, baby  
Heaven shields you  
God protects you  
And I love you.

Thanks for your love  
Your loyalty  
Your warm presence  
Your precious heart.

You're my treasure  
You're my jewelry  
You're my comfort  
You're rare beauty.

You give me joy  
You give me love  
You give me strength  
You give me hope.



Please do stay long  
Dearest of friends  
Bright as the sun  
Sweet as the moon.

Nite nite, baby  
Beauty of mine  
Wonderful friends  
Love of Heaven  
Have a sweet dream  
Dearest of mine  
You are divine  
You are God's love.

Nite nite, baby  
You are divine  
You are God's love  
You are my love  
Heaven loves you  
And God bless you.

Good night, good night  
Beauty of mine  
Though I'm away  
You're in my heart  
Though I'm away  
We'll meet again  
Loyal to you  
Our love is true  
Forever new  
Forever new!



SUPREME MASTER CHING HAI  
ROQUEBRUNE, FRANCE  
OCTOBER 18, 2009







## *When Shall We Meet Again?*

*Originally in Aulacese: "Bao Giờ Gặp Lại?"*

O Beloved, when shall we meet again  
Our eternal love is moss-covered, ancient pier  
In a distant lifetime we have promised each other  
The moon witnessed that, but the old path's grown-over.



O Beloved in a faraway realm  
Long you still for a day of reunion by the Milky Way?  
Ardent heart, beseeching the sun and moon  
While soul adrift in a world of ephemeral dust.

Half of that soul is part of me, everlasting  
Like empyrean stars in the vast celestial firmament  
Like the great sea of eternal, azure waves  
Like the planet glorious in her quintessential radiance.

O Beloved, still I yearn for a time of togetherness  
As our passion waves spread in four directions.  
The heart nurtures hope regardless of destiny,  
Gospel songs bloom evermore on the lips.

Though night arrives, dawn ever advances  
After a deep slumber, awakened from wandering dreams  
To the luminous land of bliss, we shall return  
Heavenly winds echoing ubiquitous ocean sounds.





PHOTO BY THE POET



## List of Performed Poems

A number of poems in *The Love of Centuries* anthology have been adapted to music by acclaimed composers, as well as broadcast on A Journey through Aesthetic Realms: Music & Poetry program and Anniversary concerts on Supreme Master Television. Please refer to the following links to enjoy the poems and songs performed by Supreme Master Ching Hai and celebrated artists:

- **HÃY BỪNG TỈNH! (PLEASE WAKE UP!)**: [http://www.suprememastertv.com/mp/?wr\\_id=129&page=1#v](http://www.suprememastertv.com/mp/?wr_id=129&page=1#v)
- **HÃY DỪNG LẠI! (PLEASE DON'T!)**: [http://www.suprememastertv.com/mp/?wr\\_id=129&page=1#v](http://www.suprememastertv.com/mp/?wr_id=129&page=1#v)
- **NHÀ TÔI (MY HOME)**: [http://suprememastertv.com/mp/?wr\\_id=138&page=1#v](http://suprememastertv.com/mp/?wr_id=138&page=1#v)
- **GỖI LÊ UYÊN PHƯƠNG (FOR LÊ UYÊN PHƯƠNG)**: [http://www.suprememastertv.com/mp/?wr\\_id=106&page=3#v](http://www.suprememastertv.com/mp/?wr_id=106&page=3#v)
- **KHÔNG ĐÂU EM (IT IS NOT SO, MY LOVE)**: [http://www.suprememastertv.com/mp/?wr\\_id=141&page=1#v](http://www.suprememastertv.com/mp/?wr_id=141&page=1#v)
- **GỖI THÁI HẰNG (FOR THÁI HẰNG)**: [http://www.suprememastertv.com/mp/?wr\\_id=113&page=3#v](http://www.suprememastertv.com/mp/?wr_id=113&page=3#v)
- **CHO PHẠM DUY (TO PHẠM DUY)**: [http://www.suprememastertv.com/mp/?wr\\_id=113&page=3#v](http://www.suprememastertv.com/mp/?wr_id=113&page=3#v)
- **LỜI LỢN CON (WORDS OF A PIGLET)**: [http://www.suprememastertv.com/mp/?wr\\_id=131&page=1#v](http://www.suprememastertv.com/mp/?wr_id=131&page=1#v)
- **SAYONARA**: [http://www.suprememastertv.com/mp/?wr\\_id=120&page=2#v](http://www.suprememastertv.com/mp/?wr_id=120&page=2#v)
- **ĐÓA SEN VÀNG (THE GOLDEN LOTUS)**: [http://www.suprememastertv.com/mp/?wr\\_id=120&page=2#v](http://www.suprememastertv.com/mp/?wr_id=120&page=2#v)
- **PRaised BE THE PROVIDENCE (NGỢI CA VÀ CHÚC MỪNG)**: <http://www.suprememastertv.com/3year>
- **DREAM IN THE NIGHT (MƠ ĐÊM), LET'S LOVE (THƯƠNG NHAU ĐI), and WHEN YOU SAID YOU LOVE ME (KHI NGƯỜI NÓI YÊU TA)**: <http://www.suprememastertv.com/4year>

A number of poems in the anthology have been recited and performed in the latest released CDs and DVDs such as *An Ancient Love*, *Dream in the Night*, *Shade of Time*, *The Golden Lotus*, and *Good Night Baby*. Please visit the Contact Us page to purchase these CDs and DVDs to enjoy Supreme Master Ching Hai's sweetly expressive voice and emotive reciting.

- **CD-M036, DVD 801 – AN ANCIENT LOVE**: The Ideal Beloved; To Thu Hồ; My Home; An Ancient Love; For Lê Uyên Phương; Let's Love; It Is Not So, My Love; A Word with the Buddha Stone-Statue; And One Day; For Thái Hằng; To Phạm Duy; Nostalgic Summer.
- **CD-M030, DVD 764 – DREAM IN THE NIGHT**: Dream in the Night
- **CD-M031, DVD 765 – SHADE OF TIME**: Shade of Time
- **CD-M035, DVD 770 – THE GOLDEN LOTUS**: Sayonara, The Golden Lotus
- **CD M037 – GOOD NIGHT BABY**: Good Nite Baby, God Loves You So!



# The Supreme Master Ching Hai's Publications

## THE SUPREME MASTER CHING HAI'S POETRY COLLECTIONS



- **THAT AND THIS DAY** (poetry recital in Aulacese): CD-M027

- **A TOUCH OF FRAGRANCE** (song performance in Aulacese by celebrated singers): CD-M029



- **PLEASE KEEP FOREVER** (poetry recital in Aulacese): CD-M028



- **T-L-C, PLEASE** (song performance in Aulacese): CD-M032



- **GOOD NIGHT BABY** (songs performance in English): CD-M037



- **A PATH TO LOVE LEGENDS** (poems by distinguished Aulacese poets, recital in Aulacese): CDs 1, 2 & 3



- **TRACES OF PREVIOUS LIVES** (poetry recital in Aulacese): CDs 1, 2 & 3  
DVD 531 (with 19 choices of subtitles)  
DVD 532 (with 17 choices of subtitles)







- **SHADE OF TIME (BEYOND THE REALM OF TIME)** (song performance in Aulacese): CD-M031 & DVD 765



- **AN ANCIENT LOVE** (song performance in Aulacese): CD-M036 & DVD 801



- **DREAM IN THE NIGHT** (song performance in Aulacese): CD-M030 & DVD 764



- **THE GOLDEN LOTUS** (poetry recital in Aulacese): CD-M035 & DVD 770  
We invite you to listen to the recital of Venerable Thich Man Giac's beautiful poetry, through the melodious voice of Supreme Master Ching Hai, who also recited two of Her own poems, "Golden Lotus" and "Sayonara".



- **THE JEWELLED VERSES** (poems by distinguished Aulacese poets, recital in Aulacese): CD-M034 1, 2 & DVD 769 1, 2



- **SONGS & COMPOSITIONS OF SUPREME MASTER CHING HAI** (song performance in English, Aulacese and Chinese): CD & DVD 389



- **THE SONG OF LOVE** (song performance in English and Aulacese): DVD 761





- **PEBBLES AND GOLD**  
English, Aulacese, Chinese



- **TRACES OF PREVIOUS LIVES**  
English, Aulacese, Chinese



- **THE DREAM OF A BUTTERFLY**  
English, Aulacese, Chinese



- **THE LOST MEMORIES**  
English, Aulacese, Chinese



- **THE OLD TIME**  
English, Aulacese, Chinese



- **WU TZU POEMS**  
English, Aulacese, Chinese



- **SILENT TEARS**  
English, Chinese, Aulacese, Filipino,  
Korean, Portuguese, Spanish,  
English/German/French



- **THE LOVE OF CENTURIES**  
English, Aulacese, Chinese,  
French, Korean, German,  
Mongolian, Spanish





## DVD-1010

Inspired by Supreme Master Ching Hai's profound poetry collection *Silent Tears*, this spectacular musical takes us on a magical train ride to 16 countries across 6 continents. We accompany Joy, a bitter, bereaved mother, and Pete, a worldly coming-of-age youth. Guided by a jovial and mysterious conductor, they're in for the journey of their lives – each to find a new kind of peace. At every destination, enjoy breathtaking musical numbers by Academy, Grammy, Tony and Emmy Award-winning composers, performed by Broadway and pop music stars, top international singers, 48 top-notch dancers, and a live orchestra!

Directed by Tony nominee Vincent Paterson (Michael Jackson's and Madonna's world tours) with choreography by Emmy winner Bonnie Story (*High School Musical 1, 2, 3*), this extraordinary world premiere involved the expertise of a 217-person technical crew and was captured by 21 cameras and 96 digital audio channels on October 27, 2012 at the grand Shrine Auditorium in Los Angeles, California, USA.

The show commemorated the 19th Anniversary of Supreme Master Ching Hai Day, which honors the spirit of peace and giving as exemplified by the world-renowned spiritual teacher, humanitarian, poet and artist.

This four-disc set includes a video greeting from the poet, a charity gift presentation, artist interviews and amazing bonus features.

LOVING THE SILENT TEARS is sure to inspire us all to find our inner peace!



## DVD-999

### The Real Love: The Musical DVD

This 3-disc edition has special features such as Supreme Master Ching Hai's fascinating stories of the Himalayas, behind-the-scenes interviews, media reports, the celebrity red carpet, and rehearsal scenes.

## THE REAL LOVE book reaches #1 on Amazon.com

Inspired by the true life story of Supreme Master Ching Hai, *The Real Love: The Musical* is a moving experience, as we journey together with the lovely Thanh in her search for the key to enlightenment. Now, the book that further brings to life the words, images, and songs, *The Real Love: The Complete Book, Lyrics and Sheet Music of the Musical*, has reached #1 on Amazon.com's Best Sellers lists in both the Books and Poetry categories.

*"Love is the most precious thing in this physical realm. So we must protect love... If we have love, all good will come our way.*

*... Be vegan, make peace. That's all we have to do, and love."*

— Supreme Master Ching Hai, August 27, 2011 – Pasadena, California, USA  
Supreme Master Television's 5th Anniversary: The Real Love





# THE SUPREME MASTER CHING HAI'S SPIRITUAL TEACHINGS

## BOOKS

- **The Key of Immediate Enlightenment**  
Aulacese (1-15), Chinese (1-10), English (1-5), French (1-2), Finnish(1), German (1-2), Hungarian (1), Indonesian (1-5), Japanese (1-4), Korean (1-11), Mongolian (1,6), Portuguese (1-2), Polish (1-2), Spanish (1-3), Swedish(1), Thai (1-6) and Tibetan (1).
- **The Key of Immediate Enlightenment – Questions and Answers**  
Aulacese (1-4), Chinese (1-3), Bulgarian, Czech, English (1-2), French, German, Hungarian, Indonesian (1-3), Japanese, Korean (1-4), Portuguese, Polish and Russian (1).
- **The Key of Immediate Enlightenment Special Edition/Seven-Day Retreat in 1992**  
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- **The Key of Immediate Enlightenment Special Edition/1993 World Lecture Tour**  
English (1-6) and Chinese (1-6).
- **Letters Between Master and Spiritual Practitioners**  
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Aulacese, Chinese, English, French, Japanese and Korean.
- **The Supreme Master Ching Hai's Enlightening Humor – Your Halo Is Too Tight!**  
Chinese and English.
- **Coloring Our Lives**  
Chinese, English and Aulacese.
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- **The Dogs in My Life**  
Aulacese, Chinese, English, Japanese, Korean, Spanish, Polish and German.
- **The Birds in My Life**  
Aulacese, Chinese, English, French, German, Korean, Mongolian, Russian and Indonesian.
- **The Noble Wilds**  
Aulacese, Chinese, English, French and German.
- **The Real Love**  
Chinese and English.
- **One World... of Peace through Music**  
Combined volume of English/ Aulacese/ Chinese.
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- **A Collection of Art Creation by Supreme Master Ching Hai – Painting Series**  
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- **The Supreme Kitchen (1) – International Vegetarian Cuisine**  
Combined volume of English/ Chinese, Aulacese and Japanese.
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Combined volume of English/ Chinese.

MP3s, MP4s CDs and DVDs of The Supreme Master Ching Hai's lectures, music and concerts are available in Arabic, Armenian, Aulacese, Bulgarian, Cambodian, Cantonese, Chinese, Croatian, Czech, Danish, Dutch, English, Filipino, Finnish, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Malay, Mandarin, Mongolian, Nepali, Norwegian, Persian, Polish, Portuguese, Romanian, Russian, Sinhalese, Slovenian, Spanish, Swedish, Thai, Turkish and Zulu. Catalogs will be sent upon request. All direct inquiries are welcome. Please visit our bookshop's website to download our catalogue and summaries of the contents of Supreme Master Ching Hai's latest publication: <http://www.smchbooks.com/> (in English and Chinese)

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To usher in the promising Golden Year 5 (2008), Supreme Master Ching Hai bestowed *The Noble Wilds* as a New Year gift to the world. This illustrated journal of Master's lakeside exploration, containing pages She personally composed and photographed, is a wondrous combination of poetic expression and breathtaking pictures of majestic nature and wildlife, making the book a superb piece of art!

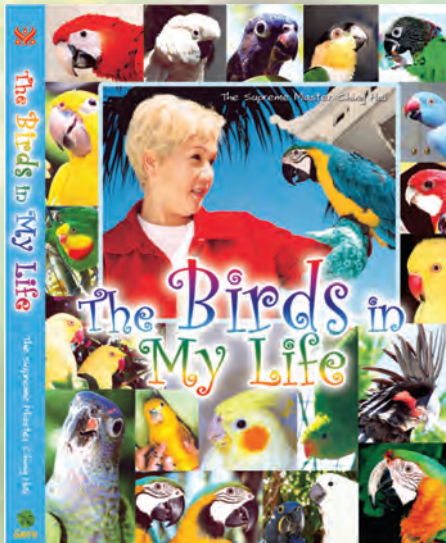
AVAILABLE ONLINE AT AMAZON.COM:

<http://www.amazon.com/Noble-Wilds-Supreme-Master-Ching/dp/9868415233/> (paperback)

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- **THE NOBLE WILDS**  
DVD #800 (In English with  
21 choices of subtitles)



- **THE BIRDS IN MY LIFE**

Throughout this beautifully illustrated book *The Birds in My Life*, Supreme Master Ching Hai invites us to enter the inner world of animals. That is, when we love them unconditionally, they will in return open their hearts to us without reservation. It is really a wonderful book, following with love and harmony on every page, Supreme Master Ching Hai helps us to understand that animals have very noble and beautiful souls. What an amazing book! Animals are humans' good friends. Hope everyone comes to read this marvelous book.

AVAILABLE ONLINE AT AMAZON.COM:

<http://www.amazon.com/dp/9866895149/>

Have it delivered to your door and begin experiencing the love flowing on the pages.



- **THE DOGS IN MY LIFE (1-2)**

*"I hope to let the readers enjoy some glimpse of the beautiful ways that dogs walk the Earth with us, and through them, understand more about other beings."*

~ Supreme Master Ching Hai

AVAILABLE ONLINE AT AMAZON.COM:

**The Dogs in My Life (1):** <http://www.amazon.com/dp/9866895076/>

**The Dogs in My Life (2):** <http://www.amazon.com/dp/9866895084/>

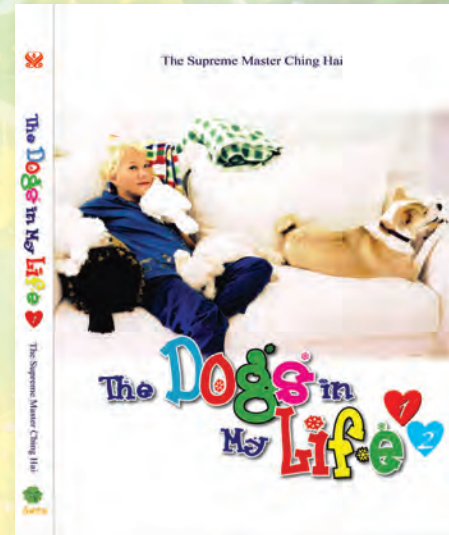
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- **CELESTIAL ART**

*Celestial Art* is a distinguished volume in which the author interprets artistic creation from a spiritual perspective to reflect Truth, virtue, and the beauty of Heaven. As readers are invited into the boundless world of Supreme Master Ching Hai's art and uplifted through its resonance with the divine, they will be profoundly touched by the deep emotions of a poet, the subtle touches of a painter, the unique ideas of a designer, and the romantic heart of a musician. Above all, one is blessedly introduced to the wisdom and compassion of a great spiritual teacher.

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# THE KEY OF IMMEDIATE ENLIGHTENMENT – FREE SAMPLE BOOKLET

*The Key of Immediate Enlightenment* Sample Booklet presents an introduction to the teachings of Supreme Master Ching Hai. Readers around the world can download the Booklet in electronic format from the internet free of charge or read it online. This gem of wisdom has been translated into 80 languages, from Afrikaans to Zulu, from Bengali to Urdu, Macedonian, Malay and many others.

In the Booklet, Supreme Master Ching Hai not only emphasizes the importance of meditation in daily life and reveals the mysteries of the higher spiritual dimensions, She also explains to people the benefits of the vegan diet. In addition, readers learn why one must get initiation to practice the Quan Yin Method of meditation, the ultimate and highest path. Supreme Master Ching Hai's insights presented in *The Key of Immediate Enlightenment* Sample Booklet elevate the consciousness of humankind, as well as offer a bright ray of hope for those who are in quest of the Truth.

As Supreme Master Ching Hai said, "Once we attain the inner peace, we will attain everything else. Only when we find our Kingdom of God within and realize the eternal wisdom, the eternal harmony and our almighty power within, can we satisfy all of our worldly desires and our longing for our heavenly abode. This is because everything comes from the Kingdom of God. If we do not get these, we will never be satisfied no matter how much money or power, or how high a position we have."

If you have your own website or blog, you are welcome to post on your website or blog the following link, <http://sb.Godsdirectcontact.net> which contains Supreme Master Ching Hai's *The Key of Immediate Enlightenment* Sample Booklet in many different languages. Join us in bringing the best gift to the world through sharing God's message and elevating human's consciousness.

If you find that the Sample Booklet is not available in your native language and you would like to help translate the Booklet, you are welcome to contact us at: [divine@Godsdirectcontact.org](mailto:divine@Godsdirectcontact.org).

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**Yellow:** Yellow skin race of people  
**Red:** Red skin race of people  
**Black:** Black skin race of people  
**White:** White skin race of people  
**Green:** Nature, animals, birds, etc...  
**Blue:** Water and aquatic beings  
**Shape:** Earth  
**Background:** Sky



The SM logo on the flag is there to awaken our dormant God nature, and remind us to develop our radiant quality within. On either side, hearts of different colors are placed interconnecting with one another, symbolizing God's expectations for sentient beings on Earth: Forsake all discrimination, all sentient beings should love and care for each other, and live in peace and joy under the blue sky.

MASTER HAS PERSONALLY DESIGNED THIS BEAUTIFUL AND VERY MEANINGFUL FLAG FOR THE USE OF OUR GROUP. SHE HAS ALSO EXPLAINED THE MEANING REPRESENTED BY THE COLORS OF EACH HEART SHAPE AS ABOVE.

## *How to Contact Us*

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International Association's Global Internet:

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# Alternative Living

Examples of nutritious, life saving food:

| Foods                                                  | Protein Concentration (Percentage by Weight) |
|--------------------------------------------------------|----------------------------------------------|
| Tofu (from soya)                                       | 16 %                                         |
| Gluten (from flour)                                    | 70 %                                         |
| Corn                                                   | 13 %                                         |
| Rice                                                   | 8.6 %                                        |
| Soy beans, kidney beans, chick peas, lentils, etc.     | 10 - 35 %                                    |
| Almonds, walnuts, cashews, hazel nuts, pine nuts, etc. | 14 - 30 %                                    |
| Pumpkin seeds, sesame seeds, sunflower seeds, etc.     | 18 - 24 %                                    |

Concentrated multi-vitamin tablets/capsules are also a good source of vitamins, minerals and anti-oxidants.  
Fruits and vegetables are full of vitamins, minerals, anti-oxidants and contain high quality fiber for maintaining good health and a long life.  
The recommended daily allowance: 50 grams of protein (Average adult).  
Calcium from vegetables is more absorbable than from cow's milk.

- To diminish the real threat of a worldwide pandemic from bird flu,
- To avoid the danger of mad cow disease (BSE) and pig disease (PMWS), etc.
- To stop the continuing gruesome sacrifice of billions of our sweet domestic animals, marine life and feathered friends daily

It's wise to change to a vegan diet for good.

It's Health      It's Compassion  
It's Economy    It's Peace  
It's Ecology     It's Noble

Save our Lives!  
We Love You



We Pray  
for You



Thank You for  
Your Compassion



For more information, please refer to these websites:

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<http://www.veqsource.com>

<http://www.vrg.org>

or email to: [AL@Godsdirectcontact.org](mailto:AL@Godsdirectcontact.org)

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Long Life  
to You!



## Vegetarian and Vegan Elite of the World:

**Philosophers & Spiritual Leaders:** Paramahansa Yogananda (*Indian spiritual teacher*), Socrates (*Greek philosopher*), Jesus Christ, Confucius (*Chinese philosopher*), Shakyamuni Buddha, Lao Tzu (*Chinese philosopher*), St. Francis of Assisi (*Italian Christian Saint*), Thich Nhat Hanh (*Vietnamese Buddhist monk/writer*), Yogi Maharishi Mahesh (*Indian leader of Transcendental Meditation*), Leo Tolstoy (*Russian philosopher*), Pythagoras (*Greek mathematician/philosopher*), Zoroaster (*Iranian - Founder of Zoroastrianism*), Muhammad Rahiim Bawa Muhaiyadeen (*Sri Lankan Islamic author & Sufi Saint*), etc.

**Writers & Artists** Leonardo Da Vinci (*Italian artist*), Ralph Waldo Emerson (*US essayist/poet*), George Bernard Shaw (*Irish writer*), John Robbins (*US writer*), Mark Twain (*US writer*), Albert Schweitzer (*German philosopher, physician & musician*), Voltaire (*French writer*), Sadegh Hedayat (*Iranian writer*), etc.

**Scientists, Inventors & Engineers** Charles Darwin (*British naturalist*), Albert Einstein (*German scientist*), Thomas Edison (*US scientist/inventor*), Sir Isaac Newton (*British scientist*), Nikola Tesla (*Serbian-American scientist/inventor*), Henry Ford (*US Founder of Ford Motors*), etc.

**Politicians, Statespersons & Activists** Susan B. Anthony (*US leader of woman's suffrage movement*), Mahatma Gandhi (*Indian civil rights leader*), Coretta Scott King (*US civil rights activist/leader & wife of Dr. Martin Luther King, Jr.*), Dr. Janez Drnovsek (*2<sup>nd</sup> President of Slovenia*), Dr. Manmohan Singh (*Prime Minister of India*), Dennis J. Kucinich (*US congressman*), etc.

**Actors & Models** Pamela Anderson (*US actress*), Ashley Judd (*US actress*), Brigitte Bardot (*French actress*), John Cleese (*British actor*), David Duchovny (*US actor*), Danny Devito (*US actor*), Daryl Hannah (*US actress*), Dustin Hoffman (*US actor*), Steve Martin (*US actor*), Ian McKellen (*British actor*), Tobey Maguire (*US actor*), Joaquin Phoenix (*US actor*), Steven Seagal (*US actor*), Jerry Seinfeld (*US actor*), Naomi Watts (*Australian actress*), Kate Winslet (*British actress*), Christie Brinkley (*US supermodel*), Christy Turlington (*US supermodel*), etc.

**Musicians** George Harrison - Paul McCartney - Ringo Starr (*members of the Beatles*), Bob Dylan (*US musician*), Morrissey (*British singer*), Olivia Newton John (*British-Australian singer*), Sinéad O'Connor (*Irish singer*), Pink (*US singer*), Prince (*US pop star*), Tina Turner (*US pop star*), Shania Twain (*Canadian singer*), Vanessa Williams (*US pop singer*), etc.

**Athletes** Billie Jean King (*US tennis champion*), Carl Lewis (*US 9-time Olympic gold-medalist in track & field*), Edwin C. Moses (*US 2-time gold-medalist in track & field*), Alexander Dargatz (*German athlete, body-building champion & physician*), etc.

And the list goes on... <http://AL.Godsdirectcontact.org.tw/vg-vip>



# The Love of Centuries

## THE POET

SUPREME MASTER CHING HAI

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Wing Yin, Ken, Eleanore W., Sara Kudinsky, Lynn McGee, Penelope D., Faith Goodwin, Phụng Hoàng, Bea, Ken Ngô and The Supreme Master Ching Hai International Association Book Department

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**Reflection of Composer Trần Quang Lộc:**

Supreme Master Ching Hai's poetry is a tender dimension of its own, filled with love's touching emotions. In this ephemeral world, Her verses are like a torch of samadhi that guides one's soul to an ethereal realm, replete with profound meditative contemplations. Her poetic words reflect upon life's yin and yang from a five-tone musical crown, bringing forth melodious sounds that resemble sparkling dew drops, whimsical evermore between dream and reality, between the visible and invisible, between agony and joy.

...Forty-six poems in the collection *The Love of Centuries* by Supreme Master Ching Hai shine luminously upon an individual's inner spiritual life, and at the same time, among the flora, the earth and the sky. In the immense universe of Supreme Master Ching Hai's poetry, readers can still recognize a warm connection and common bond between "love of nature and human love":

*"I've journeyed the entire universe  
Longing to reunite with you, my beloved  
Waiting still after thousands of years  
Time's interminable as my devotion never withers!"*

*~ The Love of Centuries  
Supreme Master Ching Hai*