



Coloring Our Lives

*A collection of quotes and spiritual teachings by
The Supreme Master Ching Hai*

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In order to be complete within ourselves,
we have two things we must do.
First, we take care of our worldly duties.
Second, is to get enlightenment,
and then we will do the first duty
even better.
~ The Supreme Master Ching Hai



The happy, lively and colorful spirit within us has to come out. When we
work, we have to bring the power of vitality, life and happiness into this world.
~ The Supreme Master Ching Hai

The Supreme Master Ching Hai has written many poems, songs and compositions that are filled with uplifting melodies and boundless love that touch the deepest corner of our souls.



... and melody by
Master Ching Hai





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Inspiration from heaven:

Conveying the deepest wisdom of the universe, The Supreme Master Ching Hai's designs awaken the soul and life-force of all humanity.



The best way to beauty yourself is to carry a smiling, welcoming, warm atmosphere with you 24 hours.~ The Supreme Master Ching Hai

Master uses Love,
Wisdom and Beauty
to color our lives.





Although, The Supreme Master Ching Hai has not had any formal artistic training, Her inherent artistic talents that were realized after complete Enlightenment, enable Her to create oil and pastel paintings on canvas, stone and fan paintings,



and pottery with a heavenly skill that is truly in a class of its own. Thus, by Her accomplishments, Master has verified Her teaching: “Nothing is impossible for spiritual practitioners once their inherent almighty Power has been released!”





When cooking, we should know
that to nourish people's bodies
and souls is a very sacred task,
just like giving alms.

~ The Supreme Master Ching Hai







Remember the wisdom eye, repeat the Holy Names,
do the Quan Yin, and then we're together.
~ The Supreme Master Ching Hai



The various transcendental forms of the Buddha, the Bodhisattvas, the Goddess of Mercy, Maria, Jesus etc. are all from one Power. They are ever changing in order to suit the tastes of sentient beings. They speak different languages in order to liberate sentient beings in various corners of the Earth.

~ The Supreme Master Ching Hai



If we always stay in Heaven and are Gods all the time, we wouldn't recognize ourselves as God. So we need to lower ourselves and come down to this physical level so we can once again recognize our own greatness. That's our choice, and that's why we came here.

~ The Supreme Master Ching Hai



If you've meditated a lot,
you look at everything
cheerfully and you're men-
tally relaxed.

~ The Supreme Master
Ching Hai



Whenever we remember anything about the spiritual center,
about our true Self, the person next to us will benefit.

~ The Supreme Master Ching Hai



That two and half hours that you invest every day, this will work for a long time, for thousands of years, because the time you enter eternity during your meditation, time stops. It's not only two and half hours. It's thousands of years, eons of evolution, of development. You enter a different time and space zone. Like this you're recharged and you come back renewed.

~ The Supreme Master Ching Hai



Coloring Our Lives

**The Supreme Master Ching Hai
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Introduction

This book is a collection of answers from The Supreme Master Ching Hai to questions about life, birth and death, spiritual cultivation and the Truth, often asked by Truth seekers.

Yet all of these verbal answers are only second hand information. Master encourages us to get first hand information by finding the Supreme Power within us, and allowing that Power to take care of our lives and regulate all things.

A Little Message

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

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

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

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



The Supreme Master Ching Hai

Walk the Way of Love

Footsteps of a Living Enlightened Master

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

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

A renowned humanitarian, artist and spiritual visionary, Her love and assistance has extended beyond all cultural and racial boundaries to millions of people around the world, including the needy and homeless, institutions of medical research on AIDS and cancer, war veterans of the United States of America, the disadvantaged elderly, the physically and mentally handicapped, refugees, and victims of natural disasters such as, earthquakes, floods, typhoons and fires. Not only are human beings the blessed beneficiaries of Her kindness, animals from different species are also the recipients of Her boundless benevolence.

Through these works, we witness countless reminders of compassion which is the trademark of this caring lady and the in-

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

Her Early Years

Supreme Master Ching Hai was born in central Au Lac. During Her early years, She was often found helping hospital patients and the needy, as well as injured animals, in whichever way She could. As a young adult, She moved to Europe to study and continued there as a translator for the Red Cross. She soon discovered that pain and suffering exist in all cultures and in all corners of the globe, and Her search for the remedy to this became the foremost goal in Her life. She was happily married at the time to a German physician, and although it was an extremely difficult decision for both of them, Her husband agreed to a separation. She then embarked on what became a two-year journey in search for spiritual understanding.

Himalayan Pilgrimage

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

Soon after Her return from the Himalayas, at the earnest

request of those around Her, Master Ching Hai shared the Quan Yin Method with others, encouraging them to look within to find their own greatness. People from all walks of life found that through the Quan Yin Method of meditation, they attained greater fulfillment, happiness, and peace in their daily lives. Before long, invitations arrived from the United States, Europe, Asia, Australia, Africa and South America as well as important organizations for Master Ching Hai to give lectures.

Beautify the World We Live in

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

Recognition and Master's Dream

Although She does not seek acknowledgement of any kind, in recognition of Her selfless assistance, Supreme Master Ching Hai has been given awards worldwide by government officials and pri-

vate organizations on numerous occasions. They include the World Peace Award, the World Spiritual Leadership Award, Award for Promotion of Human Rights, World Citizen Humanitarian Award, Award for Outstanding Public Service to Humankind, 2006 Gusi Peace Prize, Los Angeles Music Week Certificate of Commendation, and First Place Silver for the 27th Annual Telly Awards, 2006. In addition, October 25 and February 22 have been proclaimed as the Supreme Master Ching Hai Day in the United States. As former Mayor Frank Fasi of Honolulu states, "She is the light of a great person, an angel of mercy for all of us."

Supreme Master Ching Hai is one of the truly dedicated people of this era helping others find and create a beautiful vision of our future. Many great people in history have had a dream, and in Her own words, so does Supreme Master Ching Hai:

"I dream that the whole world will become peaceful.

I dream that all the killing will stop.

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

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

I dream that our beautiful planet will not be destroyed.

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

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

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Chapter 1

Knowing God Is the Purpose of Human Life

The Purpose of Human Life

Spoken by Supreme Master Ching Hai
Brisbane, Australia, March 22, 1993 (VIDEO#338)
(Originally in English)

Q: *How can we know our purpose, be sure what our purpose is? When others ask, can we help them know their purpose in life? What work are we personally meant to do here?*

M: I have mentioned somewhere already that we are here to bless the world and to know our greatness. When we know our greatness, we are one with the whole universal cosmic power. And whoever comes in contact with us also has the blessing from this universal cosmic power. The Earth will get more developed as more people like us practice and bless the world quietly with our spiritual merit and wisdom. That's our purpose. Otherwise, what else do you think? Are we here just to eat two or three meals a day, have a few children, and then kaput? That's not the true purpose anyhow! It would not be logical for God to take so much trouble to create us, then put us here for a few decades and let us die in misery, sometimes with cancer, agony, disasters, earthquakes, and so on. This is not logical.

So, the purpose of human life is to know God. Knowing God means knowing our own greatness, knowing the whole cosmic power of which we ourselves are a part. Even when we say a part, it's a whole, you see. For example, if my finger is cut off, then it's only one finger. But when it is attached to my body, it becomes one of the parts of my body, it belongs to my body. Even though I say it's a part of my body, actually it is also the whole of my body. Therefore, we are part of the cosmic power, but we're also the whole, if we are connected again. The little gap in between is reconnected at the time of initiation. We turn

inward, we tune inward, we plug in, and then we are whole with the universe. Therefore, we bless anyone who comes around, without having to lay a hand on them or do anything to them. Anyone we sympathize with or share blood lines with, they are saved or are blessed in some form or another. It depends on their karma, and it depends on our love for them.

Why Are We Here?

Spoken by Supreme Master Ching Hai
Auckland, New Zealand, April 27, 2000 (VIDEO#686)
(Originally in English)

The Buddhist scriptures say that you are the Buddha and that the Buddha Nature is inside you. The Bible says that God lives within this temple. So who else is in there, except God? If we are the temple and God is the only one who lives in there, who are we then, except God? If we don't remember, that's fine, but we are still God.

So whatever we choose to do as the God of all gods that we are, we should respect. As the Father/Mother of all of these beings that we are, we should respect our own wishes and our choice to live and express our divine Selves in whichever way we want.

That's why Jesus told us that we should not judge people. Because we don't know the path that another being has chosen to walk. He or she does his/her thing so that she/he might come to know God in a different way. He or she might choose to be a seemingly bad person, a very lowly person or a very so-called immoral person. But that's his/her way of knowing the Divine. By choosing to be ungodly, that person will one day know that's not him/her. But they have to go back and learn the whole being again. Because if we always stay in Heaven and are Gods all the time, we wouldn't recognize ourselves as God. So we need to lower ourselves and come down to this physical

level so we can once again recognize our own greatness. That's our choice, and that's why we came here.

So the answer to our question about why we are here is: Because we want to know God. When we feel the time is up, that's the time we choose to remember ourselves again. That's the time we come to seek out spiritual friends, a spiritual group or maybe a spiritual teacher so that we can remember quickly; because we have forgotten how to remember and where to look. So some friend who has already remembered Himself/Herself may be able to help us. And then we recognize that we're nothing else but the Supreme Being, but God. We recognize the Supreme Being that's housed within this body.

But actually, He is not housed within the body. He houses our body. But then again, spiritual terminology is never a very exact science. So no matter how much a teacher tells us about God or how eloquently a spiritual friend might speak about the divine being within us, we cannot understand just by listening. So the spiritual teacher, guide or friend has to show us practically, not just theoretically.

For example, when Jesus came to our planet, He taught His disciples both ways: the theoretical way and the practical way. And that's why later, His immediate disciples could also do wonders, could also see Heaven, could also hear the Voice of God as the Word of the Creator, could also see the Light of Heaven, could ascend to Heaven and even see the angels or see the Father. The Father spoke to them, like the Father spoke to Moses. And the angels also spoke to them.

Likewise, we can do that. Because as great as Jesus' disciples were, we are also great. We and Jesus' disciples are the same because Jesus said to us that we are all children of God.

But because we have forgotten sometimes one or two friends have to come to remind us, but only when we are ready. Because if we aren't ready, no one can do much for us.

We Are Born to Practice the Quan Yin Method

Spoken by Supreme Master Ching Hai
Taipei, Formosa, March 6, 1988 (AUDIO#CG10/17)
(Originally in Chinese)

Q: *There are 84,000 methods in Buddhism. The Diamond Sutra says that all methods practice benevolence and they are all equal. However, in the Surangama Sutra, the Buddha said that sentient beings of the “Dharma Ending Period” should practice the Quan Yin Method. Is it because the Quan Yin Method is more suitable for sentient beings?*

M: Not only more suitable, but sentient beings should be practicing the Quan Yin Method in the first place. Let’s make this point clear. We are born as humans in order to practice the Quan Yin Method and if we do not, then we will not realize what we should do in our human lives. We miss this precious opportunity because we miss this vital point, and then we go somewhere to practice the 84,000 methods all over again. But when we finally reach the gate of the ultimate method and we are born again as human beings, we are reluctant to be detached. We refuse to practice even when we have met the enlightened Master, and we have to transmigrate again and again.

Human beings are born to practice the Quan Yin Method; it is our obligation to do so. We are born as humans for the purpose of attaining sainthood and the great Wisdom. Our final, most precious, and one and only chance is to be born as humans for the goal of attaining this great Wisdom and being liberated from the other 84,000 methods that bind sentient beings. However, because we don’t understand this truth, we don’t know

what we should do as humans. After practicing the Quan Yin Method, we slowly come to understand why we are born as humans and what our goal is. You may be skeptical right now but you give me no choice. Since you asked, I have to tell you about it. All the other 84,000 methods are useless; they only bind us within the Three Realms. They bring us blessed rewards, power, and supernatural powers, but still chain us within the Three Realms. The Quan Yin Method is the one and only method that will take us beyond the Three realms. This is incredible, which is why we rarely hear about it.



Spoken by Supreme Master Ching Hai
Hsihu, Formosa, September 3, 1989
(AUDIO#CE1A)
(Originally in Chinese)

Why do we practice the Quan Yin Method? It is because we want to understand everything in the universe. Beyond the physical light of this sun, there is a greater, brighter, and more beautiful Light. Beyond our worldly languages, there is a greater and more beautiful Language. When we have learned this Language, this Sound, we will understand all languages, including human languages, as well as those spoken by all sentient beings.

The Light and Sound Are Our Essence

Spoken by Supreme Master Ching Hai
International 3-day Retreat in Los Angeles, CA, USA (VIDEO#639)
1998.12.16-18 (Originally in English)

Q: *Please, I would like to know why the practice of the Light and Sound is the best way to get enlightened?*

M: Because it's the best. No explanation is needed.

Q: *You can't explain a little more about it?*

M: The more I explain, the more it sounds like garbage to me. Actually, how can you explain the sun? It just is. Because it's ourselves; the Light and the Sound are our essence. You go back to yourself. What else can make you feel better than if you are yourself? What else can make the fish feel better than if he is in the water? Why does he feel better in the water? Because he is a fish. Ask me to explain: I don't know.

If you feel good, you know this already. If you don't feel good, go find something else and then run back. It's only the best; that's all I know. And if you look for references, we can see them in the Bible, like Saint John hearing the trumpet, and God coming with the voice of thunder. "In the beginning was the Word; from the Word comes our being." That's the Sound. So if we are in our element, it must be the best; that's what it is. In the Buddhist sutras, it says the same thing. In the Koran, it always mentions Light and Sound; that this is the essence of our being. And now you know that scientifically speaking we are Light and Sound; we are energy. So what else can make us feel the best, if not ourselves? Going back into our element and realizing ourselves – that's the best, and that's all there is.

Q: *So it's seeing our own light and hearing our own sound?*

M: It's not seeing your own light; you are the Light. It's not hearing your own sound; you are the Sound. You are the vibration that creates the whole universe. You are that. You are the Commander in Chief of this cosmos. The more you realize that you are that, the more power you have, and the freer you become. Instead of realizing that you are this flesh, you are this fingernail, you are this and that, you realize, "No, no, no, I am the Creator. I am the Light; I am the Sound; I am that absolute thing."

Aphorisms

The Power of the Sound Meditation

Spoken by Supreme Master Ching Hai
International Four-day Retreat in Honolulu, Hawaii, USA
(VIDEO#383) October 22, 1993
(Originally in English)



Only through the Quan Yin can we get through all kinds of levels of consciousness. That's why we see many people who meditate on the Light but haven't yet gotten to the level at which to contact the Sound, and their lives don't change much.

With many kinds of meditation that are on the intellectual level, like asking the meaning of koans (Zen Buddhist riddles), or that focus on a lamp, people see Light also, but their lives don't change much. Because some Light levels are below the elevating Sound level. Some people meditate on the Light, and in Samadhi, or in moments of extreme concentration, they will also contact the Sound automatically. And at that time, they are also doing the Quan Yin. So, they have the Sound and Light together. But they don't know how to get to the Sound without effort because they haven't been connected with the Sound by a competent friend, a competent guide. So, it's easier for us because we know how. In the modern day, "know-how" is the key to success. So, know-how also applies in the practice of meditation. Therefore, even if we haven't been in true Samadhi, and we still get some taste of the benefit of the Sound Current, it helps to revive our body and spirit.

Aphorisms

The Way to Rejuvenation

Spoken by Supreme Master Ching Hai
Hsihu, Formosa, August 13, 1989 (AUDIO#CG15)
(Originally in Chinese)

By practicing the Quan Yin Method, our vibrations become very fast and we feel more energetic, just like young people. We become more alert, able to figure out problems easily, and smart like young people. Therefore, we can say that we become rejuvenated.

Spoken by Supreme Master Ching Hai
during a seven-day retreat in Hsihu, Formosa, May 5-12, 1991
(VIDEO#163)
(Originally in Chinese)

By practicing the Quan Yin Method, we change our spiritual condition, concepts and wisdom, and also our bodily organs and cells, which become refreshed and purged of toxins. If we have no time to meditate, these changes will not take place. If we are busy working hard for the multitude, or when we are too exhausted, these changes are not discernible. Otherwise, each time we meditate, all our cells are renewed; therefore, we say “return to childhood.” We become younger not only in mentality, but in body as well. We feel healthier, our body becomes more supple, and our skin more tender. As all toxic substances are eliminated, we look better and better each day.

Except for the Quan Yin Method, I have not noticed any other method that can bring about changes that are so fast and marvelous. As you all know, there are many forms of exercises and tonics in society that claim to make people younger. However, the results have been unimpressive; even the people selling the tonics grow older themselves. (Master and everyone laugh) They also do not look pretty. Right? (Audience: Yes)



Aphorisms

Advanced Body-contouring

Spoken by Supreme Master Ching Hai
 Hsihu, Formosa, July 11, 1995 (VIDEO#488)
 (Originally in English)

It's funny. When we practice the Quan Yin Method, sometimes our shapes change. Some fat people became slimmer; some skinny people become rounder – not fat, but fulfilled, more filled out.

Many things like this happen. And sometimes it happens right after initiation. So the person who comes in and the person who comes out, you hardly recognize. Myself, I don't recognize! After initiation, he looks totally different, like another person: more lovable, and closer, like a long-time friend. It's very funny; I've noticed this many times.

So sometimes people think, "How come Master doesn't know me? I just came to say hallo to Her a few days ago, and now it looks like She doesn't remember." I do remember, but just a different person! You change; the chemical substances in the body change, too. We renew our tissues and our cells. And the structure of our thinking becomes different, even though you might not notice it because here you don't have the opportunity to use it. But when you go home, or if the opportunity arises for you to solve the same problem, you will see that so many fresh ideas have developed overnight. And then you know what has happened to you.

An Enlightened Master's Guidance Is Necessary for Spiritual Practice

Spoken by Supreme Master Ching Hai
Florida, USA, June 8, 2001 (DVD#716)
(Originally in English)

Q: *Master, I just wanted to let You know that in medicine, people are waking up. I don't know if You saw that Newsweek and Time recently published "The Power of Yoga." Also, they're studying the physiology of ecstasy and spiritual experience.*

M: It's about time!

Q: *So it made big headlines; You may have seen.*

M: They had difficulty, but they kind of admit indirectly that God exists.

Q: *In that article it was funny because they said kundalini yoga was the easiest yoga and that hatha yoga was the most difficult.*

M: These are all exercises; we have to go beyond that. Actually, when you practice the Quan Yin Method, sometimes you also feel the kundalini awaken. It's more natural than having it start right at the bottom of everything. We start at the top, and everything has to go up. It's better than starting at the bottom, and climbing. If you happen to have a bigger bottom, then it can take a long time! (Laughter)

Q: *But it's becoming an issue because so many people are going at it blindly, and then having problems. They come to physicians because of all kinds of symptoms and issues. So it takes a whole way of organizing to make sure that there's no negative effect from the people's practice. They practice on their own because they hear about all of this, and they're doing whatever they*

want to do.

M: I know. You guys are lucky. How many people have gone “cuckoo” because of spiritual malpractice? I have told you and everyone many times: Either don’t do anything, or go and find the real Teacher to learn it correctly, the one who can be behind you and support you all the way through, from here to Heaven. Otherwise, you’ll get lost in some “nihilism” or void somewhere. The void is big and the universe is vast; where will you go without a Guide?

And, of course, you are bound to bump into some astral entities or a black hole. You could get lost forever, and that would be terrible! It’s better not to fool with the universe, especially spiritual power. If you fool with atomic bomb power, that’s scary enough already. But even that, you can handle; that’s physical. But something invisible or unknown, if you tamper with it: Oh, my God, I can’t even begin to think about it!

Q: *In the article on ecstasy, the issue also is that people get certain glimpses, and then they get frustrated because they don’t have guidance after that.*

M: Yes, it’s true. Well, they should search. Nowadays, if you don’t find a Master, it’s your own fault. There’re e-mail and websites; there’s everything, everywhere. The Supreme Master is everywhere, all over. Whenever I turn on a computer, I stare directly at myself. “Who’s that? My God!” (Master and everyone laugh)

It’s so easy to question today. But I don’t know. Maybe it’s not easy for lay people to understand who is who. And they don’t know whom to trust, and so they just go with the wind. It’s a pity, though. That’s why you guys are there. You’re all over; you’re omnipresent. You can tell everyone what is what and who is who. You are the thousand arms of Quan Yin Bod-

hisattva (the Goddess of Mercy) and the thousand eyes of Quan Yin Bodhisattva. You're everywhere. You do things, you talk and you walk.

That's why I tell you to walk like a Buddha. If you can't walk like that every minute of the day, at least walk in the Center like a Buddha. Here we only have Buddhas, and nothing else. So, just be one. Otherwise, you stand out like a sore thumb in the forest of Buddhahood here.

Q: *So the only thing that prevents us from becoming our Buddha Nature is believing that we are not Buddhas?*

M: Yes, that's the only thing!

Q: *And it's as simple as that?*

M: Yes, it is. But it's not that simple, because your mind makes it very complicated. You make Buddha or God something far away, something untouchable, something unapproachable. And as you think, so you become. If a fish doesn't know where the ocean is while she's swimming in it, there's no one who can help her. If she doesn't know where the ocean is, in which she's swimming right now, she'll never know anywhere else, no matter how far she travels. It's the same as what I've told you: Going to the Himalayas is of no use. You should stay here, and work with your own Himalaya. (Master points to the wisdom eye.)

Stay wherever you are; you have to know God right there. Because Hes is everywhere. I keep telling you that God is omnipresent and omnipotent. Is that just a joke? And "The Kingdom of God is within you." Is that a joke, or did Jesus tell a lie? Or, "Buddha is within you." Did Buddha make a joke about emotional trust? No! They all told the Truth. So you just have to remind yourself every day, "I am a Buddha." And if you don't know that you are Buddha, do something Buddha-like. For ex-

ample, help other people to get enlightened. The more you help people in any way, the more enlightened you become and the more you realize, “Yes, I have this power.”

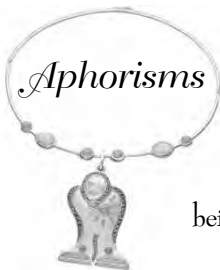
Once you talk to other people, your Buddha Nature will come out and talk to them. You will realize, “My God, can I talk like this? Look who’s talking! (Laughter) I never knew how to talk like this before.” The more you use this Buddha power inside you, the more you sincerely wish other people to be enlightened naturally. Not like you’re coercing or forcing or blackmailing them, but naturally. The more it comes out, the more you realize, “I do have this power! Otherwise, where else does it come from? How could I talk like this?” Once you recognize your eloquence and your convincing power, you’ll convince yourself, too. Well, thanks to you, I became a Buddha. That’s what it means. Because if you didn’t need me, I would probably just put my Buddhahood to the side and go play football. (Laughter)

You Will Find the Truth Only When You Have Found an Enlightened Master

Spoken by Supreme Master Ching Hai
Hong Kong, July 8, 1989 (AUDIO#CL16B)
(Originally in Chinese)

Q: *There are many religious sects in the world today. How do we know which one will lead us to the Truth?*

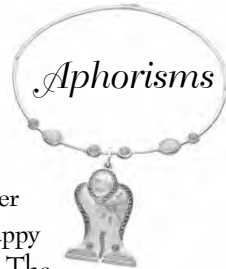
M: You will find the Truth only when you have found an enlightened Master. The problem is not with the religious sects. All of them are good, but it is best to find an enlightened Master. (Applause) There were many religious paths in ancient India, but why did people follow Shakyamuni Buddha? It was because He was an enlightened Master. By following my teachings in spiritual practice, you don't have to change your religious belief. Catholics may continue to believe in Jesus Christ and God; Buddhists may continue to believe in the highest Buddha, who is also God. The highest God is the highest Buddha; the only difference is the name by which they are known. All we have to do is believe in the Supreme Power within; there is no need to change anything.



The various transcendental forms of the Buddha, the Bodhisattvas, the Goddess of Mercy, Maria, Jesus etc. are all from one Power. They are ever changing in order to suit the tastes of sentient beings. They speak different languages in order to liberate sentient beings in various corners of the Earth.

~ The Supreme Master Ching Hai

Spoken by Supreme Master Ching Hai
 Costa Rica, December 16, 1990 (VIDEO#141)
 (Originally in English)



If everyone truly practices what the Bible or the Buddhist Sutra teaches, they will never quarrel with each other, and all religions will be happy with each other and celebrate in the same church. The Pope will come to the temple, the monks will go to the church, and there will be no problems.

There's only one religion – that is the religion of God, of love, of understanding. There's only one church, one temple – that is the temple of enlightenment. Come to that temple, and then we will know all religions of the world.

Spoken by Supreme Master Ching Hai
 Tainan, Formosa, August 31, 1989 (AUDIO#CG10/17)
 (Originally in Chinese)

Our own inner Master has great wisdom. He knows what we should use and what we should do to avoid causing harm to ourselves, intervening in other people's affairs, and messing with the law of this world. This is different than the very limited miraculous power registered in our minds. If we know certain miraculous powers, then that is all we have. If we derive miraculous powers by practicing the Quan Yin Method, then these are inconceivable and we can use different powers under different circumstances.

Without this great wisdom, we become easily confused in spiritual practice. Without a good teacher, we are easily misled. As a result, we learn only a certain part and follow that part alone instead of the whole and perfect one. Many religions emphasize the learning of this and that, and lots of techniques and magic; they do not stress the discovery of our original Nature.



The Greatest Teacher Is Within

Spoken by Supreme Master Ching Hai
Harvard University, USA, October 27, 1989 (VIDEO#101F)
(Originally in English)

Actually, what I will show you is a self-teaching method. Your own Buddha will get up and teach you. Your own God will get up and teach you. But first I must show you how to wake up that God or that Buddha within yourself, which is the greatest teacher. The Kingdom of God within or the Buddha inside you, that is the greatest teacher, not I. But I just know how to wake Him up and introduce you to Him, tell Him to get up and do the work right. That's all my job is.

The Esoteric and Exoteric Paths

Spoken by Supreme Master Ching Hai
Hong Kong, July 8, 1989 (AUDIO#87)
(Originally in Chinese)

Q: *In spiritual practice, what is the difference between the esoteric and the exoteric paths?*

M: First, spiritual cultivation will be perfect only if it incorporates both the “esoteric” and “exoteric” aspects. However, most people do not practice the esoteric path because they have not found the lineage or met an enlightened Master who can transmit the method. So, they choose the exoteric path, which is taught openly and can be followed without a change in deportment or moral standards. People who worship the Buddha statue and offer red envelopes (containing donations) at the temples are considered exoteric practitioners, even though they slaughter pigs sometimes. People devoted to the esoteric practice must have high moral standards, strictly observe the precepts, and know many secret methods that have been passed down through the ages. However, the most difficult thing is to find an enlightened Master who has acquired the esoteric method that transcends worldly language. He can transmit the method to us only after he has graduated from this school of intangible teachings and attained the true method that “can be neither described nor named.”

In the exoteric path, practitioners must study many scriptures and learn a lot of Buddhist terminology before they can graduate. They must know what the Buddha, Mahayana, or Mahaprajnaparamita means. They must learn and know all these things to be able to answer people’s questions. Only then can they preach the exoteric path. It is more difficult to practice the esoteric path because there are no scriptures to learn from. We

rely on our life-after-life spiritual practice, our intense aspiration for the Truth, as well as our sincerity, precepts and diligent practice. We rely on ourselves until we find our own enlightened Master. Therefore, it is very difficult to graduate from the esoteric path. Shakyamuni Buddha was accomplished in both the exoteric and esoteric paths. He could teach anything and elaborate on any scripture, including the four Vedas. He had no difficulty debating with Brahman believers, or anyone, for that matter. He had also attained the esoteric teachings that cannot be transmitted through words or expressed in writing. Since He had graduated from this school of intangible teachings, He could transmit them to His believers.

The difference between the two paths is that very few people have accomplished the esoteric path while many have accomplished and graduated from the exoteric path. Ordinary people who have studied in a Buddhist institution for several years are also considered graduates from the exoteric school. So, even lay practitioners can preach and explain to the masses the definition of Mahaprajnaparamita; the Great Mercy Mantra; or the origin of Amitabha Buddha, the meaning of His name, and why we should repeat His name.

In contrast, the esoteric school is very difficult. There are no scriptures to rely on. We can only depend on our God Nature and wisdom to uncover the path. We yearn and practice diligently every day until we attain it completely. Then only can we transmit the path to other people. It is really difficult because it is the true and intangible scripture, the Muni Pearl, our intangible possession that we can only earn intangibly and silently. Not even the Master can help us; He or She can only guide us on the road. We have to devote our own efforts and know-how to use our Wisdom.

Breathing Practices Are Not the Ultimate Method

Spoken by Supreme Master Ching Hai
Harvard University, USA, February 24, 1991 (VIDEO#155)
(Originally in English)

Some people asked me if I could teach them a meditation method that will stop the breathing and the heartbeat. I said, “No need to be such a hurry. Wait a while; when you die, all this will happen.” This is not a necessary thing to do. We have no need to intervene with nature’s functions. This is not a way to enlightenment. Then, they asked me if I would teach them a meditation method, which would increase their body heat, so that it becomes like a flame of samadhi – samadhi power through heat. I said, “No need, just jump into the oven!”

This is nonsense! It has nothing to do with enlightenment. Maybe the Masters or the practitioners in the Himalayas don’t have enough heat, and they must practice what we call “tummo” heat from the solar plexus to develop heat to warm the body during the cold Himalayan weather. But here, we have central heating and heaters; we have everything, and there is no need for that. And I cited an example of the Buddha. One person came to the Buddha and boasted that he could walk across the water to reach the other shore. The Buddha asked, “How long did you practice before you could reach it?” He said “Twenty-five years.” The Buddha said, “Why waste time and money? I only pay 5 cents and I can cross the river by boat.”

These are wrong conceptions. We practice to enlighten ourselves: to know what else we can do for humankind, how we

are related to the universe, and how we can offer anything to the universe, which offers us so much; or to free ourselves from suffering, to free ourselves from the slavery of birth, death, and reincarnation. But we do not practice to show off. There is no need to increase heat or cold, no need to stop the heartbeat and breathing. These are ephemeral phenomena, the working and functioning of nature. We do not bother.

The God Nature is not in the breath; it's not in the heartbeat or in the heat from the stomach. The God Nature is also in them, but they are only one small aspect of God Nature. We should find the whole, and then we will understand every detail. We should not just bother about details and forget the whole. So, the wrong conception needs to be changed in order to raise our level, at least our intellectual level, in order to understand further. If we keep attached to this kind of conception or worn-out prejudice, we have no hope of being more civilized, more intelligent.

Spoken by Supreme Master Ching Hai
Panama, January 28, 1991 (VIDEO#146)
(Originally in English)

No doubt, when you practice Pranayama you will have many benefits. You might have health, maybe a little bit longer life, you might have some magical powers, or maybe you will feel calmer. There is nothing without benefits. But Pranayama alone brings you nowhere because we live eternally without breath. What we call life must not mean the body. If you mean life is the body, then you practice and the breath is important for the body, for the ordinary people only. Many people don't need it. Did you read "The Autobiography of a Yogi" by Yogananda? When his Master was in samadhi, he didn't even breathe. Do

you think he had no wisdom at that time when he had no breath? Where had his wisdom gone? How does he attain wisdom then, when he has no breath to practice Pranayama with?

I know many people who practice with the breathing method, not Pranayama, but they count the breath. There are many practices concerning the breath and using the breath as a concentration method. And so far as concentration is concerned, it helps. It helps some people, but I would not advise anyone to use it. There are many better ways than relying on the ephemeral breath. You must train your mind to concentrate by itself, by the soul force, and not by relying on external aids. Otherwise, when you are in an accident, when you faint, when you die, or when you are sick or asleep and not aware of your breathing, how would you practice? We cannot practice just when we are awake or when we are aware of the breath. We must train to practice all the time, 24 hours, and that can be done only by the soul.

I know many people who practice the breath up to the level that they can go without breathing and that is the highest by these methods. If someone can stop breathing, they would congratulate him because that is the highest they can go. But when they stop breathing, that means breathing is, after all, not that important. You can live without it.

Actually, the breath, if I may tell you the truth, is not to be touched. There are two currents in the body: one is what we call life force or “shabd” current and the other one is called the “motor” current or life current. The shabd current is the one from God, vibrating in all kinds of life, with or without breath, animate or inanimate. The shabd is the one we hear. And the other current is the motor current, which takes care of the heat, the cold, the digestive and respiratory systems, and all kinds of things, including the breath. That is regulated already, and we should not bother about it. We should not make it short or long, or stop it or control it by any means because it is arranged by the

Most Intelligent. If we mess about with this machine, it might go wrong. When it is having trouble, then we should fix it or take care of it; otherwise, we should not bother or we might touch the wrong button and it will go wrong altogether.

The Messiah Has Come

Spoken by Supreme Master Ching Hai
California, USA, May 19, 1991 (VIDEO#170B)
(Originally in English)

Q: *What do You think about the Old Testament and the Jewish religion?*

M: It's good, but don't wait for the Messiah, please, because He comes all the time. Pray that you will recognize the present Messiah; don't pray and wait for the Messiah that you are waiting for. He will never come if you expect Him the way you do. Just like when Jesus came, they also expected the Messiah, and killed the one that they had at hand. We do all the same stupid things.

It is not that the Jewish religion is bad; it is we who are ignorant. Even Jesus promised to send comforters; this means that after He left, someone else would come. Someone who can comfort us means someone who is equal to Him, but we still are waiting for two thousand years already. Many Messiahs have come and gone and we are still here waiting for the one from the sky. He will never come if we wait in this way.

We hear Jesus will reappear; how do you think He will come? – With wings, a beard, or with the cross so that we will recognize him? How will we recognize Him if He ever comes? We don't even know what Jesus looked like. We were not there; or maybe we were there, but that was two thousand years ago and who has such a good memory any more? (Laughter)

Jesus comes, not in appearance, but in spirit. Jesus can come to anyone who is perceptive enough and who opens the right door to let Him in. And then we will become like Jesus or like the Father. Then, at that moment, Jesus came back again. He

comes back all the time; whenever we are ready, He comes. He comes through any Master, who is capable of housing Him, of housing His mighty power. That person is also Jesus – different hairstyle, perhaps, or maybe high-heels, but He is still Jesus. (Laughter and Applause)

Every Master Should Have the Christ Power

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

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

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

I know it is trouble with clinging to the Bible. The same is true with many of the Buddhists. The Bible and the scriptures are excellent evidence of the past Masters, but also excellent stumbling blocks for our intellectual attachment. I know it's very difficult. I only can wish you the best, and I can only be patient to wait until the time comes that you understand. The Bible is only a record of a super Master who has graced our Earth, but what about those before Jesus, and after Jesus? Those after

Jesus probably will say: “OK, we hear His name and we will be redeemed.” But a billion, trillion years before Jesus, was there no one to rescue them, or what? Is the Father so merciless just to send only one Son and only one time? Could He be so stingy?

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

What Is Christ

Spoken by Supreme Master Ching Hai
Athens, Greece, May 20, 1999 (VIDEO#653)
(Originally in English)

Q: *What is Christ?*

M: Is this not a Christian country? (Laughter) All right, since you pretend to be “not-knowing,” I also will pretend that I know something and explain it to you for the sake of continuing conversation. (Laughter)

Christ is the name of the Divine Consciousness. There are many names for this Divine Consciousness. When someone is awakened, he or she is called “Christian.” That is Christian terminology. In other countries and other traditions, they call the same Power a different name, and that is why we have so many so-called “religions” and even religious wars — all because of different terminologies. What do you call “mother” in Greek? (A: ΜΗΤΕΡΑ) In English, it’s “mother,” in French “la mère,” in German, “mutter.” Are they different or do they all refer to the same lady who bore us? It is just a language problem.

We all have Christ within ourselves. We just have to remember it, and I will show you how. In case you still think Jesus is another person different from you, you can see and talk to Him during your meditation after you reawaken your own God power.

The Second Coming of Jesus Christ

Spoken by Supreme Master Ching Hai
Athens, Greece, May 20, 1999 (VIDEO#653)
(Originally in English)

Q: *Do You believe in the final judgment and the second coming of Jesus?*

M: The final judgment comes when we leave this physical plane. At that time, all the things, bad or good, that we have done in this life flash before us in what seems like seconds. We will find ourselves standing as a judge of ourselves, and because originally we all are God, we have to be responsible for whatever choices we have or have not made during our existence. And as for the second coming of Jesus, He comes all the time. He is within all of us, and whenever we awaken this Christ power, that is the second coming of Jesus Christ.

The Truth in Islamic Doctrines (1)

Spoken by Supreme Master Ching Hai
Taipei, Formosa, March 6, 1988 (AUDIO#CE1A)
(Originally in Chinese)

I came across a very meaningful sentence in the Koran. It says: *Be a good guest on Earth. And live a very rich life.* This statement in the Islamic Koran really impressed me. We used to think that only Buddhism stresses the ephemerality of this world in which we live for a while and will soon depart. We do not know that the Koran mentions exactly the same idea. So, why are we still engaged in heated debate about which religion is better? We read this one sentence and find it very meaningful. It is short but perfect! While we are here, we should live a very meaningful life that is free and enriching.

The Koran also mentions the Sound. Their Master Mohammed mentioned It, and so did His disciples. When they heard the Sound of the flute, their wisdom opened and they knew everything. They became very relaxed, happy, free, and liberated! They were not referring to the sound of the flute in the outside world. We Quan Yin practitioners know that it is a reference to a superior level. However, suppose we are Moslems but have not heard the Sound of the flute inside, then we cannot understand what the Koran is referring to.

In the Bible, Jesus Christ said: *You listen to the wind. You don't know from where the wind comes, and where it goes!* This Sound represents the omnipresent quality. When we hear this omnipresent Sound of the Divine, we are perceiving part of

the Omnipresent (Tathagata). Another part is Hiers Light; we don't know where it comes from and where it goes either. This Light is also an omnipresent quality. Being omnipresent means that we don't know where it comes from and where it goes.

Beholding the Omnipresent (Tathagata) does not mean that we have to actually see someone – the Amitabha Buddha or Shakyamuni Buddha. It is true that Shakyamuni Buddha called Himself the “Tathagata,” but He also explained that He was only the finger pointing to the Truth. Tathagata is an inner vision, the quality of being omnipresent. When we behold the Omnipresent quality, our wisdom is opened, our karma is all gone, we are absolutely free, and we can understand the Universal System and the secret of the entire Creation. Finally, we will realize what it is really like to be one with the Creation. We will know the level of Lao Tzu, and we can really praise Him. It is because then we have the same experience, and can testify to the truth behind His statement, “All of Creation is one!”

The Truth in Islamic Doctrines (2)

Spoken by Supreme Master Ching Hai
 Surabaya, Indonesia, March 1, 1993 (VIDEO#321)
 (Originally in English)

Q: *If a Moslem becomes a vegetarian, but in their religion, it is the understanding that they should give sacrifices every year.....*

M: The offering. Offering doesn't mean sacrifices. Actually, sometimes the translation is wrong. For example, some of them misunderstand the teaching of the Master. No Master wants any blood at all! What for? What kind of Master is that who serves for the blood of sentient beings? Can you believe it? Would you do it, even if you are not a master?

What someone else has already killed, so maybe you eat it; but to ask you to kill the chicken or the goat yourself, you could not do it. How would a Master ever expect a disciple to do such a bloody thing? It is just a misunderstanding. I will tell you why. For example, every Master says you have to offer everything you own to him. In the Bhagavad-Gita, it says, *Give all things to me; remember me alone; love only me; surrender only to me and no one else besides me; give everything you have to me: your life, your family, your possessions, give everything to me.* But did Krishna ever take one penny from Arjuna, whether he needed it or not? No, he never took it! So, it's just a saying from the Master. "Give me your ox, give me your car, give me your goats, give me your gold, give me your wife, your children; give everything to me. I will take care of them." But he never touched them.

It is just in the spirit that you offer everything at the feet

of the Master as a sign of devotion and surrender, as a sign of belief and faith in the Master, as a sign of egolessness: “that I have nothing, including myself; everything is Master’s.” So now, centuries, thousands of years later, people have translated it differently: you have to make the first sacrifice of the first lamb, the first anything. Whoever wants this kind of bloody sacrifice? Can you believe a human being only, not to say the Master, of an average compassionate mind, would ever, himself, kill a goat and drink the blood or eat anything out of it, and feel happy? – Very seldom! Nowadays, people just pay for them in the market and don’t see the killing and don’t see the suffering. They buy them just like a piece of chocolate, and eat without feeling much about the suffering of the animal. But if a Master, a so-called Master who has love for all kinds of beings, demands sacrifices of blood, would you believe it? Anyone would not believe it!

The Truth in Islamic Doctrines (3)

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

Q: *This question is about the Holy Scriptures: I very often have doubts about the Bible or Koran. It is said in the Bible, “I am a jealous God,” and Christ said, “I did not come here for peace, but for war.” It says in the Koran that we can engage in war and have many wives. Are these mistakes?*

M: I tell you to follow the Five Guidelines: you shall not kill, no sexual misconduct, vegan diet, no stealing, no gambling. And that’s very simple for your life; just follow that, and meditate two and a half hours. Any other books you read, I am not responsible.

But if they are already Moslem, for example, of course, I will not tell them to change their life. For example, if they already have ten wives according to their tradition before they knew me, should I tell them to separate from their wives? They are in harmony with each other; the ten wives live together, and they do no harm to anyone.

We are not here to change the world, but to change ourselves. If the Moslems are like that, leave them alone. And now, they don’t have to “faire la guerre” any more; they don’t have to make war any more, so they can follow me. Should they want to stay in a warlike attitude then they can stay outside of our circle.

Not only do the Moslems make war, but also the Christians and Buddhists, also everyone else, because they misunderstand the doctrine of their origin. The Buddha never made war, but some of the Buddhists make war. Christ did not say that He came to make war. What He meant is that He did not come

with peace, but with a sword. He said that He would set the son against the father, etc. What He meant is that the karmic bonds will be cut asunder; that He came with the sword of wisdom; and, that even all the attachments with family ties will be as if they did not exist. Therefore, even if the father believes in eating meat, the son will become a vegan. And before, for example, if the family was attached to each other and bound each other in a very limited love, after initiation, they just will love each other as they love any other initiates – all brothers and sisters. That’s what He meant.

And, as you know, the same thing happens within our group, also. Even if the parents use their parent-power to force their children to eat meat, they will not eat it. So, that’s a kind of “being against the parents.” In that case, it is like that. But Christ never advocated war. That’s why He said, “Give Caesar what belong to Caesar,” and when people crucified Him, He did not fight back, even though He could have done so. He had the support of many disciples, and they wanted to make Him the king of the Jews, but He did not want that. He said, “My kingdom is not on this Earth.” So you see, Christ was a man of peace. The war he talked about was the war in spirit that we, the disciples, fight against the illusion of Maya, the tricks and traps of Maya, the force of Maya, the illusion, the king of darkness that keeps us in bondage – we fight with that.

Normally, I don’t like intellectual debate, but I understand that you are new, so I will try my best to come down and accompany you. Otherwise, I hate debate and intellectual wrestling. Now, according to the Koran, people can fight, not make war, but can defend themselves. You have to consider the time and the circumstances in which the Prophet Mohammad found himself as well as his own disciples. They were persecuted be-

cause, at that time, not many people understood what a living Master was. It is the same reason why they killed Jesus, and slandered and tried to assassinate the Buddha.

The same is happening nowadays, also. Some people also slander me and make a lot of trouble because of misunderstanding. They don't take time to learn what I try to teach. They just take one or two sentences, maybe misprinted or misinterpreted, or they have only heard what other people say, and then they try to make trouble. But this is only a very few compared to the good majority, like you, so it is no problem.

But when the Prophet Mohammad was alive, it was terrible. They were followed and persecuted everywhere, so they had to defend themselves. And the consequence that followed the war is that they married many wives. Because many men died in battle and left many widows and children unattended, the Prophet or the leader would say, "Take them in hand and take care of the weak and orphaned. Love them just like your own wife or your own children." Of course! But it must not always be physical.

For example, sometimes our initiate's husband dies or something, or the wife dies, and then the children are left, and we take them into another initiate's house and take care of them, also. But it must not be physical contact; it is just looking after them like brothers and sisters, like their own children, their own husband or wife. Therefore, the Prophet said, "If you take many wives into your house, you have to take care of them equally." Under that condition, you can take many into your house. For example, if you give your wife one set of jewelry, you have to be able to give the other the same. Then you can take them into your arms and take care of them.

That is just like the security system these days – very

civilized. If you want to adopt a child, then you have to declare to the government whether you have enough money in the bank, how much property you have, to see if you can take care of the child. You see, it was very civilized, even though at that time there was no security law. Moslems are like that. So actually, if we want to study a religious scripture, we should study it to the end until there is absolutely no doubt. But if we just take one or two sentences and say: "It is no good; the Moslems are no good," then we will have prejudice.

The Quan Yin Method Is Compatible with All Good Religions

Spoken by Supreme Master Ching Hai
Paris, France, April 24, 1993 (VIDEO#359)
(Originally in French)

Q: *Is Your teaching compatible with Islam?*

M: Yes, why not? Islam teaches people to be good guests on Earth, and that it is necessary to find Heaven while we are alive. I also offer the same thing. I tell you to respect the Five Guidelines, which give us nobility, wisdom, and peace on Earth. I also offer you the Path by which to find God immediately. Therefore, our Path is compatible with all the good religions.

Experiences with Other Spiritual Groups

Excerpted from conversations between Supreme Master Ching Hai
and Her disciples during the Lunar New Year Celebration
at the Florida Center, USA, February 15, 1999 (VIDEO#635)
(Originally in English)

Q (Initiate A): I was with an Indian master for fourteen years.

M: Fourteen years! That's a long time.

Q: And they had a lot of personal growth groups going on in their ashram. You know, they taught therapy and massage.

M: All kinds of things, yes, I know.

Q: The bio-energetic diet and so on and so forth.

M: That's good.

Q: So, after they are released, they look fresh and happy.

M: For how long?

Q: That's the problem. I think they get stuck at a certain level.

M: Do they teach the Quan Yin Method?

Q: No.

M: No, that's different, you see. (*Q: Yes.*) That's the last step you have to take. If we don't practice the Quan Yin Method, don't talk about the outer activities or the organization or whatever therapy they offer, these are all on the physical or mental level. Even psychological help is also mental.

Without the real root healing from the vibration of the universe, everything is temporary and there is no progress. So, we don't do any healing here. People just get healed. We don't have any therapy. People just get well. Provided that they are doing what is instructed, they progress. And that's the real thing because it's yours, it's permanent, and you keep it. Whether the Master is still there or not there with you, you have it; you keep it.

The Quan Yin Method is the best method you can have. It cures everything for you. If you just do what the Master says to do, everything is perfect and you progress. It's not that you have to rely on me to get cured for a certain time, and then you have to come back again. That's the difference. So we have a lot of freedom here, too.

People can experiment with whatever they like. It's not that I forbid them from doing anything. I just lay down for them the pros and cons; and then they choose. It's just that they have chosen to stay or to continue with the instruction because most of them are intelligent enough to know that it works. And once it's working, they know that it continues to work. It works and they feel good. That's why they don't want to change; it's not that I forbid them to change or to experiment. And I don't discourage them from doing anything, either. They just don't do it. Not because I forbid it, but because they already know. Maybe they are mature enough to understand, or they have already tried enough.

Of course, I also don't encourage people to feel uptight or anything like that. So, for example, if a brother has a problem, I say, "OK, get another girl friend." Or if a sister has a problem, and I say, "You can go get married, it's OK." Love is OK. Marriage is OK, as long as it doesn't hinder your practice. And sex is OK, too, as long as it doesn't bother you and obstruct your progress. But most of the time, it does, because our minds cannot get over it. The sexual experience is very strong for people to handle. That's why most masters tell their disciples to stay away from it.

It's just like alcohol. It's really a poison; but if you drink a little, it doesn't kill you, and it doesn't take you to hell. It's just that if you drink a little, tomorrow you will drink more and

more, and then you will damage your body, your mind, and your spirit. So the Master says, “Stay away from it.” It’s not that the Master is dictatorial or controlling with people, He just knows what is good and what is not good. But we make the choice.

So, I don’t encourage people to experiment with any other things very freely because they have already experienced enough in life. Need I even teach them about sex or alcohol or free choice, or wild living? Need I even encourage you to do that? For some individuals, it’s all right if they really need that, but to some extent they already know. For example, our disciples already know the Five Guidelines; they already know the framework, so they can kind of know where they should stop. If they want to experience a little, it’s OK, but they know that that is wrong. Because practicing the Quan Yin Method gives you this sharp awareness that you just automatically know what is not good. Even though you try it, you know already that it won’t work.

Q (Initiate B): Over the years, I’ve been to many, many ashrams. At one point, I was doing some research on that. So I’ve probably been to 50 or 70 ashrams.

M: Wow! That’s a record.

Q: And some of them, various ones, I stayed at for a month or a few months if I was practicing there. And I always wondered, when I looked at these different groups and traditions, why each group had its own personality that would form. And you could recognize people from groups, and they would develop a personality, and I always wondered where there was a group where each person had his or her own individual personality. So, many of the people would be very uptight, because of the practice they were doing, or too loose.

M: Too extreme, huh? Either way.

Q: *But what I have experienced here is that there seems to be kind of a nice, loose energy among people. So it's very nice; it's open.*

M: We are temperate. We're not one extreme or another. I say try your best to do two and a half hours of meditation each day, but that's it. Here we're free to develop individually, and we just do our homework, like everyone else, but then we develop on our own. That's why I don't encourage people to come here and work for me, even, to stay here, with their own money. I would be sitting prettier if I allowed all the people here to come and work here for free, for three months or six months or two weeks, or whatever. Because they'd be happy to do that, too. But I wonder if that would have any good affect on them. That's why I told you before that I have to think about what is good for you, after I have experienced, like you, different styles of schools.

Q (Initiate C): *I think Master is the best because our group is the best and we have the best of everything. We have the chance to have group meditation and retreats and we can see Master very often. I really appreciate that. I have a colleague who is an American and he has a master in India. He saw Master's picture on my desk, and he asked, "Who is this lady?" I said, "It's my Master." So he said that he had gone to Your vegan restaurant in San Jose and he told me that he also practiced the Quan Yin Method.*

M: Yes, it's true. Several other teachers teach the Quan Yin Method, not only me. I've told you that many times.

Q: *So I asked him whether he had seen his master after he got initiated, and he said that he had never seen him. He had only seen him once.*

M: That's enough. He never saw him.

Q: *I asked him whether he had group meditation with others and he said, “No.” He only meditated by himself. So, although I know he has enough already, I feel very appreciative because we can do so much. (Applause)*

M: But can he go to India to see his master?

Q: *I don't know. Maybe he's not interested. But he hasn't gone and I think he has a few brothers and sisters from his group in the same area and they don't think of doing group meditation. And I think this arrangement for our group, where Master lets us meditate in a group together, is really great from my own experience. If I had not met those brothers and sisters who helped me in the very beginning, I would not have been able to overcome my problems. It was very tough for me at the very beginning. So I really, really appreciate, Master, all the brothers and sisters who helped me. (Almost crying) Compared to others, I think that I'm the luckiest person. Thank You, Master. I really appreciate that. (Applause)*

M: I think our group has produced the highest frequency practitioners, according to my experience, of any group around the world. I sampled some ashrams before I met you, and I think we are pretty OK, very balanced.

Chapter 2

*Initiation Is the Most Precious
Treasure in the Universe*

Initiation Is the Most Precious Treasure

Spoken by Supreme Master Ching Hai
Florida, USA, June 11, 2001 (VIDEO#717)
(Originally in English)

Q: *Recently, I've been reading a book called *The Ocean of Love* by Kabir; he was an incarnation of the true God. (M: Yes, yes) He talks about the mouth of Kal. After uninitiated souls die, the messengers of death come and kind of trick them. The souls go towards Kal, and then Kal chews them up. I don't understand what that means.*

M: If you are not initiated, Kal, meaning the negative power, will come to you. Kal means negative power in Sanskrit. If you're initiated, the Master will come, and Kal cannot trick you. After initiation, Kal stays away because the soul doesn't belong to him any more; he cannot control you. But he still tries to trick you, of course. He tries to make trouble, but that's his job. And your job is to walk your way, no matter what he says.

Q: *It just sounded scary.*

M: Ah, no, life is scary; its end is always deadly! (Master and everyone laugh)

Q: *It's scary for uninitiated people.*

M: But you are initiated, so you are always protected by the Master. If you really, sincerely want to go Home, even 10,000 Kals can do nothing to you at all.

Q: *Is it the same for the people we love and our close friends?*

M: Yes! Definitely, yes. The Master will take care of them all. That is the great, great merit of being initiated. If you knew

about it, you would die of gratitude and the shock of knowing how great it is, this initiation. Really, it's great.

I cannot describe how great it is. I can only be happy for you. You're really lucky – yes, very lucky. Absolutely, you have no idea. There's nothing that can buy you this, nothing you can exchange for this and nothing that can earn you this, except God's grace. Of course, it's your time also. But otherwise, even if you pray for a thousand years, you won't get this gift.

It's the greatest thing you can ever have anywhere in the whole universe. Anyone who doesn't have it, even some higher spiritual beings, will envy you. They will envy you very much because you are on the road to mastership, and they're still just spiritual beings, or angels or devas (beings living in the various realms of Heaven). They will die one day, but you won't. They will go lower, but you won't. You'll keep going up all the time, past them, higher than they are, being more glorified and more beautiful. You'll have anything, anything at all. You'll be next to God while they're still swimming somewhere in the Three Worlds, looking for guidance.

It's very difficult to get this initiation. Oh! My God, when I think about it, oh, wow! Do you know how to win the lotto for six million dollars? This can compare to that in the spiritual world. If you know too much, you might have a heart attack. But how lucky can you be? In the whole universe, you are the best, the picked ones, the selected, the very, very fortunate.

Really, you do not know until the time comes. Sometimes you have to work in this world, so God lets you know very little. Also, we are still in prison, no matter how many things your parents give you to comfort you. You might have a TV or a radio there. But you can't have a lot of things, like your fast car, your helicopter, your palace, your 'air-con' living room, your

swimming pool, etc. You're only comforted in prison; you just have livable conditions.

But once you're in there, even when your time is up and you're free from your sentence already, you still have to wait for the bureaucracy. Also, there may be some things you have to take care of. Or maybe your time is not up yet, even though you will be free soon; the lawyer is helping you to get free more quickly, and for sure you will be free since you're not sentenced to death. But still you have to wait. While in prison, you are as comfortable as a prisoner can be; you have the best in the prison. But you're still a prisoner. You have use of all the facilities, but you're still in prison. Therefore, when you really know what your parents have for you to welcome you Home..... my God, you cannot imagine it!

Appreciate the Value of Initiation

Spoken by Supreme Master Ching Hai
International Three-day Retreat, Hamburg, Germany
August 25 - 27, 1995 (DVD#493)
(Originally in English)

I'll say something to the new initiates. I don't know what initiation really means to you, but it means a lot to me. It's not that you sit there, listen to the instructions, and still struggle inside about whether I'm worthy for you to accept as your teacher, or if this initiation is worthy enough for you to accept. It's not like that. It's a once-in-a-million-years' chance. I don't know how much it means to you. But you should know how much I have to do, before and after your initiation.

It's not that you sit there on your backside and still wonder whether you should stay with me or if you should go. If you stay or you go, it's your problem. It's your right and your choice. I have no intention to bind you, to keep you or to do anything at all to you physically, mentally or psychically. I just stand by as a very unconditional friend. Whenever you need me, you can come. Should you decide to go, you can go. If that's all the initiation means to you, it's like you're going shopping. Only your mind is so imperfect that you cannot recognize the difference between a true diamond and glass; therefore, you struggle. But you don't know what it means; you really don't.

At least at the time you die, you will know. You will know what initiation means to you. At that time, no one is around you and no one can accompany you. No money can buy you power. No position can protect you from hell fire. At that

time, the Master is the only one who comes to you. Then you will know.

Whatever you do, you should do it wholeheartedly. Then you'll get the sum total result. Otherwise, you get nothing. Even during initiation, if you just sit there and think of your past master, your past Buddha or your past whatever, you will get nothing. And then you ask me why you didn't get it. You wonder why you came here, wonder if this is right or wrong for you.

You will continue to wonder all your life, if you keep doing things the way you do. And no one can ever give you enough answers. Your time is very valuable, as mine is. If your time is not valuable, my time is. I don't have time to run around on a bus and airplane for fun, just to come so that you can see me whenever you want. And then you hang around, go for a stroll and do anything you want. But then you come and complain that you get nothing, that you don't know why you came here, that you don't know why you are sitting here, or why you do this and that and the other. You expect me to do everything for you, but you don't do anything, not even just come here and sit.

We organize everything for you, so it's not even that you have to organize! You do nothing; there's nothing to do. The cooking people also cook for you. And then you don't even take that little bit of responsibility. So what do you think? You think that's going to be OK? You think you will get God's blessing at all this way? And then you think you have everything, but I have to do everything. And some of you still criticize!

In the old times, if you wanted to find a master or even any kind of teacher, do you know what you had to do? Even now if you go to college, you still have to pay. If you don't pay, then your parents pay. If they don't pay directly, they pay taxes to the government and then the government pays for the teacher. And

you have to go there and enroll your name and pass exams and all that. It takes a lot of time and trouble.

You keep asking me why I don't go out and lecture and save people in the world. Is it easy to save people? Today at the initiation, the highest God power was already here, present, and it still couldn't touch some of them. Only hell fire can burn. It's so difficult; so hard are some people's hearts that even when they sit in God's presence, in God's power, they don't feel moved.

I'm frightened to think about it. I'm so frightened to think of how hard people can be, that even the power of the Most High cannot touch them. That's why the world is as it is. So don't ask me why there is war, disaster or killing. What can the poor Mr. God do? This power can shatter mountains; it can dry up the ocean or make the whole universe crumble into dust. And yet it doesn't touch some humans' hearts. It's very frightening, what we have become.

Then you always ask me to go here, go there, talk to you, go to stay with you, save your friends, save your family members and do this and that and the other. And if I refuse you, you feel like, "Why doesn't Master do Her job? Why doesn't She have compassion and love for humankind? They're suffering enough," and things like that. If I could do it, I would. If Jesus could have done it, He would have finished it. We wouldn't have had to wait until our time. If Jesus could have saved the whole world, He would have done so. If Buddha could have saved the whole world, my turn wouldn't have come and your turn wouldn't have come.

You see how difficult it is? It is because we are too proud and too arrogant. We think we know too many things. We know this sutra, we know that Bible, we know all this and

that. We learn everything by heart, and then we're so proud of our own stupid knowledge that we think we know everything already. So whenever someone wants to teach us something new, we refuse. Or we try to find fault, we try to criticize or show other people that we are fantastic, that we know everything or we know better than that person. But we are only harming ourselves and blocking our road to freedom, blocking the road of real knowledge. We're just taking all the advertisements as the real thing and feeling proud about it.

The Secret of Spiritual Practice – Total Faith in the Master

Spoken by Supreme Master Ching Hai
Seven-day Retreat, Ilan, Formosa, August 12-18, 1988 (MP3#CR01)
(Originally in Chinese)

My secret in spiritual practice is: There is no secret! (Master and everyone laugh) I am really very naive! In the past, I gave myself totally to God and to my Master when He was alive. After He was gone, I began to regard everyone as my Master. I believe very much that my Master takes care of me at all times. Wherever I go, He takes care of me. No one can hurt me. Therefore, I trust everyone.

I treat everyone well, in the way I treated my Master, not because I respect him as a person, but because I can see the Master inside everyone. Very clearly I can see one's inner God Nature. I see God's Light shining everywhere. All sentient beings possess God's Nature. Everything is the manifestation of the highest Master.

But this you cannot imitate, because you have not yet reached this level. So it is better to be discreet. I am still around! Having faith in me is enough for you. If your heart gets too distracted, you cannot practice with undisturbed attention. If you do not believe in me, then sever the connection. Go believe in someone else, and serve him with undisturbed attention. Follow his words. Try and see if there are any results. It is better this way. Do not stand with your feet on two different boats; you will fall into the sea after a while.

I cannot speak of the secret in my spiritual practice. The fact is that I have no secret. Perhaps the only secret is my naivety! God looks after naive people. Because they are as helpless as a baby, everyone wants to protect them. When we see an abandoned and helpless baby, we quickly pick him up even if we are not his parents. Seeing him cry, we pat him. Seeing that he is hungry, we quickly feed him. This is because a baby is too innocent and clumsy. Therefore, everyone wants to look after him.

Perhaps my secret is just “naivety.” When we are so naive, God takes care of us. Then we are always by His side, because He will not leave us. We are just too naive. We will die if He leaves us. We look after a baby who is too little, innocent, and unable to do anything, and are constantly by his side, protecting him twenty-four hours a day. If we are like babies, then we are together with God always, and everything is done by the “grown-up.”

I rely on God’s power to transmit the Truth to you. Everything I do is done by God, not by this layperson. It is safer, because the layperson may make mistakes, but God will not. As the saying goes, “The wise looks like a fool.” If we are foolish to that degree, God cannot ignore us. He will do everything, and we will not err.

When I was a disciple and was misunderstood or framed by fellow practitioners, I would just ignore them. I thought, “My Master knows all. He will handle it.” I had great faith and did not complain or try to explain myself. I completely placed myself – thoughts, words and actions – and my life – past, present and future – in the hands of my Master. So I felt safe, like a baby, without having to do anything on my own initiative. Perhaps this is my secret. At that time I felt very safe without having to take

responsibility. Therefore, I was very relaxed, with no sorrow or worries “because my Master knows all. He is the greatest.” I felt like that in my heart.

I have never felt sorrow until now. Previously things were perfect when, as a student, I left everything to Master’s arrangements. There was nothing to complain about because I knew in my heart that He would take care of me. This is the only secret I have: total faith. If you do not have faith in me, then have faith in the highest God, the highest Buddha. Hes can see all the actions of us sentient beings and will take care of everything. Hes really will!

The Secrets of How Master Attained the Truth

Spoken by Supreme Master Ching Hai
to the resident disciples, Hsihu Center, Formosa
December 3, 1995 (Originally in Chinese)

Do you know how I attained the Truth? It is because I have always been doing everything for others. Your spiritual practice is still blocked at the stage of keeping all the beautiful things to yourself and grabbing all the delicious food for yourself to eat. You are reluctant to give things to others, and that is why you don't have plenty.

The truth is, the more we give the more we will have. You see I have given so much, so I have plenty of food – more than I can eat. Therefore, I have stopped rendering aid recently, fearing that the blessed rewards will keep coming until I cannot take any more! (Master and everyone laugh)

There are several secrets of how I attained the Truth. First, I am very considerate towards others. Second, I greatly respected my teachers.

From primary school to high school, many teachers liked me. Perhaps it is because I respected them very much, and they felt it within. Maybe I have something, I don't know. Perhaps I have affinities with them.

After growing up, I followed many masters. Although they were not very enlightened, I still followed their instructions completely. There was not the least bit of disrespect in me – no resistance.

Do you think my masters treated me very well? No! They would sometimes scold me. Compared to our level now, they were just like primary school teachers, but then I was a primary school student! They were not particularly nice to me. I helped and offered a lot to them, yet sometimes they would scold me, or hurt me greatly with their words, saying that I was nothing.

For instance, after I was married, the first words that my female master said were: “You do not deserve to marry him.” (Master laughs) She said I didn’t deserve to marry my husband. She said, “Only your girlfriend deserves to marry him.” We had already married, but she still said these things.

I told my master, “My girlfriend is a married woman. She got married before me. Otherwise, I would listen to you and let them get together, as they deserve each other more.” From then on she ceased to comment further. However, I was not angry at all. I didn’t say, “Master, how can you speak like this?”

I feel you are different in this respect. I am not blaming you; I just want you to know the secret.

The Difference between Master and Disciples

Sometimes, we think our spiritual practice is very good already, because occasionally I send you out to give lectures. After coming back, you feel: “I have graduated. Master graduated in six months, I can make it in six years at the most!” You become different after coming back! Consequently, you hurt yourself. You think you are very good, but you are not that good!

I also think that you are very good, and this is the strange thing! I am the greatest fool in the world; therefore I am often hurt, frustrated, and disappointed. It is because I also think you are very good, so I cannot figure out the difference between you

and me.

Sometimes I know. When I stay or work together with you, then I realize there is really a big difference. Otherwise, I am not aware. If there is no work, I totally forget that you are disciples. We look alike and are of a similar age; some people are even older than I am. I cannot imagine the differences between you and me. I think you are just like me, and we can understand each other; so I keep on talking. In the end, no one understands, so I really cannot stand it. I sit there feeling very frustrated. It seems that I am the only one in the whole world who can understand myself, and I really feel sorry.

Since ancient times, it seems that the enlightened Masters can hardly communicate with people. I feel I am also one of them. It can only be done with great effort. You don't understand even very simple things; not until I have talked for a long time. You obstruct yourselves too much! You're too complicated – still thinking that it should be like this or that. Very complicated, very complicated.

You don't understand, yet you don't want to learn from others. You don't want to learn from the teacher for fear of losing face: "I can do it alone! Let me do it myself!"-- just like that, and then you make many mistakes.

With introspection, you will find many shortcomings in yourself. I also check myself everyday, but I do not find any faults. (Master and everyone laugh)

Completely Become a Tool of God

Since I am totally devoted to doing God's work, I virtually have no choice. I cannot control my actions, or the situation. Even if I dislike it very much, I still have to do it. Since I have of-

ferred all of myself, why should I keep anything? I cannot say, “I don’t like this one because it doesn’t suit my character, and that thing will ruin my reputation and make me look awful.” This is not the way to do God’s work.

Just like a mechanical shovel, it goes wherever you direct it. It will dig wherever you direct it to dig. The mechanical shovel cannot say, “I am not in the mood today, I don’t want to dig there.” It must work in whatever way it is operated. It is only a tool, and so is Master. I have completely become a tool of God, with no individual existence at all.

The moments that I treat you badly are actually when I am treating you well. When I treat you nicely, it is still human emotions, fearing that you cannot stand it! I think that is the proper way to treat people, and you will feel more comfortable that way. Actually, that is really “human” behavior. When I am really frank with you, very straightforward and without restraint, then I am really treating you well – you’re being handled directly by God.

However, you would have died long ago if you were handled directly like this everyday. Not a single soul would remain here. So it is necessary to do things with a little ego. If I let God handle you everyday, even I could not stand it! My body and mind would not be able to take it, because they would be used with too much intensity, too much!

If you kept stepping on the accelerator – did not let the car rest or stop, and maintain a speed of 170 mph even when turning a corner, that would be very exhausting, and you would be very tense.

Now and then, we have to remember we’re humans and relax a little. Have a barbecue, or chat about some lighthearted topics, this is also very important. Just like a house, we can only

use it when it is empty inside; we cannot if filled with cupboards or valuable furniture.

Your Heart Must Be Simple and Pure to Attain the Truth

A character too rigid or too strong is not desirable. It is not necessary to win every time. You should know how to be reasonable and flexible, instead of always trying to prevail over others, or become better than the teacher. It is good to be better than the teacher, but it is still too early. At the moment, none of you are better than the teacher! I tell you frankly, not that I am arrogant, but I want you to know that you have to introspect yourself, endeavor to adjust and train your inner wisdom and character, and find out where your shortcomings are.

However, it is also bad to always hide behind your shortcomings. It is too negative, too self-despising and too pessimistic. It is not enough just to know about our faults! We have to rectify them, stop doing them, and behave in the opposite way to compensate for them.

Knowing your faults doesn't mean blaming yourself, shutting yourself in a cave, holding a "closed-in retreat" everyday in there; becoming a turtle after nine years and boring people to death when you come out. (Laughter) It doesn't mean keep blaming yourself, suffocating yourself; but you should try to climb up and change, and act in the opposite way. This is real penitence, instead of only punishing yourself with kneeling; this is only part of it. The best repentance is to stop the negative quality altogether, act in the reverse way, and make positive contributions. This is the secret to sainthood – the heart will become more simple and purer.

Even though now I say that it is useless worshipping the wooden Buddha statues, I was very sincere in worshipping the Buddha ten years ago. Because I have worshipped enough, I know it is useless. My masters told me to worship the Buddha and buy a Buddha statue – any statue that I liked. I thought the Maitreya Buddha was more magnanimous. I was right; I really need it now. (Master and everyone laugh) He was also very cheerful. I had greater need for these qualities, so I bought a statue of Maitreya Buddha.

That day, my masters held a ritual to welcome the Buddha statue into my home. They burned incense, worshipped, and then told me to make a wish. I made only one wish: “In the future, if I could help anyone, I would be willing to do so, but please do not let me know consciously that I have helped.” It has really come true now; I never know whom I have helped. My master said if the incense burns then curls, that means the wish will come true. It really curled, so I believed it worked!

My master said I also had to recite some sutras at home. I wanted to chant the Medicine Buddha Sutra, but he wouldn't let me. He said, “You have not yet reached this level, just chant the Great Mercy Mantra.” It was a long time after that that he gave me the Lotus Sutra to chant. They chanted very loudly, and asked me to do the same at home. I was also told to buy a wooden fish (a round wooden instrument to accompany the chanting) and tap it everyday. I was very serious, and got up very early to do the chanting.

In the early morning, my throat was hoarse, so I had to drink plenty of water. The chanting was to be repeated in the evening too. Usually, lay people are not that serious, and it was enough to chant once. However, I was very sincere then, and would do anything my master told me to do, even to such an ex-

tent. Unlike now, I have difficulties getting you to do anything. It is hard getting you to move a stone, never mind worshipping one.

So, I went home everyday I bowed to the sutras, chanted the sutras, and worshipped the Buddha; and I did have experiences. You will have experiences when you are very sincere. I had so many experiences that I cannot talk about them all.

I asked my master why it was necessary to chant the sutras so loudly. I said, "Do I have to chant so loudly even at home?" He said, "It is better to chant loud, so the invisible beings are also benefited."

I believed him, and I chanted very loudly until I lost my voice. I even left the windows open, fearing the invisible beings could not come in. (Master and everyone laugh)

Can you imagine? I was thirty then, not three years old, yet I was so naive! Whatever my master said, I would do. Perhaps, exactly because I was so dumb, I realized some Truth. Very smart people like you can hardly attain the Truth. You are full of ideas; your minds are too smart, too cunning, and know too much!

Once, in winter, the snow outside was higher than a person, and it was very cold. Yet, fearing the invisible beings could not come in, I opened all the windows and dared not even lower the curtains, to show my welcome. Invisible beings do not need to come in from the windows but I thought, "what if some of them cannot come in?" Besides, it seemed as if they were unwelcome if I closed the windows and curtains, then they might not dare to enter. I even apologized to them, "I cannot open the door for fear of disturbing the neighbors." (Master and everyone laugh)

Listen to Your Master, God Will Be Touched

Listen to your Master – whoever he/she may be, you cannot go wrong. God will be touched. Observing this person is so dumb, God will protect him, let him understand something. Otherwise, what will happen if he remains a dumb person all his whole life?

Therefore, God always takes better care of dumb persons. We should be dumb when we ought to be dumb. Do your best when you have work to do; use your wisdom when you have to use it, and do not use your wisdom when you are supposed to be listening. We have two ears but only one mouth. However, you seem to have grown two mouths and one ear, (Master and everyone laugh) or they have grown them in the wrong place. As soon as I tell you something, it's exhaled very quickly and seems to vanish, leaving little effect.

When many people come here, they still embrace their own preconceived notions, concepts and ideas. They feel that they are great, and love to pull Master down. It is better to pull yourself up than to pull me down to your level. Of course, it is more comfortable to pull Master down, so you feel closer to me: "She is exactly like me!"

However, this is bad for you. I can always climb up or come down, but I must tell you the truth to fulfill my obligation as a teacher. I know, deep inside, you understand very clearly, but it is only your mind struggling. You should identify the purpose of your coming here and don't listen to your mind. Otherwise, both of us will be very tired, having to battle with the mind.

I am always fighting your minds, which is extremely tiring. Each time I think about a certain person, I feel his mind fully packed with this or that, blocking my way to his soul. The mind is guarding the entrance tightly. It is very exhausting! OK! Everyone understand now? (Answer: Yes!)

Faith Is the Mother of All Miracles

Spoken by Supreme Master Ching Hai
Youngdong Center, Korea, May 13, 2000 (VIDEO#639)
(Originally in English)

Many of you touch me so deeply, with your true faith in the teaching of the Master, not because of my physical body, but because of the teaching of the Master. And that's how you survive in this world without a scratch; you're always protected by your own faith. It's like Jesus says, *Your faith can make you whole*, ("Thy faith hath made thee whole." Matthew 9:22) and this is like that.

Faith can overcome a lot of things. But it is a gift, also; it's not that you want to have faith and then you can have it. Some people are so poisoned for a long time; even though they pray for faith, they can't have it. So these people, you must feel sorry for them; it's not their fault. They have been brainwashed in all kinds of negative influence and thinking, so that it is very difficult for them to stand up. Oh, for you, these lucky people, I look at you and I feel so happy because you are really OK. It's not because you believe me, because there is not a "me" anyway; it's not because you believe me that I am happy, because I'm flattered; it's not that. I am happy because you are OK, because you are protected and you are happy and I don't have to worry about you guys. So I save a lot of time, so that I can worry about some other 'sick' kids. And because you are OK, you can also help me take care of many other new people, and other less strong people.

And that's why I'm happy, not because you believe me, you believe me or not; it is good for you that you believe me. Because belief is the mother of every miracle. Even if your Master is no good, your faith is good, and that's good for you. It really is, because you are so pure. That's why you can believe a person who's a stranger to you and not related to you. That means you are good. That doesn't mean that I'm good or not good; I don't know yet. (Master laughs; audience says "Yes, You are.")

What I mean is, I may be good, or I may be no good, but if you believe in me that means a hundred-percent that you are good. That's the thing that you should know. Whether I am good or not is difficult to tell maybe, but if you believe in me that means you are good already. That is definitely good for you.

Remember I told you the story about the thief who came out? There was a story about a couple who had been without spiritual guidance or aspiration for a long time, and they decided that now that they're old they'd better go out and find some spiritual Master, but they didn't know who to find. So they went into the forest, and they sat there and prayed and they made a promise to God that whoever came, the first one, that would be their Master. And a thief came along (Laughter) and made them stay there, and then they did stay, and then God did appear. It was their faith because God is within you. It is not that I make God for you.

So if you believe in me that means you're so pure, no matter if I'm good or not, you're so pure that you believe, and this faith will protect you from everything. And it makes you a blessing, a gift, to this world and the next. And that's why I'm happy; it's not because you believe me that I'm happy. I'm happy to be friends with such pure people. It's an honor for me to have you as a gift in my life. That's why I'm happy.

Concentrate on One Method in Order to Achieve Sainthood

Spoken by Supreme Master Ching Hai
Florida, USA, June 8, 2001 (DVD#716)
(Originally in English)

Q: *I hear every Master say when they teach, “Don’t go to another teacher.” I know You said if you’re riding two bicycles, you can’t learn to ride one. At the same time, I understand that we are One, somewhere, somehow. So why is it that this Oneness doesn’t override the individual Master?*

M: Because you’re already separated. It takes time, power and concentration to become One again with all beings. So while you’re separated, you’d better just concentrate on what you know and study what you have, first. Otherwise, you’ll overwhelm yourself with many seemingly contradictory theories and teachings.

The real Masters teach the same Truth, but one may express it differently to certain individuals. And the affinity that this Master has with His students is different from the kind you have with other masters. But if you overwhelm yourself with too many factors, then you can’t digest it. And that will make you slow to progress, because you confuse yourself and you have doubts about this path. Yet you can’t go to that other path because it seems similar, because you’re not yet developed enough to discriminate which one is which, or assimilate that all are One. So you might just as well stay with the level of your truth, until you go above it. And then, of course, you can go to hell, not to mention going to another human being’s same level or a higher level or a different level.

Stick with one thing at a time. It's not that it's forbidden; it's just that while you're studying with one professor in English, there's no need to go to another English professor, because he will probably give you a different kind of teaching or lesson. Just like he would give a mechanic different terminology than you. You are studying to become a plumber, so he would use different terminology for you. Both teach English, but you learn about one thing at a time.

If later you want to, you can join the other teacher. But by then it won't be necessary. So it's not necessary now; it won't be necessary later; it never has been and never will be necessary. Stick with one teacher. If you believe this teacher teaches the whole Truth, then stick with that. If you don't believe it, then you can leave this teacher, go somewhere else and stick with that teacher alone. But be careful before you move. Otherwise, you'll waste your time shopping around.

Faith can move mountains. And I can promise you that whatever I teach you is wholly true. If not, I fear God's punishment. If I were not able to teach, I would not dare because I'm also a lady and a woman. I'm a human, and I also fear God. If I weren't "there," I wouldn't dare. Maybe you would dare, but I wouldn't because I fear God. Why would I do that, if I didn't know? Because I don't feel that I need anything. Looking into my heart, I realize I don't need anything.

So if I teach you, it's because I should and because I know. And what I know, I give to you, the highest Truth that I know. If I teach you because I need you or need money, fame or things like that, then maybe I do it wrongly or maybe I just do it for the sake of having the fame or the profit. But when I look into my heart, I see I don't need anything! And whatever I know, I know it's the Truth. Many of us know it's the Truth – we can

testify to it again and again.

Even if I'm wrong, all of you can't be wrong. And I've been searching Heaven and Earth: There's no better thing than what I've taught you. (Applause) This is not meant to convert you. It's just to tell you because you ask. But of course, as is your level, so will you understand me or not understand me. I can't force you. I'm just telling you as a promise, as a vow, as a statement, so that if you need this confirmation, you have it.



Finding the True Master and the Right Path

Spoken by Supreme Master Ching Hai
Hamburg, Germany, August 25, 1995 (DVD#493)
(Originally in English)

Only when we are really sincere, will God bring us to the most suitable path. There is no question about whether a master is good or not. There is only the question of whether the student is good or not. As long as we are not yet ready, as long as we are not truly, sincerely seeking the Most High, we will encounter all kinds of levels of masters, but not the highest one. So the question remains with you, until you know that you really are seeking the Most High, otherwise you're seeking magical power, or some curiosity. Take your time, and check your own heart. I am sure that you are on the right path. But my surety cannot help you if it is not your surety. If you can trust me, then I can tell you a hundred percent in God's name that you are on the best path. But it's you yourself; you must trust yourself. Trust your intuition, your wisdom, your sincerity, and then you will know if it is right or not.

By Their Fruits They Shall Be Known

Spoken by Supreme Master Ching Hai
Laiji, Pingtung, Formosa, December 29, 1992 (VIDEO#302)
(Originally in English)

Many of our troubles are self-made. If we have no faith in a guy, then we can find another one. As long as we are happy, it's all right; just find your happiness, go swim all over the place to shop, if you want. I never bind anyone. Whatever you do, and you are happy, it's all right. But before you go, you have to be sure where you're going, and when you go to other places, decide if they're better than this place or not before you go, otherwise you waste your time. You might just as well sit here and run on the bicycle faster. If you just go in all directions, even if you go on an airplane, it just doesn't work. Therefore, you have to look where you're going or decide whether it's necessary to go, to change directions or not. If we are walking or bicycling on this road, it takes a long time. And probably we'll run out of patience, and then we might lose faith. But we have to look, ask people who are coming and going, whether it's the right direction. If they are going in the right direction, then we know we are on the right way, whether bicycling or on a motorcycle, or in a car or airplane. Don't just walk all over or run to another place just because you are going too slowly, your vehicle is too slow. The road is correct. So we accept it.

Therefore, before you go shopping, you should just look

carefully, that's all. If all the people have good experiences and gain enlightenment, you know it's OK, you know the Supreme Master is OK. (Applause) That's the only way to judge. By their fruits they shall be known. Otherwise, what will you judge by? If you can't reach the fruit on the tree, maybe your arm is too short. That doesn't mean the tree doesn't bear fruit. Everyone else eats it, and you can see it. You cannot eat it because you cannot reach it. It's your fault. You have to try harder or climb up. You cannot blame the tree.

If everyone else eats it and you can see they are eating it, and you can see the fruit there and you cannot eat it, you cannot blame the tree. Only if no one else ever eats it or on the tree you can't find any fruit, no one ever tastes the fruit of the tree, and you don't see people eating it, then you can say the tree has no fruit. But if you see all the people eating, you know. And if you cannot, maybe it's your problem.



Spoken by Supreme Master Ching Hai
Malaysia, February 27, 1992 (VIDEO#220)
(Originally in English)

It takes a sincere heart to stay on the path, because outside temptation is very great. I know sometimes you fail, but then you can come back and start over again. You can go out shopping, spiritual shopping, but then you will have to come back, because I know of no other better way for you. I have shopped all over the world. If there were another better way for you, I would have bought it earlier for you at an expensive price. Because I have spent my pocket money and my time running around, searching for a method of enlightenment or a Master. I have searched, I have tried, I have done zazen, I have done zen zen, I have done yoga, and I have done all kinds of things. I have even eaten one meal a day, and have sat many hours with my eyes open in case I fell asleep, and done all kinds of trying. I have called on all the Saints, until there were no more Saints to be called upon. And I've repeated all the mantras that you can talk about, that you can name, that you have heard of. I have bowed to them until my knees were shaking like autumn leaves. And I have gone all over the place on pilgrimages, seeking blessing and enlightenment. I have done all in my power to learn the best way to liberation. And this is the one I have selected, and it suits everyone, from children to adults, old to young. But this way is not for everyone that is for sure. Even though we are open to everyone, not everyone comes. Because it is not the outside performance. It is not only my teachings that attracts people, it is not only my appearance or my personality, it is their longing souls that are important.

The Real Initiation

Spoken by Supreme Master Ching Hai
Group Meditation in London, UK, March 10, 1998 (VIDEO#631)
(Originally in English)

Q: *Master, if anyone was initiated in the past by Master, but did not repeat the Holy Names, and did not sit in meditation — at the time of death, do You go to meet him?*

M: No.

Q: *Why not? Because he was initiated in the past.....*

M: But he doesn't want to go back!

Q: *Because at the time of initiation, initiation goes to the soul, not to the body.*

M: I know that. But if that soul doesn't want.....

Q: *Because my son is initiated, but he does not meditate.*

M: I know. That's what I am trying to tell you now. The soul is initiated, if he comes for initiation. Maybe he comes, but the soul does not want it; maybe just his body comes. So that's why after initiation he drops everything. He's just curious. He comes there, but he is not committed in his soul.

So the soul is important. If he comes there, and his soul is still not ready, he doesn't want to go Home yet. So he doesn't meditate; he doesn't repeat the Holy Names; he doesn't keep the Guidelines. Then it's up to him. It's his freedom. I cannot force him to go Home.

Q: *Because he got initiated by the Master.....*

M: I know that, but he himself has to want it.

Q: *He wants Master to take him, so I have him initiated so he can go in this life, go back to the Lord.*

M: If he wants it.

Q: *Will he go to the Lord in that condition?*

M: If he wants it. But I also said that if you want, you can come back. If your soul wants it, you can come back. I also said that. The soul has to want it, not the body.

Q: *Not the body.*

M: Yes. So at the time of initiation, if his soul doesn't really want it yet, he might come with you, because you are the father, because here is the Master, but he isn't truly committed. If the soul still wants experience in this life or the next life, then he is free to experience again. Then he will find another Master another time. Because I am talking about the real initiation.

Q: *Master must go to meet him, because he belongs to the Lord; he appreciates the Lord.*

M: Then he has to do his own work. I don't initiate lazy people! I did not say that initiation brings you to the Kingdom of God. I said initiation gives you enlightenment. And meditation, discipline, veganism, and the longing of the soul will give you the Kingdom of God. You have to earn your keep. Otherwise, I would say, "OK, come, come, come, everyone's initiated; you don't even need a vegan diet, then go Home." It's not fair! Brother, you want cheap food. (Laughter)

A Longing Heart Is the Key to the Kingdom of God

Spoken by Supreme Master Ching Hai
Group meditation in London, UK, March 10, 1998 (VIDEO#631)
(Originally in English)

For the initiates, I told you it is the soul, not the body, not the outside. Someone might repeat the Holy Names all the time but not do the good things that the Master teaches. They don't really respect and want the Lord. But the person who is very pure and innocent, like a farmer, and doesn't deliberately forget the Lord and the Holy Names longs in his heart for the Master all the time. Even though he might forget, he still remembers and wants the Master.

So it's not just the Holy Names that bring you to the Kingdom. It's the soul. If the person really wants it, then the Master can do anything. Even without initiation, the Master can take them. They don't need initiation. People with the Convenient Method can go up to Heaven. For people who just see the Master one time and then are praying in their heart at the time of death, the Master comes.

But some initiated people are stubborn. They think that being initiated means they can do what they want. They have to learn their lesson. If they want to go back to transmigration, it's their own choice. The Master doesn't interfere; the Master just helps. This is the problem with many initiates of different traditions, maybe including ours. They rely on the Master power. They think initiation gives them everything. And then they go

out and do wrong things. Many of the so-called sects in India and elsewhere do a lot of wrong things to people; people are scared of them. Because they think that if the master initiated them, they can do anything they want and they will never transmigrate. That's wrong!

But there are those who at least try in their hearts. They try their best under the circumstances, within their power. It's not that they have to try their best according to the Lord, or to the Master, but try their best according to their ability and their strength. For the people who don't want to try even when given the opportunity, it means they want the world, not the Lord. And they have to go back to where they want.

It's very difficult alone. That's why we need group meditation. If a person doesn't meditate, if he doesn't repeat the Holy Names and doesn't eat vegan, then he goes on his own. Whenever he is ready, the Master will come back again. But at the time of death, if he still is not ready, if he still doesn't call upon the Master, and he still doesn't care and wants to go back to the world, then he can do that. It depends.

Sometimes outwardly people don't meditate very well, but inside their hearts, they do. So whether a person wants it in his heart is also important. But this is a subtle thing that you cannot always explain in words. You must know it from your heart. For example, if you love a woman, you just love her – you know it in your heart. And she is the only woman you love. You can't explain that, and you can't prove it to anyone. But you know in your heart that she is the only woman. It doesn't matter how many beautiful women are around you, you still love only that one.

That is the same thing with spiritual commitment. It doesn't matter what I say, and it doesn't matter what you say

– you know in your heart that you want God or don't want God. And that is the important thing. It's not that you sit so many hours, or you go to so many group meditations. Group meditation only helps you. Suppose you really want God, then group meditation helps you more. It strengthens your faith and makes you sit better.

But just because you go to a lot of group meditation doesn't mean you want God. Not necessarily! You might want to see the lady next door, instead of going to see inside. It's like love. You have it or you don't have it. No one can force you to love another woman, no matter how much more beautiful, intelligent or rich she is. You love that one, and that's it. You know it. It's final. (Applause)

It's very simple. I don't want to give you the wrong notion that initiation physically alone will bring you to God, because that would be blasphemy. That would be forcing you to do it. Suppose you want to change your mind afterwards. I can't force you to go to the Kingdom of God. It's all by your free will that you come, and it's all by your free will that you stay. And it's by your free will at the last moment of your life to come back to where you belong. In the last moment, if you change your mind and say, "No, Master, forget it! Bye-bye! I want to go back to see that lady next door." Then you will go. We are all God, remember!

No one can give you anything that you don't already have or that you don't want. Initiation just awakens your own God power, if you want it. If you don't want it, you can put it aside, just like before, and then continue with your ignorant life, no problem. Initiation is a help, group meditation is a help, vegetarianism is a help, and discipline is a help. They're not the ultimate. They're not the end. They are a means to an end only. Your heart

must want it above everything else. Then all these things will help you.

If you don't want God, you can eat vegan for a thousand years, you can sit for two thousand years and you can get initiated three thousand times, but you are still nowhere. These are just outer rituals, like people who go and bow to so-and-so. They don't understand; they don't commit. But there are other people who don't look like they meditate well, and they can't even repeat the Holy Names properly. But God knows. And they know that they want God. It's simple! (Applause)

Cherish the Opportunity to Practice in the Age of Kali

Spoken by Supreme Master Ching Hai
Florida Center, USA, June 9, 2001 (DVD#719)
(Originally in English)

Q: *In one of Your lecture collections You mention “The Ocean of Love,” a poem by Kabir. Is that right?*

M: Yes, I’ve talked about Kabir’s poems many times, but what is it about the Ocean of Love?

Q: *It’s about the highest God, they call Sat Purush; Hes comes through different incarnations in each age (Yuga). And in the Kali Yuga, Sat Purush makes a deal with Kal (Lord of the Three Realms) to take a lot of souls back Home.*

M: Yes, this is the Kali Yuga, the Dark Age. It needs a strong guy to come down and take everyone up! Big car! Strong! (Master laughs)

Q: *Is that why so many souls can be liberated so easily?*

M: Yes, that’s right; you know it already. Of course, it’s like that. It’s the last age of this cycle. So whoever is left behind: Hurry! Hes brings everyone up; that’s why it’s very generous. But it takes a lot of power, just like a hurricane brings a lot of water. It takes a hurricane to bring so much water inland; normal rain doesn’t do that.

So, at this time, it’s like “wholesaling.” Because we have a lot of room and a lot of grace, so everyone can be covered. It’s no problem. You’re lucky! (Applause) God is generous, but Hes has never been so generous before. In the old times, at most there would be a handful, maybe a thousand people. There could never be so many, and they could never be so openly gathered together despite everything. You guys are really lucky.

In the old times, if they wanted to have group meditation, they all had to hide and run all over the place, using secret codes, secret handshakes, secret hand signals like mudras (hand gestures), or the salutation that you use – even this (Master makes a gesture) – remember the wisdom eye, repeat the Holy Names, do the Quan Yin, and then we're together. That's the secret signal the Christians used to have, for recognition of one brother to another. Because in those times Jesus had to hide; all the disciples also had to hide. They didn't even dare to recognize the Master in public, saying, "I don't know Him." Even the foremost disciple Peter denied Him three times.

Such was the negative power – so oppressive that even so mighty a person as Jesus, and so devoted a disciple as Peter, could not open their mouths. It was very oppressive then. But in this time, we're very lucky.

We Are the Luckiest Yogis

Spoken by Supreme Master Ching Hai
Florida Center, USA, June 9, 2001 (DVD#719)
(Originally in English)

Q: *I wanted to ask You how high I have to be in this life spiritually to not have to come back after I die.*

M: Be as high as you can. Otherwise, the Master will push; the Master will be there to take you to whatever level and continue guiding you upward. Otherwise, you would have to pass through the Three Worlds. With any other master, you would have to pass the Third Level in order to not come back. But with this Supreme Method, it's OK; you can. Because sometimes it's not your fault that you didn't reach a high level.

For example, suppose you get initiated today and die tomorrow. It's the Master's responsibility to take you up from wherever you are before you leave the physical body, or before the Master leaves the physical body. We're OK. This time, we just have a fully open house to help everyone. Whoever is sincere, the Master power will help this time, very generously. This century, it's very generous.

Q: *Why is this century so special as opposed to a thousand years ago?*

M: Because every now and again, the Heavens open "wholesale." (Master and everyone laugh) Like at a garage sale: Everything's one dollar. It depends on which Master came down. You see, we're all Masters. But some Masters are newly remembered again; they just became enlightened again this lifetime. Some Masters have been enlightened all the time. Some Masters have never left Heaven, and have just come down this time. Some Masters come and go, come and go all the time, and

have affinity with a lot of beings on this planet. And when She or He comes back again, it's to all old friends: "Anything you want, it's OK. We knew each other." (Applause) Maybe we were old friends; that's why.

If the Master has just newly come, then he doesn't have too much affinity with many beings. So he just takes a few disciples to begin with, and then continues again and again the next time. If the Master has just remembered again that he's a Buddha this time, then of course he also has to develop more experience. It's not that the Master doesn't know, but just like everything else, you have to practice. You practice how to deal with the human mind, how to deal with the bureaucracy of this world, how to protect yourself from all the harassments on this planet and how to keep yourself intact in order to help people quietly without bringing trouble to yourself.

But the new Master doesn't know that. The new Master goes out with all full colors, blasting trumpets and everything. And maybe after three-and-a-half years, He's gone, or two-and-a-half years, or three-and-a-half months. The spiritual power is the same; it's from the universe. But the way to handle the disciples, the way to deal with political power in this world: That has to be learned because these are mind things. These are skills and abilities. They have nothing to do with enlightenment and the soul. Of course they have, because the more enlightened you are, the more quickly you learn. But if He or She has already had experiences, life after life, there's no need to learn so much.

Because how can a person learn so much in one lifetime? Even though you're enlightened, you can't learn auto mechanics, airplane piloting, sailing, business accounting, computer software, hardware and every other thing. You could, but your life is too short. These things are not soul things. These things are abilities

that you have to use your mind and brain or hands and physical body to understand and master. So, if the Master has already learned all this stuff, about how to be a Master – not “how” to be, but meaning that as a Master, you have to encounter and you have to be able to do many different things.

Therefore, being this kind of Master is easier and quicker. It’s simpler. It’s just the know-how of the world. The method is the same, the teaching is the same, the power is the same and the Truth is the same. But the Master Himself/Herself is capable or not capable: concerning the public, concerning how to teach the disciples the best and the quickest way to progress. The Master can teach the same method to the same people. But two different Masters might teach even the same method to two different disciples. And the one from one Master will progress differently or more quickly than the one from the other Master. It’s like that. It also depends on how the teachings are imparted into his or her mind. Because if the mind doesn’t understand, the mind doesn’t accept it, then you cannot progress quickly. You don’t feel so good. You don’t feel convinced, or you don’t feel confident. (Applause)

You Are Masters Yourselfs

Spoken by Supreme Master Ching Hai
International 3-day Retreat in Los Angeles, CA, USA
December 16-18, 1998 (VIDEO#639)
(Originally in English)

Q: *And as we move into the Golden Age, won't that mean that a lot of our initiates will start sort of "popping up" to the Fifth Level and becoming masters? If that's the case, then I would like to ask to be brought to the Fifth Level, because I am tired of being down here.*

M: You are as high as you want to be. So you just have to want to be that. Everyone is tired. But I think you are already a master. If you wait until the Golden Age to pop up and become more of a master, then I don't know where I will go. You are already a master of yourself in terms of your destiny; you have everything you want. There's no need to number "fifth" or "fourth" again. That's the Buddha's stuff. We don't care.

We have to be happy and then be confident, be positive. Every time you think that you are at a lower level, throw that idea away. Every time you feel you are depressed or beaten up, throw that idea away! It's tough, but that's how you beat the blues. That's how you become higher. You cannot want to be at the Fifth Level and be thinking at the same time that you are lowly, beaten up by karma and being negative. I can't help you. You are the one who decides at which level you want to be, not me. I can't bless you; you bless yourself.

Suppose I say, "OK, go to the Fifth Level; I bless you." But your mind is still used to thinking negatively and being depressed and pessimistic. You have to train your mind. Tell it that you are the master; tell it what to think, what to do, what to feel,

and which level you command. When you can do that, you know you are the master. You are already a master; it's just that you have a hard time convincing yourself. You have to work with yourself.

The Mirror of Mirrors

Spoken by Supreme Master Ching Hai
Florida, USA, May 11, 2002 (DVD#736)
(Originally in English)

Q: *Recently I told Master in my meditation that when I check out of here, I would like to go straight to the Fifth Level. (Laughter) I really don't want to come back here.*

M: You don't ask for much. (Laughter) Well, it shall be done.

Q: *I don't care what it takes.*

M: It shall be done; don't worry.

Q: *This time, I've had enough.*

M: Don't worry, you'll change.

Q: *So, do You think it's possible?*

M: Yes, it's possible. If that's all you want, that's all you'll get. It's no problem. If you keep that idea in your mind all the time, until the time you die, then you're there.

Q: *If I work to reach the Fifth Level even before I die, I'll be able to help Master better here.*

M: Oh, sure, sure.

Q: *If that's possible.*

M: It could be possible, too. But I don't know if it's possible with you. It depends on you.

Q: *I'll do anything.*

M: No one needs you to do anything. You have to control your brain. It's not that you need to do anything. It's not like you die a hundred times and then you become a Buddha, or you offer anything and become a Buddha. It's not that. It's just the determination of the soul inside, whether he wants it in this lifetime or not.

Q: *Does he have to prepare for that before he comes? How*

spiritual he wants to..... ?

M: It depends. Everyone wants to prepare for this. But when they come down, it's just that they sway around a little bit. And then, because Maya, the king of illusion, is there, waiting for you, saying, "Ah, hah! Welcome home, baby. Let's see how strong you are. Here's a beautiful girl, here's a presidential position and here's a big company with big money." And then you work yourself to death, you serve the girl, and you're so tired that even if you wanted to go find the Master, you wouldn't know where. You lose your energy, you get sick and then you die. And then you say, "OK, it's my time to go now. Next time, I'll try again."

Q: *The director says, "Cut!"*

M: Yes, "Cut." But it doesn't really matter. You're determined to find God, anyway. Before we come down here, that's what we're going to do. We want to know ourselves as God by being "not God." You want to find a mirror so you can see your face. Although the mirror is an illusion, you need it. The one inside there is not you, but you need it to see yourself. You look into it, and you recognize yourself. How else would you see yourself? Should I stand here and look at myself, or stand where? The mirror is an illusion. The one who looks inside is you, yet it's not you. So this world is full of God, yet it's not God. God is inside looking at the God outside here.

Q: *It's a bad reflection of the real thing, right?*

M: Well, it's a good reflection. It's just that we look into the mirror and we get confused because this mirror of Maya is different. It's a magic mirror, a "mirror on the wall.*" It's not the mirror, but the mirror of the mirror. So we get confused here, and we see all things reflected together in the mirror. And then we say, "Oh, what's that there? What's that over there? And

what's that?"

You even forget to look at your own picture, the mirror is so big. It reflects everything in it, and you get lost in that illusion. You chase one thing after another. "Oh my God, this looks good. That looks good." And you get lost in your mirror. You forget. The time it takes you to realize it's a mirror is maybe a fraction of a second. But the time we take to realize Buddhahood is also a fraction of a second in universal time.

* "Mirror, mirror on the wall" is a line from a fairy tale called "Snow White," in which the step-mother believes that the reflection from the mirror on the wall is real.

Chapter 3

*Bless Yourself
with an Enjoyable Treasure
— Meditation*

Bless Yourself with Meditation

Spoken by Supreme Master Ching Hai
International Five-day Retreat, Florida, USA,
December 25, 2002 (DVD#766)
(Originally in Aulacese)

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

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

Q: *I even apply this to my work. For example, when I feel exhausted because of my work, I feel too tired, and have no more energy, but then I ask myself where the energy comes from, and remind myself that it comes from the Universal Source, not from my body, then I suddenly feel myself filled with an inexhaustible strength. I don't feel tired, and even if I do, I still recover quickly. Therefore, I think we have two choices; either we choose this humble "I" and are very limited, or simply think, "I'm nothing. I'm no one. It's the Universal Power that does things." This way I feel very good. I see no problem.*

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

Meditation is very popular now. They don't say "medi-

tate to find God,” but “meditate to relax, to become healthier, feel better, live longer and be successful.” That is, to be successful in every aspect, we must choose a time during the day to rest, not to sleep, but to meditate, or breathe in, breathe out, or whatever. Everyone knows about it now because science has proven it. If we choose a time during the day to rest or meditate, our bodies become healthier. One of the best methods is meditation; that is, choosing a time to meditate every day. Now all the magazines, even the lousy ones, mention this. Meditation has been accepted by science and people worldwide. So don’t make it sound so painful, like “Oh God! I have to meditate now; otherwise, I can’t attend group meditation, or the contact person will say this and that.” It’s not like that. It’s good for you.

It’s a time for you to treasure. We’ve worked all day, busily taking care of the world and others. So whenever we meditate, that’s a time for us. We must love ourselves first – love others but also love ourselves. Whenever we meditate, at that time we concentrate all the treasure onto ourselves alone in order to nourish our body and mind. It’s not because I say this and that that you have to meditate enough otherwise this and that will happen. No. It’s very good for you. The most precious time for you since the moment you were born and until you die is meditation time. It’s the best thing you do for yourselves. No one can give it to you; only you can give it to yourselves. It’s the best thing that you can do for yourselves – meditation. While you do it for yourselves, others will naturally benefit as well. Your family, relatives, dogs and cats will also benefit. Trees and flowers will benefit too. I’ve already told you this.

So when we meditate, the people and all the things around us benefit but we’re the ones who benefit the most. It’s the best thing that you can do for yourselves, the best medicine

to nourish your bodies, the strongest energy to nurture your brain, the best book to develop your wisdom. No matter how beautiful a car you have, how big a pearl you get, and no matter how expensive they are, they're not as precious as the time you spend meditating for yourselves. That's the most precious gem in the whole universe that you can offer to yourselves. Like one initiate said, meditation is resting, nourishing ourselves, bringing in all the precious jewelry to beautify you. Who wouldn't want that? When our mind hears "precious gem" it says, "OK!" or "rest," it says, "OK. I like it. I don't like work. Relax, man! OK, I'm ready." It's just the brain.

Our brain only knows how to discriminate between "good" and "bad," "black" and "white." Work is a problem, or "job," "Oh, no!" It's been working all day already. "No. No. No." But if you say, "OK, let's take a break," then it's OK. Our mind knows what "good" or "bad," "resting" or "working hard" means. So whatever we say, it understands that way. We must teach it. Also, the cells in our body all listen to us. If you say it's good, then it's OK and if you say it's bad, it thinks so as well. Therefore, Buddha said, "All things are created by the mind." Our mind we must create; we must speak good things, think good things, and then we'll change the negative to the positive. We teach the cells in our own bodies to think positively. Whatever good you think or speak, your mind, your body, and the millions and billions of cells in your body all listen to it immediately. That's why I say you're your own master. You don't need me, but you've forgotten how to teach yourselves.

All day long you've been dragged down by the negative power, listening to bad stuff, and then repeating this trash in your head. Whatever your mind hears, you let it think that way. Therefore, I've told you, "Don't listen to bad things, don't think

bad things and don't speak bad things." That's purifying your actions, speech and thoughts. If you hear anything bad, stop and toss it out. If you've already heard it, then tell your mind, "That's not true. She's wrong. Don't listen to her." We tell ourselves so our mind understands "Ah! These things are false information. Toss them out. Trash them." Because if we accept it, our mind will think this information is OK so it'll record it, and later it will spit it out. All the good and bad things in our lives are created by us. We say good things and our mind takes them and thinks, "OK! It's good." We speak bad things, and our mind hears them and thinks, "OK! It's bad." So, who else is our master but we ourselves?

For example, when you want to drink, is it you who tells your hands to get the water, or do you ask your neighbor to tell your hands to get it for you? And when you're hungry, is it your mind that tells you to look for food? Isn't it you who gives the order? And when you want to go to work, you must either look for a bus or drive a car yourselves to the office. We're our own boss in everything. Thus, we should direct ourselves with a positive perspective, in virtue and goodness, so that our lives will become better each day. The bad things that happen in our lives are all created by ourselves – if they weren't now then they were in the past. We put them in here, but we forget to cleanse them out, and thus they come back to harm us later. Therefore, don't blame anyone. From now on, whatever bad things you hear, you must tell yourselves immediately that this information is not true, is negative, is not good and not beneficial to anyone or ourselves. Stop it. You must get rid of it immediately. When you go home, at night, recite the Holy Names to cleanse it out. And in the morning, pocket a big reserve before you go out. Therefore, you should meditate in the morning, and at night, when

you come home, if there's some leftover garbage in your pocket from outside, meditate to cleanse it out. The more you cleanse yourselves the better; the more surplus in your pocket the better; so that when you run into some garbage, you can cleanse yourselves right then so there's no need to carry it home with you.


 Aphorisms

The Effectiveness of Meditation

Spoken by Supreme Master Ching Hai
 Youngdong Center, Korea, May 9, 1998 (DVD#620)
 (Originally in English)

That two and half hours that you invest every day, this will work for a long time, for thousands of years, because the time you enter eternity during your meditation, time stops. It's not only two and half hours. It's thousands of years, eons of evolution, of development. You enter a different time and space zone. Like this you're recharged and you come back renewed. So you don't have to keep coming back another lifetime to be renewed, or to be yourself, because for every one of us to be born, the purpose is to learn to know yourself again. That's all. If we don't do it this lifetime we have to do it next lifetime and the next and the next. So if we have time now, two and half hours, we do it every day. That means already we're doing it for millions of years. Each two and a half hours you put in, do not think it's only two and a half hours and do not think it's too much. Each minute you put in represents a lifetime. Because in eternity there's no such thing as two and a half hours, or one minute. It's always eternity. We're only counting time because when we're trapped in time then we know it's time. Once we're out of the time, there's no time.

The time for meditation is very precious. It's your hundreds of eons of evolution squeezed together. Just like a concentrated chip for the computer. Just a little chip like this contains thousands, sometimes even millions of bits of information. So, it's not the size. It's not the time, it's not the number that we are accustomed to. The time of meditation is a completely different time, different space. So, the more you enter into this timeless, spaceless space (Master laughs) the better it is for you. The more you know yourself, the more you are free.

Taming the Human Brain

Spoken by Supreme Master Ching Hai
International Three-day retreat in Norfolk, UK, June 11, 1999
(Originally in English)

Q: *I just got very, very tense and just struggled, and struggled and struggled.*

M: Struggled with what?

Q: *Just with meditating.*

M: OK. Don't make meditation a kind of work; it's just a relaxation time. Tell your mind it has nothing to do, and to just sit there relaxing. And if you cannot sit too long, you can lie down and rest. Make it pleasant.

You can put a flower in front, and wear some nice clothes. Make it like a ceremony, if it feels good. That's why some people put out incense, flowers, and all of that, just to please the mind. Whatever it takes to make your meditation pleasant, you can do it. Have fun! Or maybe lie down and rest. Meanwhile, concentrate here (at the wisdom eye.)

Make it pleasant at first. Don't make it too hard for the mind, because he doesn't like it. He doesn't like working. And if you're too serious, the mind will rebel, thinking, "I don't like that. I'd like to have fun; I'd like to go out; I'd like to have music or coffee with friends. I don't want to sit here."

So just make it nice. Invite some good friends, initiates, to come to your house. Or come to their house, have coffee, chat first, or do something together. And then sit together, as if it's a part of the game, part of the fun. That's in the beginning. Later, you get used to it, and you don't need that game anymore. You can just sit anywhere and feel good.

First relax the mind. Most often, all of us are very hur-

ried to become a Buddha, and that's why we have problems. We struggle between the soul and the brain. The soul wants to meditate; the brain wants to play. So we can reward it somehow, like after you have a good meditation, give yourself some of your favorite food. Take yourself out, or see your girlfriend; do something nice afterwards. So the brain will know, "OK, that's good." Train the brain just like you train a dog. (Laughter) You know how to train a dog. When the dog does something good, then you give him a reward. That's how he becomes better and better.

Our mind sometimes is a troublesome thing! If you really sometimes don't feel like meditating, then just leave it. Don't force yourself too much. Just do something else: running, or doing some exercise. And when you're tired, then you will like to sit down. And the mind will not make trouble. Actually, that is a problem when we are alone: Sometimes the mind tricks us a lot. And if we don't have someone to encourage us or to hold hands, we cannot continue so fast. That's why we need a teacher and friends, fellow initiates. Then we can talk out the problem with them, and sometimes they help.

So try to go to group meditation as often as you can. You can talk over problems with your fellow practitioners. Befriend them; invite them for coffee or tea to your house, and vice versa. Make it fun. And sometimes go out together; have fun. Go to the cinema and do something together, so that meditation will become part of friendship and fun. At first, for some people, it's necessary. You have to find out what your mind likes. And then give him a little; don't be too harsh on him.

Some people don't need it. They love to meditate, so it's easy. But even then, when we enter some stages of meditation, we sometimes get stuck there. We feel suddenly that we

don't want to meditate anymore. We don't want anything like that. We've had enough with Buddhas (enlightened beings) and things like that. But it's just temporary. Then later, when you have friends, you read some spiritual books and listen to some spiritual tapes or even read some Buddhist scriptures – maybe that's going too far – but some contemporary books about life and death, about meditation, and about the experience of Heaven by other people. And then you will be somehow more stimulated to want to have the same experience. And so you will make more effort.

We have to find a way to do things that suits our pace of life, our style, our thinking, and also our habits. Habits are hard to change. We should do it slowly, if we cannot do it fast.

The Purpose of Meditation – Realizing Your Self and Attaining Inner Bliss

Spoken by Supreme Master Ching Hai
Hsihu, Formosa, June 19, 1995 (VIDEO#481)
(Originally in English)

Actually, when we're very happy, it's very difficult to meditate. And when we're very miserable, it's also very difficult to meditate! That's why we always try to strike a balance in between, so we don't feel such extremes that we forget that the real happiness is inside. Truly, it is!

It doesn't matter how much we love someone, or how much someone loves us. One day or another, he or she will disappoint us. And then it hurts. Maybe we misunderstand, or maybe it's true. But it hurts. Even with our children or husband, if we truly want them to love us, we have to be like a slave 24 hours a day to their every wish. Then they'll be happy, and then they might stick with us. But even then it's just maybe.

Sometimes children also make trouble for their parents because they misunderstand their parents, or they want their parents to be with them all the time and give them all of their time. But sometimes, if the parents can't satisfy them, they just don't care. So even children sometimes cause a lot of pain for their parents. And sometimes a husband and wife cause pain for each other because of too many expectations or even just normal expectations.

Still, they're not always easy to fulfill. Like today someone loves you and then you expect tomorrow he will be the same or maybe even better. But then something happens tomorrow. And then he's cranky and moody, and he doesn't want to talk to you. It may not be your fault. But then you say, "If you don't care about me, why should I care about you?" And then you both say it, and then you separate or at least feel bad about each other. And then it takes many days before you reconcile with each other again, or maybe never. Sometimes even just small things make people fall apart, and it hurts a lot. It's not that it doesn't hurt. If it didn't hurt, it would be OK. But it does hurt.

Actually, if we truly rely on the inner happiness, then everything will come. Then we'll never be disappointed or have to rely on anyone. If someone comes, it's OK, or if they don't come, it's OK. We don't feel so hurt or pained inside.

So all the pain, sorrow and misery come not from the outside, not from other people. They come from our inner ignorance. We expect too much from everyone and everything, and then we're disappointed. So the only source of happiness is inside. Whenever you meditate, try to get in touch with that source. For your sake, for your own happiness, contentment, satisfaction, you must always try to get in touch with that joyful center which is inside all of you. That is where the Master power is. That is where every miracle in the universe can manifest. That's all loving kindness, that's where all loving kindness is born. That's where all the Virtues, Beauty and the Truth lay dormant there for you to discover.

Otherwise, sooner or later we all die and go where, who cares? At least when we're living, we must live a very worthwhile human life. We should be happy and be able to carry on our life in a joyful way. Because that befits our dignity as a hu-

man being, as the “Top Ten” of all the animals in this world. We’re the top of physical creation. We don’t know if we’re the top of the universe yet. Maybe not, but at least here, we’re the top of creation. So we must carry on our life as dignified as a human being should be, and not be fearful of everything and stupid and in misery, especially when we have the treasure inside that we can always use.

That’s the only purpose of meditation: that you know yourself and know what true happiness is, not because the Master says so and you have to obey the Master. You obey the Master because it’s good for you, but you must know why. You must know it’s for you, not for the Master. The Master doesn’t care. I don’t care. If you don’t meditate, you don’t meditate. It’s your life. I can’t control you, and I don’t want to. If you control someone else, you’re bound to him or her. Just like the policeman with a criminal, they’re both handcuffed. The policeman has to take care of the prisoner.

I don’t want to be in that position. So whatever I tell you is good for you, and if what you hear is logical and you know it, then carry on. Not because I force you or anything like that. It’s an honor, it’s a privilege, and it’s the best fortune of our life to be able to know such a secret. It’s not being forced, it’s not a bargain, and it’s not an obligation. It’s the best of all privileges, the best of all luck, in thousands or millions of lifetimes, that we’re being so easily shown such a door to liberate ourselves of all misery. So work on it. That’s all there is to it. (Applause)

Sometimes, if I work until very late, sometimes until twelve o’clock or one, two o’clock, I still meditate before I sleep. I always long to meditate apart from all of my obligations and duties. I never feel like I shouldn’t meditate, or that meditation is terrible. Never! It’s a joy, a source of relaxation, a way of

recharging, even physically.

That's not talking about becoming a Buddha or anything. If you don't meditate during one day, you can never recover from the whole day's exhaustion and all kinds of mental bombardment of society's negativity. So don't complain to me if you're tired, if you're all this and that and the other. If you don't meditate enough, that's it. That's the price you pay. In the beginning, maybe you're unsettled. But the more you meditate, the more you feel like that's it, that's the only method. Now even if someone gave you one million dollars to change the Master or change the method, you wouldn't do it. You never would. Because you just know it; you can't lie. You can't lie and say that this is not the method for you. Even if your meditation is lousy, you know it's only your fault. (Master and everyone laugh) You honestly know that.

And then when it comes to deep down in your introspection: The Quan Yin Method is the only way, right? That's it, full stop, finished, no argument, no "but," "however" or "nevertheless." That's it. That's the feeling we have in our heart, and that's what we know. And that's the only thing that's sure. So if you know that, then you know it. I don't have to tell you.

Devotion Springs from the Heart

Spoken by Supreme Master Ching Hai
Group Meditation in London, UK, March 10, 1998 (VIDEO#631)
(Originally in English)

Q: *If you want to progress faster, and doing more meditation will help that, how much more do you really have to do to progress?*

M: You should feel how much you can take, or how much you want to do. Also, it's not only the meditation; it's the heart, the commitment. It's the devotion inside that says, "Oh! I really only want this." You long for it inside yourself, and that is a meditation. It's not just the sitting.

Q: *In daily life, how you deal with things and how you feel, can that help as well?*

M: Yes, yes, yes: how you look at things, and how you let them go. We can talk forever, but each one has his or her own way of going to God. Faster or slower, it's their own choice. You can't dictate to your heart what to do; neither can I. You just have it or don't have it. One day you are tired, weary of the world, of the fakeness and the illusion. Then you just commit inside. And it doesn't matter how long you sit, you are committed. You are with God all the time, inside your heart. That is true meditation. And that becomes very comfortable for you. Then you know it; you know that you are devoted. Otherwise before, you try very hard to be devoted, but you're just trying. That's the difference!

The Best Thoughts Are of God

Spoken by Supreme Master Ching Hai
Hsihu, Formosa, September 24, 1991 (VIDEO#152)
(Originally in English)

You know thoughts are very important, very powerful – the existence and quality of God – so that at that moment, or at least, when we meditate, or we remember God, our thoughts are holy and pure and unconditional. So we don't create anything bad – only holy vibrations and powerful blessing.

So when these powerful blessings and this thought power are generated around us and within our environment, they rise up, and then other people who are also holy and practicing, they also generate the same thought, same blessing, same power. And like attracts like, and these attract each other and make it become a very powerful force, which defeats all the evil, negative influence in this world.

And that's how the world will become purified and improved day by day. That's how we help the world without having to do charity work even, without having to go out and preach. Yes, of course, when we go out and preach, we bring, momentarily, some high vibrations within, into the minds of the audience and raise them up for a while, or maybe permanently, or maybe for a long time. And maybe these persons go home, and then they carry these vibrations with them, and they nourish them, and they become stable in this holy atmosphere. And they grow holy, too – pure and stable. But it takes a powerful person to do that. Otherwise we are not influencing people. On the contrary, we will be influenced by them. Because the mass – the

majority of the people – are many more minds put together, and we have only one. If we are not strong enough to cover all the minds up, then they will engulf us, and we are in danger.

Nevertheless, we do not need to do that. We can just sit in our corner, in a quiet corner of our bedroom and send out good thoughts, good vibrations, powerful blessing into the world and the universe at large. That's why we must meditate in order to purify our thoughts.

Every time we remember God, every time we remember the Holy Names of God, we are empowered with purity, holiness and blessings. And whoever is in the same consciousness, same level with us, will be united with us at that moment. And we add it to the force, to the positive force to purify the world and to make the world a better and better place, and to help those people who have similar minds with us to be more enforced, and to help those who come in contact with our thoughts, come in contact with our presence, to have more power, to raise themselves up. That's the best way to help the world.

Of course, when we help the world, we help ourselves, because we are living in it. The cleaner the atmosphere, the better for us even, not only for our neighbors. So helping others is helping ourselves. So every time we should generate a very pure thought, unconditional love, and good will – all the time – without wanting anything in return. This is the best way. Even if we have not reached the holy stage or very great Bodhisattva or Buddha stage, at least we should keep ourselves pure and uninfluenced by the negative power around us. Because in the world, many people who do not practice this goodness and who do not have real faith in God, they generate bad thoughts all the time. And they make the environment filthy by their own thoughts and deeds, and even speech.

And if we are not covered by a holy shield, by our own mental protection, and by our own purity and good will, then we will be drowned by this massive negative power around us. That's why we must always repeat the Holy Names of God, which are charged by the Master Power at the time of initiation. That's what we call spiritual lineage, or dharma bloodline. If we don't have the bloodline or the spiritual lineage, we repeat the Names like an empty word; it has no power.

Truly it is so. It is just like material well-being. A person who has no money cannot give other people money. Even though he signs a check, it will be an empty check – no support, no bank account to support it, the check. Similarly, the spiritually empty person cannot charge other people with spiritual power, cannot revive other people's spiritual power. Even though the spiritual power is invisible, it is existing. It must exist in order for a Saint or a Master to reawaken in the people, within people, their own spiritual power. Otherwise, it cannot just suddenly stand there and make fire by itself. Even though fire comes from wood, it needs something, or it needs another piece of firewood to burn it, or to make the fire within itself develop.

Similarly, the Master is the one who has developed Her or His own spiritual power, which can influence thousands, millions, the whole world, and the whole universe. The stronger the Master, the larger the influence. And this we can know by coming in contact with that Master. We feel very calm when we sit with a spiritual Master. And if we go out with other people, some people who are evil-minded or very fierce, we feel very restless and frightened. This is the invisible influence of the inner being, which we cannot tell, but we feel.

So, accordingly, we try to live up to the Master's standard. So we meditate; we try to purify our thoughts. The best

thought is non-thought. Therefore, if you repeat the Holy Names of God, that's enough. That's the best thought. They are very neutral, very holy, and very powerful. At that moment, you have not the need to invoke the daily mind, the mundane mind. Because, however good we think, sometimes it is still conditioned by the customs of the country, by the habits of the mass of our people, and by the trend of the society.

Therefore, the best thought is that we just think of God. Because God is almighty, powerful. God can do everything. That means at that moment, we submit our will to God's will. Let God rule the universe, and we feel unburdened.

How to Form the Habit of Getting Up Early for Meditation

Spoken by Supreme Master Ching Hai
Auckland, New Zealand, April 27, 2000 (VIDEO#686)
(Originally in English)

Q: *What can I do to maintain a daily meditation schedule, when there aren't enough waking hours in the day?*

M: You can't wake up? Me, either. No one likes to wake up when we're snug in bed, but we have to try. Suppose you have a job and you have to get up to go to work, then you must. For something like two thousand dollars per month, you wake up every morning at five o'clock. But for God, you don't wake up! So what am I to do? You make your own priorities. We can wake up a little earlier than usual and then get used to it.

For example, say it's too early to get up at three o'clock; then don't wake up three o'clock. If you normally wake up for work at five o'clock, then wake up at twenty to five the first day, or ten to five, or even five to five, and the next day or next week, at ten to five. Get yourself used to the idea and reward yourself abundantly. Tell yourself, "If you wake up early today, I'm going to give you a double bagel or one more cup of cafe latte." Whatever your mind loves to have, reward yourself with it.

You must also love yourself because let's face it, we have only this one physical body, and we're very tired sometimes. We work hard for eight or ten hours a day, just to keep this machine running. And then we sometimes have to attend to other work such as family: a wife, children, parents, friends, neighbors, relatives, and so on. We really make very hard demands on this physical body.

So of course, if you can't wake up in the morning for meditation, forgive yourself. Don't be too hard on yourself, but train yourself slowly. Watch less TV, go to sleep a little early so you can get up better. Whatever activities you used to do too much before to pass the time when you were bored, use that time for knowing God. It's a matter of organization. I'm also pretty busy. You don't believe it; I sit here and look pretty, but I'm very busy, too. And it's also hard for me to get up early sometimes. But you have to put on the alarm clock. Sometimes it's like that.

In the old Indian tradition, there was a Saint who could wake up all night, but he slept sitting instead of lying down, so it was just the same. (Laughter) Our people are the same. When they go to our retreats, they sit there and look very good, but they sit in any fashion. (Master humorously drops Her head to one side to show someone "nodding off.") So never mind. Try your best; that's what counts. The Saint in India had long hair like me, and he tied his hair to the ceiling. I'm not kidding! And then he became a Master, because he tried so hard. He tied his hair to the ceiling, so whenever he nodded off: "Oh! OK! Ow!" (Laughter)

I'm not saying that you should grow your hair long or do that. But find your own way. Like you can wake up early; for example, in the beginning I had to put a flask of ice water next to me. And then when the alarm rang, I would reach for the ice and throw it on my face: Oh! The ice comes through your clothes and everything, and you just have to jump out of bed.

You don't have to do that; you'll have your own way. But when you want to do something, you can. Believe that you can because you're God. There's nothing impossible with God. Just remember that you have God inside you and no one else

there. Don't listen to the mind and the brain; it's just a computer. The mind tells us, "Oh, sleep. Sleep is good for you." But that's not God's voice. God's is behind that.

Morning Is the Best Time for Meditation

Spoken by Supreme Master Ching Hai
Auckland, New Zealand, April 27, 2000 (VIDEO#686)
(Originally in English)

Q: *Master, why is it important to meditate in the morning?*

M: You can meditate at any time. It's just that in the morning, most people have a night's rest. And in the morning it's still quiet. Like from three to six, most people are still sleeping: no traffic, no noise, no children and no telephone ringing. And your mind, after a night's rest, is calm. And your body is also still not fully active. So you can sit better and you can attain samadhi, meaning Heaven, more and more quickly. If you do it at home, it's even better. Because you're calmer there; you feel more secure and quiet.

And the morning has the best hours. But that doesn't mean you have to do it in the morning. I do it at any time: on the bus, in the car. Our people do it anywhere except when driving, please. (Laughter)

Make Use of Your Time to Meditate

Spoken by Supreme Master Ching Hai
Videoconference with initiates from the Boston Center, MA, USA (DVD#763)
September 28, 2002 (Originally in English)

Q: *Dear Master, I try my best to meditate two and a half hours as I promised. But sometimes, due to daily basic life activities, I find it hard to fulfill this requirement. Please give me some advice about this dilemma.*

M: How can I give you advice? You say your life doesn't allow you so what am I going to do, kill you and kill all the people around you so that you have time to meditate? Of course, life is like that. Don't let it take over. You should take over life. Don't let life take over you. You have only one life. You never know what future you will have so have it in this life now. Try to make time for meditation. Cut down on whatever is unnecessary, less talk on the phone, less newspaper reading, less television, less contact with friends, less coffee; just meditate whenever you can, even if it's for five minutes here and ten minutes there. Any time you have free time, meditate. Try your best at any time! You don't have to just count the time when you can sit properly on your meditation cushion. You can count the time, any time when you're free, you close your eyes, think of God and meditate. Make any break your meditation time. Muslim people pray five times a day and at least I ask you only one or two times a day. Do it! There's no excuse.



Secrets for Lasting Meditation

Spoken by Supreme Master Ching Hai
 Seven-day retreat, Hsiuhu, Formosa, February 13-18, 1989
 (MP3#CR04) (Originally in Chinese)

What should we do if we want to meditate a lot and not feel tired? The secrets are: Talk less, don't look around, don't think of others' goodness or badness and just recite the Holy Names 24 hours a day. If you feel unstable in doing the Sound meditation, then recite the Holy Names for several minutes before doing the Sound meditation again. Should you feel any part of your body ache or become numb, just take no heed of it! When you are in samadhi later, you don't sense that the whole body exists. Therefore, don't scratch around. When you get tired of doing Sound meditation, change your posture and do Light meditation. Your legs will then be very grateful to you for that. For they ache a lot and the head is taut from the previous posture. If you change your posture and do Light meditation at this moment, it will feel much better. So you should do the Light and Sound meditations alternately, and they will be helpful to each other and you can meditate longer without tiredness.

Some of our fellow practitioners can meditate for the whole night. It is because they do the Light and Sound meditations alternately. But don't do that too frequently and change your posture in five minutes, for this is useless. For the longer time you remain in the same posture, the better. The Light and Sound meditations are helpful to each other. When having sat for too long in Light meditation, and sometimes you feel tired and achy, you can change your posture and do the Sound meditation in this way. You will then feel much better, for there is seemingly something to rely on. This secret in practicing meditation is quite unknown to many.



We Can Help the World Only through Diligent Practice

Spoken by Supreme Master Ching Hai
Hsihu, Formosa, April 12, 1992 (VIDEO#241)
(Originally in Chinese)

Meditation is like refueling and recharging a car to keep it running; or it's like having to eat to gain energy to keep working. Since we have to eat as much as we can every day to remain healthy and be able to go on working, we should also recharge our souls with energy so that we can do great things. Why do we want to do great things? It's not because we want fame or regard ourselves as a big deal, but because we see too much injustice in this world. Some people suffer too much. Some people can't enjoy human values or even the basic dignity of being human. People treat each other like savages. That's why we want to help the world. In order to help the world, we have to cultivate ourselves first, practice diligently and be strict on ourselves, then we'll know how to do it. Otherwise, we won't be able to do it even if we wish to.

Aphorisms



The Quan Yin Method Is the Utmost Treasure

Spoken by Supreme Master Ching Hai
Los Angeles, CA, USA, January 1, 1999 ((VIDEO#643)
(Originally in English)

I tell you it is true, that it is the best thing that ever happened to us: The Quan Yin Method. Sometimes you forget a lot of things, or you don't know how to solve a problem or a question, but you meditate for a while, you do the Quan Quang (Chinese: 'meditation on the Light'), and then you do the Quan Yin (meditation on the Sound), and then all things come very quick to you. And you know it. That's why "Seek you first the Kingdom of God." Meditate! Meditate first, and everything else comes along. And if it doesn't come at that time, it means "OK, you don't need it."

Spoken by Supreme Master Ching Hai
Mexico City, Mexico, May 23, 1998 (VIDEO#627)
(Originally in English)

Whenever we're tired of the world's abuses, we're tired of the endless struggle for survival, we're tired of mental fatigue, and we sit down and do the Quan Yin for a while, we feel every bit of the happiness that shuttles back and forth in our inner soul.

The Difference between Prayer and Meditation

Spoken by Supreme Master Ching Hai
Auckland, New Zealand, April 27, 2000 (VIDEO#686)
(Originally in English)

Q: *Is praying meditation?*

M: Yes, it's a kind of meditation. But praying is only one-way meditation. We talk to God, "Oh God, please do this!" But we don't hear what He says. That's why it's one-way. Meditation is two-way communication. We offer our pain, our sorrow, our happiness and our gratitude to God. And He in turn lets us know what we should do next. We have communication and we have a connection with God. Praying is just the talk of one person; we don't hear what God says at all. But in meditation, we hear; we know. He guides us. He brightens our life with thousands of suns inside. He makes us shining, loving, wise, humorous and beautiful, inside and out. That's the difference.

Chapter 4

The Wisdom Eye — The Most Mystical Chakra

The Most Mystical Chakra

Spoken by Supreme Master Ching Hai
Cape Town, South Africa
December 2, 1999 (DVD#676)
(Originally in English)

Q: *Could You speak about the third eye and the chakras?*

M: The third eye is the true eye of our being. “If thy eye be single, thy whole body shall be full of Light.” That is the third eye. Mostly we see the physical manifestation of God with the physical eyes. But if we want to see God as a non-manifested being, we use the spiritual eye, which we call the third eye. In the physical body, the connection between Heaven and Earth is in that third eye center. And actually during meditation, sometimes you see that eye, a single eye, just like your eye but just one single eye. That’s called the third eye, or spiritual eye, or wisdom eye or heavenly eye. Whatever, it’s the same.

And the heart chakra is not where the heart is, but it’s the invisible heart energy that is around the heart. Just like you have an aura surrounding your body, this is the aura surrounding the heart. And the heart chakra is the place where you concentrate if you want to intensify your feelings about something – about love, even about hatred, anything. That is when you use your heart. But if we want to know wisdom, we have to concentrate on the wisdom chakra, which is the third eye again.

We have different chakras in the body – chakras at the feet, charkas at the knees, a chakra at the sexual organs, a chakra at the stomach or the solar plexus, a chakra at the heart, a chakra at the throat, a chakra here (Master points to the wisdom eye center), and the crown chakra. So depending on the purpose of your searching, you concentrate on that chakra. If you concentrate on

the wisdom eye, everything intensifies. This is the center of all chakras, the headquarters of our being. So once we concentrate there, we free ourselves and we intensify everything. You love even better, and you understand things better. Your food tastes better. And you work better; you think better; you create things better, you paint better, and so on. Everything intensifies.

The Invisible Source of Wisdom

Spoken by Supreme Master Ching Hai
Los Angeles, CA, USA, October 30, 1999 (VIDEO#665)
(Originally in English)

Q: *I want to know the difference between the wisdom in the wisdom eye, the wisdom in one's heart, and the voices in the mind?*

M: The mind has no wisdom. It just records what you encounter every day, or what's been put into it. For example, say that your mother kept telling you, "Don't eat ice cream, because, because, because....." So whenever you see ice cream, your mind starts screaming and you don't eat it, "..... Because, because, because....." It's just like a record player.

And the heart is not a wisdom center; it's a center for feeling. That's why when you love someone, you say, "Oh-h-h-! It's an affair of the heart." The wisdom center is here. (Master points to the center of the forehead) Because we are in a physical body, I have to say it's somewhere. The wisdom center is not in there, of course. But if you are in the physical body, you have to find it in there. Inside the middle of your brain, there is a spot. That's to start with. And later you find out that you are everywhere. You are the wisdom; you don't need to find the wisdom. But you have to start from somewhere. The heart chakra is functioning for some other reason, not for finding wisdom. And besides, the real heart is not the physical one that's pounding in your chest.

How to Develop the Third Eye

Spoken by Supreme Master Ching Hai
Honolulu, Hawaii, USA, March 28, 1993 (VIDEO#343)
(Originally in English)

Q: *How do you develop the third eye?*

M: You don't develop the third eye; it's already there. We can't develop what is not material. The third eye is just a way of speaking; there isn't an eye at all! It just means that normally we have two eyes and see things in a limited vision. But if we have the other eye, the third eye, we can see things in the whole universe. That's why it's called the third eye. Actually, the soul doesn't need the eye to see, doesn't need ears to hear, doesn't need any sensory apparatus to perceive things. That's the highest Truth, that's the highest perception, without having to use any fleshly instruments. That is our soul power, the Supreme Master within us, which knows all things, hears all things in all ways, everywhere.

That's what we have to find. Because we are the Supreme Master of all the universe, can you imagine how great you are, and how you live your life now? (Master sighs) That's why I feel very sorry for you. You come here to listen to me, but you shouldn't have to do it! We are equals, we are exactly the same, and we have the same power. You shouldn't even have to respect me; that's a very sad thing. You know it if you accept what I say and then you know just what I know, what Christ knows, what Buddha knows.



The Supreme Eye

Spoken by Supreme Master Ching Hai
California, USA, October 14, 1989 (VIDEO#101A)
(Originally in English)

If we want to see our own Nature or our Buddha Nature, we have to see through a different eye, through a different perception. This eye is what we call the wisdom eye or Buddha's eye, the heavenly eye, or what the Christians call the single eye. Jesus said, *If thy eye be single, thy whole body shall be full of Light*. What does that mean? Should we put our eyes together and make them become one like cross-eyed people? No, even like that we will see no light. So the eye that is mentioned in the Buddhist scriptures, the Christian Bible and the other scriptures is not the physical eye, but the single eye within our wisdom, within our ocean of consciousness. Actually, there is no eye. But because we can see everything from Heaven to hell, from this world to the Buddha's Land, we call that an eye. So, to open this eye we need someone who can show us the way to do it, just like when we want to drive a car, we need someone who already knows how to drive the car to help us.

The Source of Eternal Happiness

Spoken by Supreme Master Ching Hai
Hsihu, Formosa, June 19, 1995 (VIDEO#481)
(Originally in English)

The only source of happiness is inside. So whenever you meditate, try to get in touch with that source. It's only one little center inside the so-called brain. It's there, physically inside the brain. Every little nerve and center is responsible for something in our being – psychologically, emotionally and physically. And another one is spiritually responsible for our enlightenment and eternal happiness. There is a little center, almost in the middle of the brain physically. From here (Master points to the middle of Her forehead) and here (the top of the head) go inward into two-thirds of the head. The wisdom eye center must be there, really inside.

So when you look with the wisdom eye, it means you are trying to make contact with that center. Even just sometimes, when you make contact there, in just a matter of seconds you immediately feel different. There is a flash of light and then you feel elated for a long time. Of course you cannot always get in touch with that center, or you are not consciously always in touch with that center. But keep practicing. Practice makes the Master. That's what we do. I am still doing it. I need my happiness to “deal” with all of you! I will die if I don't have this joyful energy to give me something every day to carry on with my work.

You cannot always keep on giving. You will be depleted

if you give with the ego or the physical strength of an ordinary human being. Then you will come down in your spiritual practice, and you will become bad and sour. And that's how many so-called gurus became bad, sour and degraded after some time. Perhaps in the beginning they were very pure, very holy and very saintly. But because the method of their practice was not correct and was not directing them toward this forever giving, eternally content center (Master gestures toward the wisdom eye center), they gave everything they had, with all the best intentions, and then they crumbled. They succumbed to all kinds of traps and temptations, like the pressures of society and every circumstance around them.

But these people are very pitiful. If they are such people, we feel more sorry for them. Because they haven't been able to stand themselves, and they have been forced to run. That's why they failed. And that's why I always emphasize to you that you must meditate. Not so that you become good disciples, no, but to save yourselves.



Aphorisms

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

Always, always, be attentive; otherwise, it's easy to just pass a day, pass two days, pass three days, pass your whole life in self-illusion, in bad habits, and not get into a higher level of consciousness, not be able to understand the deeper meaning of spiritual life.

Always Focus on the Wisdom Eye

Spoken by Supreme Master Ching Hai
Florida Center, USA, June 9, 2001 (DVD#719)
(Originally in English)

Q: *I heard You say on a videotape that when we look at someone's wisdom eye, it helps them also. It makes me feel really good to do that, and I hope to remember to do it. What I'd like to understand better is how it helps the other person.*

M: Well, it's when you yourself know what you're doing. If you're already thinking of the wisdom eye, that means you yourself are reminded of the spiritual center of wisdom and enlightenment. And, if you yourself remember that, of course your atmosphere will be spiritual. So that person will of course benefit from you. It's just like standing next to a fountain: Even though you don't jump directly into it, some water will sprinkle on your face and make you feel cool. Similarly, if you stand next to a person who's spraying perfume, even though you don't spray it on yourself, you will still have some scent on you. So you're important. Whatever you are is what the other person will receive. That's why, whenever we remember anything about the spiritual center, about our true Self, the person next to us will benefit. That's how it works.

The Secret of “The Creation of Adam”

By Xiang Zhi, Hsinchu, Formosa (Originally in Chinese)



Michaelangelo's masterpiece
"The Creation of Adam."



Overlapping the Creation of Adam with a diagram of the human brain, one can see that the curtain surrounding the angels coincides precisely with the outline of the brain, and the position of the wisdom eye is just about the spot where God's left hip is located.



A cross-section of the human brain: The circle indicates the position of the pineal gland, or wisdom eye.

The Italian sculptor, painter, architect and poet Michelangelo, is renowned as one of the three greatest artists of the Renaissance, along with Leonardo da Vinci and Sanzio Raphael. Among his numerous works, the painting "The Creation of Adam" is widely known and highly praised throughout the world, and is a vital part of his first masterpiece – a series of frescoes based on the Book of Genesis. The painting, which took four years to complete, depicts God creating Adam. He is shown surrounded by a group of angels while extending His finger toward the newly created Adam, who reclines powerlessly on the ground, waiting to receive complete life and power from the Creator.

Since ancient times, people have been familiar with this episode recorded in the Biblical Book of Genesis. Thus,

when appreciating The Creation of Adam, they are inclined to focus on the beauty of youth and health that shines forth from the newborn Adam, as well as on the wisdom and mercy radiating from God, who looks much older in contrast.

However, if we study this painting from the view of spiritual practice, we will be amazed to discover a much more profound meaning hidden behind it. Through The Creation of Adam Michelangelo was trying to reveal the mystery of the wisdom eye! If we carefully observe the group of angels surrounding God in the painting, we can see that the outline of the angels is a precise a diagram of the human brain. The curtain encircling the angels clearly delineates a cross-section of the brain. The point where God's extended right arm intersects with the brain (the curtain surrounding the angels) represents the center of the forehead – the spot on which Master always reminds us to focus our attention. Going deeper from this spot to approximately where God's left hip is located in the painting is the pineal gland in the human brain – the position of the wisdom eye. Michelangelo thus created this fresco as a tool to reveal to the world, in an extremely ingenious and metaphorical manner, that ever since the beginning of human creation, God has been communicating with humankind through the wisdom eye; the life and power bestowed by God are also transmitted through this secret passageway connecting the secular world and the Heavenly Kingdom.

The Bible says that we are the temple of God. Michelangelo went a step further to indicate the position of God's throne in his painting, and to expose this eternal mystery of the universe to the world. Judging from his exceptional talents in many fields, and his lifetime of accomplishment, we can assume that, five hundred years ago, Michelangelo had already explored the temple of God and obtained the inexhaustible treasure of the Heavenly Kingdom.

The Mysterious Pineal Gland

Compiled by the Formosan News Group

The very mention of the term “pineal gland” creates a mysterious aura. Renowned French philosopher, physiologist, physicist, natural scientist and mathematician Rene Descartes (1596-1650) called it “the seat of the soul.” Others believe it is the Centrum that carries the “life code” and conveys orders to the body. Recent academic studies have found that the pineal gland contains light-sensitive cells which function like those of the eye’s retina, testifying to the fact that the pineal gland can “see.” Thus, it is also known as the “third eye.” Modern research on melatonin production by the pineal gland has unraveled its mysteries to some extent.

The Pineal Gland and Melatonin

The pineal gland is a flat, cone-shaped organ about the size of a pea lying in the center of the midbrain. It reaches its largest mass during childhood, but calcifies and shrinks with age.

Melatonin production by the pineal gland is determined by the amount of light received, for the gland plays the role of a bodily clock, due to its sensitivity to light and regulation of the sleep-wake cycle. During nighttime sleep, melatonin levels in the body rise, reaching a peak between 11 PM and 2 AM, and then drop dramatically when a new day dawns.

Melatonin production is related to age, increasing at three months after birth, peaking at the age of six, and beginning to drop after puberty.

The Effect of Melatonin on the Human Body

Melatonin has a simple chemical structure, but it plays a decisive role in bodily functions, monitoring the work of the glands and organs, and regulating hormone production. It also controls over-stimulation of the sympathetic nerves to lower blood pressure and slow the heart rate, thus reducing the impact on the heart. It also alleviates mental stress, improves sleep, adjusts the body's biological clock, relieves jet lag, strengthens immunity, increases the body's resistance to germs and viruses, and prevents cancer and senile dementia.

Melatonin production is inversely proportional to that of serotonin, a chemical that constricts the blood vessels and acts as a neurotransmitter. The mind is most active during the day, when it runs wild and is distracted, resulting in an increase in the amount of serotonin required by the nerve cells. During the night or meditation, when the mind is less active, less serotonin and more melatonin are produced, and the situation changes. However, when the eyes perceive light, melatonin production is reduced. This is why night workers and those who sleep with the light on have a lower immunity to disease and a higher propensity to develop cancer than others.

Two studies in the U.S. have shown that bright light at night reduces melatonin production and induces estrogen secretion in women, which in turn increases the incidence of breast cancer among female night workers. Research on infants who died from sudden infant death syndrome (SIDS) found that the babies had underdeveloped pineal glands, which lowered melatonin levels and weakened the brain's ability to deal with free radicals (molecules with an unpaired electron), thus making the

brain vulnerable to free radical damage. Another study on children and adult hypochondria suggests that the melatonin levels of psychiatric patients are lower than those of healthy people.

The Origin of Melatonin

Melatonin exists in small quantities in many plant species, including oats, sweet corn, rice, ginger, tomatoes, bananas and barley. Intake of other foods such as kelp, soy beans, pumpkin seeds, water melon seeds, almonds, peanuts, yeast and malt, helps to increase the body's melatonin production.

Lower food intake ensures normal melatonin levels. Research shows that old mice given less food have healthy pineal glands like those of young mice, and can regulate melatonin production. Their melatonin levels are 80 percent of those found in young mice, compared to 40 percent for old mice without food restriction.

Conclusion

Although melatonin has a significant effect on the human body, no definite conclusions have been reached about whether melatonin supplements are beneficial to health. Research shows that melatonin production is higher in women who meditate. Big-toe exercises also stimulate melatonin production. Physical exercise during the day increases melatonin levels, while night exercises have the opposite effect. Therefore, it is advisable to eat less, meditate, exercise regularly during daylight hours and lead a disciplined life.

Chapter 5

Science, Spirituality and Their Consistency

Evolution

Spoken by Supreme Master Ching Hai
Brisbane, Australia, March 22, 1993 (VIDEO#338)
(Originally in English)

Q: *Dear Master, one question that has worried me for a long time is about evolution. With my limited knowledge about evolution, I don't know how to answer the students I have been teaching for many years. My question is whether life on Earth has taken many forms and has evolved from our common ancestors, or did God create all at the same time?*

I am very confused between religious and scientific knowledge. If I stand on religious belief, I say that God created everything. Then we go home and sleep; no further questions. But if I explain it scientifically, I say we all share a common ancestor, branching, like Charles Darwin proposed. So, with my limited knowledge, I can't answer. I have said to my students that I have to wait for my great Master with the knowledge of Heaven. Maybe then I can explain it to you later.

M: You see, religion and science don't conflict. They just use different terminology. And sometimes science doesn't point out, or they have not found out the underlying principles of all things. For example, science would say the same elements exist in you and me and are present in all things – in plants and wood and all that. The religion, for example Christianity, would say that all are created from one substance, from God. And Buddhism would say all beings have the Buddha Nature. And Taoism would say we are all one. But this is the same as science saying that the elements in me and you are present in the plants and trees and woods and all that.

But then what makes our elements move, talk and think?

The elements don't make the plants and trees talk. And if we have the same elements in all things, then, of course, we need the same force for this movement. Is that right? Yes! Therefore, actually we're all created from God. You can call it God or the cosmic energy, it's all right. In the beginning there was only the cosmic energy. Don't call it God or Buddha Nature; it confuses too many people. We will talk in scientific terms. Cosmic energy just rested dormant with all the seeds of wisdom, and all the seeds of matter capable of expanding and growing. But when the cosmic energy stirred somewhat within itself, then all the seeds sprouted forth accordingly and became all that exists today. So, we can call that God, or we can call that Buddha Nature.

If we do not know the source of our being, then we do not live according to the cosmic law, and that makes trouble for us. Therefore, we have to meditate now and ponder, trying to find the source of all this intelligence. And when we return to it, or at least we tune in with it, our life is in more harmony with the cosmic whole, and therefore, we are happy! We have no obstructions. We don't drive all over the place, but drive in the proper lane, at the proper speed. This doesn't conflict with science at all. But maybe science doesn't point out the force that moves all things.

Science just talks about matter, the elements present in you and in me and in all things. In that, they have discovered a great deal already. But how can they use the scientific method to discover the things that are without substance? That is our cosmic force that moves everything, and we so-called souls are part of it; part of this cosmic force.

The things that come into being differ according to how far they were from the central force of this cosmic whirlpool at that time of the great stirring movement. Therefore, we dif-

fer in shape, size, energy, wisdom, and the ability to move and to think. (Applause)Therefore, all things will come back to that central force, and then they evolve. If they want to come closer, they must be wiser, because at the center is wisdom. Therefore, they evolve. That is the reason for evolution, you see. They have to evolve, becoming wiser, greater, wiser, greater, wiser, greater, and then they can get closer to the center, because the center has a great magnetic force, to suck all things back in and then later push them out again, evolving all the time.

But, sometimes this cosmic power will also rest, and all things will stop. And then, when it wakes up again, all things start to work. That takes place over many eons. It's a little difficult for me to explain these things, but just try to understand what I say.

Spoken by Supreme Master Ching Hai
Brisbane, Australia, March 22, 1993 (VIDEO#338)
(Originally in English)

Q: *If God created the universe and Earth, was the universe created before or at the same time as the Earth?*

M: In the universe, there are many earths. We are not the only one. You can take time to visit! Therefore, we see many UFOs and things like that. These are definite things. There are many earths that look like ours, with people and life. Some have been glimpsed by scientists, but they have not disclosed it, because they lack enough evidence, the planets are too far away, and they are not sure what is what. Some of these planets are more like Earth; they have people like us, with a lot of farming and all that. Other planets are not like Earth. These are more spiritual planets, where there are people, but they are angel-like and invisible to our naked eyes, to the eyes of the scientists, and to the eyes of all the telescopes. Therefore, we have to visit them in our spiritual body and use our spiritual eyes to contact or to see them. This, the scientists cannot do. So, for example, yesterday and the day before, many people said they saw beautiful places and castles and people, but not on Earth. We can travel in a flash to any planet, if we train enough. But that's not our true aim anyhow. Come what may; we have no desire for particular things.

Science, Spirituality and Their Consistency

By the USA News Team
(Originally in English)

You will be amazed when you listen to the scientist named "Ching Hai" discuss the mysteries of the world and the Universe on Her various lecture video and audiotapes. Her words affirm what Jesus said: *Seek you first the kingdom of God and everything else will be added unto you.* Master Ching Hai majored in languages at the university, but after achieving total enlightenment, She can explain the origin of the Universe better than any physicist on the planet. Master has also said that there is no conflict between science and religion, that science is attempting to prove what enlightened people already know, and that the science of other planets is a billion or a trillion times more advanced than ours.

The Big Bang Theory

An article printed in the Indianapolis Star newspaper (January 15th, 1998) states that most astronomers at the annual winter meeting of the American Astronomical Society agreed the universe began in a "Big Bang," when all time and space were contained in a single dense point – a "singularity" – which suddenly blossomed outward in an expanding fireball of particles, which now form the galaxies, stars and planets. But scientists fail to know what that "singularity" is and what will happen after the Big Bang. Will the universe expand forever or will it collapse or snap back in a "Big Crunch"? One theory suggests that the universe will

one day contract back to its origin.

During Her lecture in Geneva, Switzerland, on April 21, 1993, Master Ching Hai was asked whether She agreed with the scientific theory regarding the origin of the Earth, namely, "the Big Bang Theory," and She replied, "Yes, I agree with it. But scientists explain things only in the material and physical aspects. They have not discovered the real essence, the invisible force behind the Big Bang. But it also helps to understand the spiritual aspect and creation."

On March 22, 1993, during a question and answer session in Brisbane, Australia, Master gave a clear explanation of how the universe came into being. The "singularity" in scientific terminology is God, wisdom, or the cosmic energy. When this central force of wisdom is in motion, all forms of creation come into being from it, with various shapes, sizes, energies, wisdom, and the abilities to move and to think. Because the center has a great "magnetic force," all things will come back to the central force, and then evolve again. The "singularity" has already expanded and contracted many times, enabling us to evolve and grow. And Master explained in Her lecture in Singapore on September 26, 1994 that, scientifically speaking, this process is very similar to the theory of the "Big Bang," but it is very difficult to explain in human language.

The Doubts of an Atheist

To attempt to prove that life arose on Earth through random collisions of molecules in a "prebiotic" soup of methane, ammonia, carbon monoxide, carbon dioxide, hydrogen and water vapor, scientists Miller and Urey recreated these conditions in a famous 1950's laboratory experiment. A spark of electricity

(meant to simulate lightning) resulted in the creation of amino acids, the building blocks of protein.

However, Sir Fred Hoyle, despite being an atheist, disagrees with the conclusions drawn from the above experiment and believes that life could not have arisen on Earth by accident. DNA is simply too complex and too irregular to have been generated by the laws of physics. Even if the entire universe had consisted of primordial soup, Hoyle concludes, an accident could not have led to the creation of life. The possibility of random events having created the order of life, he states, are about as great as "a typhoon blowing through a junkyard and constructing a Boeing 747." Along with Francis Crick (one of the discoverers of DNA) and a number of other scientists, Hoyle now believes that life arose on another planet somewhere and was transported here. However, Hoyle and others can not explain how life arose on that other planet!

The Breakthroughs of Modern Physics

The conceptual breakthroughs of modern physics provide another good example of the consistency between science and spirituality. When molecular science was developed, human beings began to change their views about the material objects of this world. They realized that various solid objects are actually not "solid" and that all the things in this world are made of various molecules with large spaces between them. As physics advanced further, people realized that the almost innumerable types of molecules in the universe are made of countable types of atoms, which are further found to be made of limited types of basic particles such as electrons, protons, neutrons, etc.

Human beings' views on the material world again

changed dramatically as quantum mechanics was introduced in the early 20th century. Quantum mechanics views the basic particles of the material world not as "particles," but as waves or energy in various vibrational states. That is, objects such as cups and bowls that we see and feel do not exist; they are merely energy in certain vibrational states that make us feel they are cups and bowls. In a word, all the things in this world are illusory and are comprised of vibrating energy.

This finding is consistent with the Great Masters' teaching that our world is illusory. In a lecture in Thailand on January 1, 1994, Supreme Master Ching Hai said, "When we look inside (meditate), we find nothing; we find no physical form, no substance; instead, we find a real existence, a real energy. That is where we come from. If we do not regard ourselves as a corporeal body, then we will realize that that is where we come from. That is the real energy from which everything comes....."

Quantum mechanics is also consistent with the spiritual teaching that all things are created from the great Sound (Tao, Word, or Vibration). In Master Ching Hai's lecture given in Taipei, Formosa on March 6, 1986, She gave the following clear description: "This Sound existed when creation began. When this Sound came into being, everything came into being. This Sound is God; this Sound is Creation. All things in the universe are linked together by this Sound. All the realms, from high to low, are linked to each other through this Sound. All things in the universe, whether stones, plants or humans, vibrate at their own specific frequency."

From the above examples, we can see that material science is included in spirituality. Most scientists focus their attention only on the material level, and, although they have made many great discoveries, what they are able to discover is limited. Just like Supreme Master Ching Hai once said, "Scientists have discov-

ered only matter. They have discovered all the energy as matter, but not the flexible intelligence behind the energies. Therefore, it is a little different here. People use energy as a means to sustain their lives and to make more comfort in their lives. But they do not know that behind the energies is flexible intelligence, wisdom.” (Lecture at Harvard University, October 27, 1989)

“The Quan Yin Method has a key, a tool, by which you can go to other places to learn.” (Lecture in Chiayi, Formosa, January 16, 1989) “At the present time, our Earth does not have great schools of science that teach advanced sciences. So you should practice the Quan Yin Method, and you will gradually develop your wisdom. Or you can go to other planets to learn, so that you can serve the world when you come back.” “Even if great scientists come here from other planets to invent machines and to educate us in many aspects, we still have to prepare ourselves in advance. We have to be prepared with a high level of wisdom, so that we can assimilate the advanced knowledge and sciences they will teach us. No matter what, we should practice the method of wisdom to develop and nourish our wisdom. Then we can do anything.” (Lecture in Hong Kong, February 19, 1992)

The Miracle of Blessing Power

Spoken by Supreme Master Ching Hai
Four-day Christmas Retreat
Florida, USA, December 26, 2001 (DVD#728)
(Originally in English)

Q: *There is physical evidence today that when you bless something, you change its molecular structure. I saw on the Internet that there is this Japanese scientist who took some water, like polluted water, for example, from a river in Japan. And then he froze it and magnified it 500 times. And he took a picture of it. The water that was very polluted had no shape; it looked like mud, just a big mud thing.*

And then he went to a temple and asked one of the priests to bless the water, the same exact water, from the same sample. Afterwards, he froze the water, took a picture, and the muddy look of it became a beautiful crystalline structure. It's like a snowflake. And then he decided to continue the experiment. He took another water sample and put "Thank you" on the container of water; he taped the words on it. And then he took a picture of that water and it had a different structure, he got a different picture, like the water had a language.

And then he took the water, and he said, "Let's apply some music to the water." So he put the water near hard rock, heavy metal rock, really noisy music. And that water was all distorted, and it looked like it had faces in it. Then he took the water and he said, let's say, "Mahatma Gandhi," or "Mother Teresa" near it. And every single thought or every single word produced a different image. The water changed every single time, even the polluted water. So it's really amazing when we think about Master's blessing food, and even ourselves, that we do even change

the structure of the food or the water. And there's physical evidence of this.

M: You know, I'm very shy. When you ask too much about what kind of power I have, I have a hard time explaining it. So I probably just tell you that they like the food or they like the cakes or something like that. But you have to find out for yourself. I'm not a very good advertising agent. I rarely talk about things like that.

If I say something, I say, "the Master," or "the Master power." It's not me that I'm talking about. The Master or the Master power, that is impersonalized. But just for the physical evidence, any priest or anyone with good intentions can bless something and make it better than nothing. When someone with spiritual power blesses water, it has Light. And you can see it. When you put two different waters here, one that's blessed and one that's not blessed, the one that's blessed will sparkle with Light.

Kids, they will go to it, or dogs will go to it. You don't have to tell them which one is the blessed water. They will go and take it instead of the other one, because they can see the Light. Not all kids can see; younger kids can see, and many dogs, they can see. They can see the spiritual auras of people. That's why some dogs bark at some people, but they don't bark at anyone else.

So there is such a thing as spiritual power or different energy from different people. Sometimes you go out to eat in some restaurant or somewhere, and even though it looks clean, you still feel dirty. That is the energy; there's some blessing power that's missing. So a lot of people bring food to the temple or to the church to ask the priest or the commissioner, the nun or the monk, to bless them. This does have some effect, even

though these monks and nuns, maybe they are not really practicing Quan Yin or anything. But they are sincere, they're pure and they have some blessing power. So it does work, to some extent, but not as well as with an enlightened person, of course. But it's better than nothing, like the Japanese scientist showed. And when you say to someone, "Oh, bless your heart!" or "May God bless you," it really has an effect. So, do say these things. Do wish people well.

The Power of Thoughts and Emotions Made Visible

By sister initiate Sophie Lapaire, San Jose, CA, USA
(Originally in English)

At the recent Christmas retreat in Florida, a brother asked Master why it is that when Westerners come to take pieces of blessed candy or fruit they only take a few, quietly and politely, while the Asian brothers and sisters tend to be more aggressive and competitive, grabbing handfuls at a time. The brother proceeded to ask in a very cute way if there was something that the Westerners had not been told and were missing out on concerning blessed food. This began an earnest discussion in which Master replied that She is too shy to talk about what happens when She blesses the food, but that perhaps people feel it is so special because She only showers the food with goodness – good wishes of health, happiness, enlightenment and compassion. She added that, since She started Her preaching activities in Asia, Asian practitioners may have had more time to test and experience the blessed food, so perhaps they appreciate it more.

This discussion reminded me of an article I had read a few months earlier on the Internet describing physical evidence that our environment is altered by our thoughts and emotions.

Messages come in all forms. Sometimes they jump at us when we randomly flip through the pages of a book, and sometimes they emerge in the words of a complete stranger echoing a question only we knew of. They have also been

found in bottles that wash up on the shores of oceans. Even something as basic to life as water has an inherent intelligence through which it can communicate with us. Modern technology can now demonstrate that our thoughts and emotions can change not only our physical being, but even the world around us.

In the scientific world, unless an experiment is repeatable by an independent observer, its findings are considered invalid. So this is exactly what Dr. Masaru Emoto, a visionary researcher from Japan did. Through repeatable experiments he demonstrated that human thoughts and emotions can alter the molecular structure of water. Now, for the first time, there is physical evidence that the power of our thoughts can change the world within and around us. The ripple effects and quantum leap of this discovery are quickly spreading around the world. If you were a skeptic and needed proof, well, now you have it!

It all started in 1994 when Dr. Masaru Emoto took samples of water from various sources, froze a few droplets, examined them under a dark field microscope and photographed them. He experimented first with water from a pure



Photo 2: Polluted water before praying



Photo 1: Water from a pure source in Japan.

source in Japan. The picture revealed a beautiful crystalline form. (Photo 1) He then did the same thing with water from a nearby polluted river. The result was a muddy, smeared pattern with very little structure. (Photo 2) He then asked a priest from a temple to offer a prayer to the polluted water sample and repeated the experiment



Photo 3: The beautiful crystalline structure of water after a prayer.

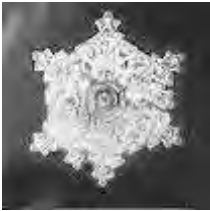


Photo 4: The crystalline structure produced in water by classical music

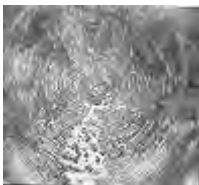


Photo 5: The crystalline structure produced in water by heavy metal music

out of curiosity. To his surprise, another beautiful crystalline structure appeared. (Photo 3) This experiment was repeated many times over with the same result. The researcher then exposed water samples to different types of music. Classical music always reflected beautiful patterns, (Photo 4) whereas heavy metal or rock and roll created distorted, formless, smudged images, (Photo 5) as if these types of music had destroyed the delicate equilibrium of the molecules. He continued experimenting, this time by writing words on pieces of paper and taping them to a clear glass container to see if anything happened. He tried using positive words like "Love" and "Thank you" (Photo 6) and every time noticed a beautiful and delicate crystalline pattern. He tried "You make me sick. I will kill you" (Photo 7) and each time observed distorted,



Photo 6: The Crystalline structure produced by "Thank you" in Japanese.



Photo 7: The crystalline structure produced by "You make me sick, I will kill you"

frightening, muddled patterns. He even experimented with names like “Gandhi” “Mother Teresa” (Photo 8) and “Hitler” (Photo 9) and the same kind of results occurred.

Dr. Emoto soon realized that everything in existence is alive and has a vibrational frequency, a magnetic resonance field, which is the source of energy behind the creation of all things. He was even able to measure this field using a Magnetic Resonance Analyzer (MRA). This research really explains why Sound meditation is so powerful. Not a day goes by when I do not realize that the few commitments we make to ourselves when we practice the Quan Yin Method are the fewest and simplest, yet the most powerful and transforming experiences

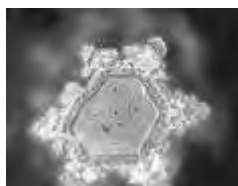


Photo 8: The structure produced by “Mother Teresa.”



Photo 9: The structure produced in water by “Hitler.”

we can have (and they have no side effects!).



Photo 10: The crystalline structure of “Love and Gratitude.”

After much experimentation, Dr. Emoto discovered that the most powerful combination of thoughts in terms of capacity to transform was that of “Love and Gratitude.” (Photo 10)

What makes this discovery so amazing is that we live on a planet covered by more water than landmass, and that the human body is largely composed of water. So if we have the power to change the structure of the medium we are made of by simply producing positive though patterns, we can restore not only our own health

but that of everyone around us, and even the planet itself, with our every thought.

Think about what giving thanks and praying before a meal can do to your health. I used to believe that it was a good way to stop the mental business of the day and put myself into a more receptive space. Now I know that even the food I am about to eat will also be transformed.

If our purpose on Earth is truly to bless it, then what better way is there for us to be vigilant and determined in maintaining the quality of our thoughts and emotions than the Quan Yin Method? This understanding truly brings a new meaning to the practice of self-mastery. Now we can no longer pretend ignorance or claim that it is a religious matter. And if sometimes when we feel tired we wonder if we really make a difference, we should think again!

Note:

© Photo courtesy of IHM General Institute in Japan

Photo 1 - Photo 9:

From <http://www.rainbowjaguars.com/hadoindex.html>

Photo 10:

From <http://www.spiritofmaat.com/archive/nov1/cwater.htm>

For more information on this subject, go to:

<http://www.Hado.net>

Chapter 6

A Great Change Can Be an Uplifting Experience

An Uplifting Experience

Spoken by Supreme Master Ching Hai
Edinburgh, Scotland, June 5, 1999 (DVD#648)
(Originally in English)

Q: *Do You think that there's a change occurring in our time, specifically 1985 to the year 2010, that allows for a more global, larger change?*

M: Yes. This is a kind of uplifting. Because when a great quantity of spiritual energy gathers together or condenses in one period of time, there is more urging than usual. Especially when the planet may be in more turmoil, with more troubles, more turbulence, more war and more disasters, the grace of God is more urgent. Because more people pray for the grace of God in these times of need. The more that people sincerely pray, the more the grace of God will descend upon this planet.

Meditating on the Light and Sound Is Our Only Support

Spoken by Supreme Master Ching Hai
Raising Center, Cambodia, July 30, 1996 (VIDEO#568)
(Originally in English)

Only the inner Light and Sound can help us in any kind of situation in this world. So for us, in dealing with any kind of karma, any kind of burden from the past, present or future, there's nothing else in this world that we can rely on. The Light and Sound, are the only methods, the only equipment that God bestowed on us when we descended into this world so that we can protect ourselves, so that we can remember the Kingdom of God, so that we can resolve any difficulties and obstructions on our way to finding the Kingdom of God. Any troubles in this world – be they in your business, in your family circle or in personal love relationships – are there actually just to make trouble for you, just to sidetrack you from the journey back to the Kingdom of God. And God knows that beforehand so we're given this equipment, the Light and Sound, so that we can slash them all asunder and then advance further. Without the Light and Sound, we can never make it back Home..... never, ever. Just like without an airplane, you can not make it here to Cambodia so fast and trouble-free.

So any time you have a problem, be it with yourself, with any of your loved ones, with any kind of employment or businesses, or with anything, just sit down and meditate. Then the problem will become clearer to you and you'll know how

to solve it, or the problem will just disappear by itself in time. Sometimes we panic, really because the world seems to press upon us for certain things, or at a certain time and certain demand. We panic and say, “Oh, my God! I can’t make it. I have only one more day or half a day and I just don’t want to do something else. I want to do this thing right now and other things just come making demands on me.” But then after we meditate for a while, the world withdraws its demand on us, or the problem just goes somewhere else and then we find we panicked for nothing. So, just keep cool. C-O-O-L. (Laughter) Keep cool, baby, (Master and everyone laugh) and everything will be all right.

Listen to your intuition inside. Sometimes it’s difficult. You have to see which is the strongest voice and remain steadfast on that strongest intuition because sometimes you feel like you should do this, continue to do this job, but some other people come and demand that you do another job, and the other people come to tell you that this is better and it’s no use now – “It’s going to be no use. You’d better run fast in the other direction and do this, that and that.” But then you feel inside that you should do this, but it makes you feel like you’re in a struggle and torn apart from different directions. Then you need to sit down and meditate and listen to your own Buddha voice, the intuitive voice inside, the silent voice that tells you what to do. Or at least stay calm and you can see clearly for yourself which direction is better for you.

I tell you all these things from experience. I’m not telling them to you from a book. Books don’t teach us this kind of thing, not too many. And it always works because where else can we run and what else can we use to deal with the world as it is? There’s so much overwhelming suffering, so much nonsense, so much pressure on us small creatures, and sometimes

we really don't know what to do and it makes us feel very anxious, very restless. Meditating on the Light and on the Sound are the only things we can do in such times of necessity.

The Best Antidote for an Epidemic – The Quan Yin Method

Spoken by Supreme Master Ching Hai
Pingtung, Formosa, November 2, 1988 (VIDEO#15)
(Originally in Chinese)

This world has entered the Golden Age! The Golden Age is for spiritually advanced people to live in; the unsuitable ones will be gradually eliminated. That's why you will see the occurrence of more and more diseases that had previously been unheard of.

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

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

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

Omnipotent Quan Yin Insurance

Spoken by Supreme Master Ching Hai
Pingtung, Formosa, November 2, 1988 (VIDEO#15)
(Originally in Chinese)

We should practice spiritually, otherwise it will be a great pity and we will be pathetic! Even if we become a king or a Brahma (lord) within the first Three Realms, no one will save us or make us offerings after we die. We will leave empty-handed. At that time we will feel very frustrated, and lonely without company. Therefore, I feel sorry for those people who do not practice spiritually! Every time I think of them, I cry. Once they fall, it takes unthinkable long periods of time – trillions of years – before they can rise again. It is not that easy. And when they come up here again, they do not necessarily come in human form at once. Even if they do, they may not necessarily be able to hear the name of a Master, or find a Master who can offer them protection, love, care, guidance, and comfort, or hold their hands and pull them higher. It is not easy to find that kind of Master.

Those of us who practice the Quan Yin Method can leave when the time comes, even when we are sick. However, when we leave, we already have insurance and a place that we can depend on. We have the protection of an omnipotent insurance company. (Laughter and Applause) This is the safest way. Those who do not practice the Quan Yin Method leave in a flash. There is not enough time for God and the Saints to come and save them. Their souls do not have a place to depend on.

However, we who practice the Quan Yin Method feel very safe. Even if we fall ill, we need not be anxious. We know that there is no problem. Our souls are calm and peaceful. I do not know how to explain in words why we feel so at peace. Our minds do not know, but our wisdom does. Our souls know. We feel great. Therefore, even if we cannot avoid karmic retribution or fixed karma, we do have insurance. So we have no problem.

For example, when we drive, we know that we may have a traffic accident. Our car may be damaged. Hundreds of thousands of dollars may be gone in a flash, or we may sustain injuries. However, because we have insurance, we dare to drive, even cars worth hundreds of thousands of dollars. When accidents occur, the insurance company will make reimbursements, which are sometimes higher than the costs or losses incurred.

Our omnipotent Quan Yin insurance company is more powerful and beneficial than that! Hence, even if our “vehicle” breaks down, we are not afraid. After a while, we receive full compensation. We have another body, a better instrument, excellent clothing, a better residence, and a better world for us to enjoy. It is not that we have nothing when we lose this world. There is a better world waiting for us. That is why we feel very happy and safe. Our souls know. Inside they surely know.

Hence, it takes trillions of eons before we have a chance to become acquainted with the Quan Yin Method. If we do not cherish this opportunity, even God cannot save us when Hes comes. It is really like this!

Cleanse Your Karma through Meditation

Spoken by Supreme Master Ching Hai
Colorado, USA, April 10, 1993 (VIDEO#350)
(Originally in English)

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

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



The Ultimate Life-saving Method

Spoken by Supreme Master Ching Hai
Hsihu, Formosa, June 30, 1991 (VIDEO#179)
(Originally in Chinese)

Our meditation is the best way to cure illnesses, including our mental illnesses, karmic illnesses and physical illnesses. All can be healed. Why are they all cured when we meditate? It is because we have returned to our original Self; forgetting our worldly identities such as Mr. Wang or Mrs. Liu, we have resumed our original form.

Our original Self is never born, nor does it die, and it is neither filthy nor clean. Therefore, when we return to this original source of not living or dying, our body also becomes more inclined to not living or dying. However, because we do not meditate enough, naturally, we cannot make up for the causation of living and death. Otherwise, we can also become immortal and forever young.

Illness Is Also a Warning

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

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

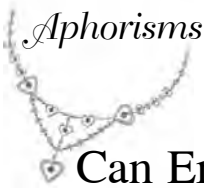
M: Even you find some cures for these diseases, another disease will breed itself out. Only when human beings realize that they should surrender to God, to the Almighty Power which is within us, only when humans realize that in them there's a great power to heal all diseases and that they should rely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



Almighty Protection in a Crazy World

Spoken by the Supreme Master Ching Hai
Group Meditation in Virginia, USA, October 29, 1994
(VIDEO#454)
(Originally in English)

Actually, the world is crazy. In every corner, there is something happening, and the only reliable source for us is the spiritual strength that we derive from our practice and from our faith, which has been proven to us to be efficient. Up till now, any of you who have practiced diligently since the day of initiation will have experienced this protective power, which comes from the Almighty. And it is also within ourselves, because God dwells within you; the Buddha Nature is inside you. Every religious scripture mentions that. The religious scriptures contain the experiences of the ancient practicing enlightened persons. So even if they were a thousand years before, we can also verify now by our own inner spiritual attainment. Whatever it says in the Bible, we can understand clearly since we have practiced the *Quan Yin Method*.



Only Spiritual Practice Can Erase All Illness and Suffering

Spoken by Supreme Master Ching Hai
Pusan, Korea, March 23, 1992 (VIDEO#234)
(Originally in Chinese)

When we practice well spirituality, our karma will be erased, and we'll naturally recover from our illnesses. That's long-lasting magical power. I've also taught you about virtues, guidelines and the vegan diet, and that's even more everlasting magical power, which will better and forever protect the body and spirit, and we'll not have to suffer many illnesses. So I hope you'll erase your own karma through your spiritual endeavor, and then many of your obstacles and ailments will diminish naturally!

Spoken by Supreme Master Ching Hai
Hsihu, Formosa, June 13, 1991 (AUDIO#CG19)
(Originally in Chinese)

Usually, even if we know our past mistakes, we do not have the power to repent. If we can truly repent, however, our karmic hindrances will be erased. We must really practice spiritually in order to repent. Therefore, we still have to meditate.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa, June 28, 1991 (AUDIO#CG20)
(Originally in Chinese)

Spiritual practitioners can transcend the atmosphere of cause and effect and karmic hindrances, so we can feel more relaxed. Therefore, the more we practice, the happier and smoother our lives will be. Because we have escaped from the process of karmic hindrances, it can no longer get hold of us, for we are above it.

Develop Your Inner Healing Energy

Spoken by Supreme Master Ching Hai
Sydney, Australia, March 16, 1993 (VIDEO#333)
(Originally in English)

Q: *I have the need to become more spiritual toward life. How do I react to the negativity around me?*

M: If we have spiritual tendencies, we're more tolerant toward all things, including negative influences and any negative outlooks on life. We're more tolerant and more understanding. Also, our positive Self radiates a healing energy, which will somewhat correct the negative atmosphere.

So we don't need to do anything, really. If we're truly spiritual, things will better themselves to some degree. And should anyone come to us for advice or want to become better also, we'll be in a position to suggest what to do.



Make Use of Your Innate Defense System

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

Live a healthy, simple life — simple living and high thinking. Always think positively. Even just thinking changes your pattern of living, changes your day, and changes your fortune. So always try to keep being positive. Then a lot of accidents, a lot of illnesses can be avoided. It's very difficult if you're a kind of doctor or nurse, or sometimes a social worker, to be positive all the time; because people come to you with their sicknesses, their problems, their very low thinking and depressive energy. But for ordinary people, you can always maintain your positive energy. Always think that God is around you, the Masters from the ten directions are always protecting you because it's true.

So try to take care of your defense system and don't let it break down. Try to take care of your system by acting positively, thinking positively and speaking positively. It's very simple. Even just thinking positively is already a tremendous help to you.



Developing Positive Qualities

Spoken by Supreme Master Ching Hai
Japan, July 10, 2000 (VIDEO#706)
(Originally in Chinese)

Do not be afraid of your fearful feelings because the more we're afraid, the stronger will these fearful feelings become. The more we think about something, the more powerful the thing will become. So, let's just think about "love." At all times, we should simply think about "love," the "love power," and always maintain positive thinking, then the Master Power will naturally take care of everything. Gradually, we'll get used to it and then there will be no more obstacles, and all our fears will vanish. We should trust the power of God and strengthen our faith in God's love power daily. Then, we will grow stronger and stronger.

Being God or the Devil – Thinking Makes It So

Spoken by Supreme Master Ching Hai
Bangkok, Thailand, June 13, 1996 (VIDEO#553)
(Originally in English)

There's a story about the spirit of Cholera. One day he passed by a meditation practitioner and said, "Hallo, I'm going to China." And the spiritual practitioner said, "Oh! You're going to make trouble again!" And Cholera just smiled and flew away to China.

So, about a month later, when Cholera came back from China, he just passed by again and said, "Hallo! I'm back." And the practitioner, perhaps a Quan Yin Method practitioner, said, "Oh, so you killed 50,000 people in one month?" And the Cholera ghost said, "No, no, only 25,000." He added, "The other 25,000 died from fear. I didn't even have to touch them."

So sometimes the actual situation is not as terrible as we imagine. And if we face it, it won't be so bad. It's just that if we're very afraid and fearful and run away, we make a lot more trouble than if we just face it.

We've heard it said by the Buddha: "I am the Buddha; you will be the Buddha; everyone is equal." So what's the difference? Why are we not the Buddha? It's just because we don't think in the way of the Buddha; we don't do things in the way of the Buddha. We don't act in the way of the Buddha; we don't live the life of a Buddha.

The Buddha, He meditated, and then He was not at-

tached to any possessions. People might have given Him a golden bowl for food or some beautiful silk for His dress, but even though He would take it or wear it, He was never attached to it. He always sacrificed His life and His time to teach other people. He used His time to remind people to set an example of the noble ideal of humankind, of a Buddha. And all the time, His mind and His thinking were always set on the Buddha, on the highest ideal, on the noblest goal of humankind and of the universe. He never thought of anything else, and He never feared anything. So Maya, the so-called negative force, came and bowed to Him. But here we sit and bow to the negative Maya. That's the difference. Fear makes a lot of trouble for us; it pushes us below our dignity. So we have to choose a different way of life.

If you don't think of these negative things, they won't exist. That's why I tell you not to watch all those bad movies. Don't watch ghost movies, and don't go to see all those mediums. Then you believe, "Oh! There's a ghost coming inside of him." And then you come home and think, "Oh! Maybe that ghost followed me home. Maybe the ghost thinks I'm handsome." Things like this affect us, too.

But this is just our feeling; it's not real. Sometimes fear and attachment stop us from doing many things that we originally could have done or would have been able to do if we hadn't felt so afraid or weren't so attached to more comfort and an easier way of life. So try to concentrate all the time on the Buddha, not on ghosts.

Be Vegan to Avoid Disasters and Lighten the Body and Mind

Spoken by Supreme Master Ching Hai
Columbia University, New York, USA, November 4, 1989
(VIDEO#102B)
(Originally in English)

Q: *Please explain more about mass suffering. Are people guilty from before, and that's why they suffer?*

M: No one is innocent. I'm not condemning anyone at all. It's all a process of learning lessons. Learning is very painful. Once you're awakened, however, you see things in a different light, and you know it's all lessons.

Look at the mass killing that we do every day in order to keep this body for a hundred years. How many lives have to be sacrificed – all the fish, all the shrimp, all the chickens, all the pigs, all the buffaloes? Do you think all this energy will be dissolved without war, without suffering, without physical ailments? Everything we do is recorded in the air. Nothing is lost; it's only diluted with a different energy. It's only equalized by different actions, not lost. For example, if air has already become ice after being water, and if you want it to disappear, you have to put sun rays, a lamp, light or heat on it, in order to get it back into the form of air again. So if we've been killing, conducting mass massacres all the time, all these animals are suffering, and they also have consciousness, thoughts and hateful energy, all this hatred and fear condenses itself into a powerful energy and hangs around in the air. Too much of that will result in mass suffering.

We have to pay for everything we use in this physical

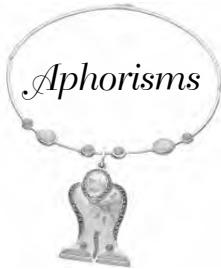
universe. Therefore, all the Masters emphasize following a vegetarian diet, which has the least cost to the various forms of existence. Animals have life, plants also have life, but they incur the least cost. Just like if you earn only a hundred dollars and you want to spend two hundred, of course you go into debt, and you're in trouble. If you try to buy cheap things and satisfy yourself with the minimum cost to live, then you have no worries about debt. That's why we choose the vegan diet – fruit, nuts, etc. All these things have less crime, less consciousness within themselves. If you take a few nuts from the trees, the trees still have plenty of nuts to grow thousands more nut trees. They won't be lost. If you cut a flower, or a branch of a vegetable, it will grow even more from that cut stem, even more vegetables will come out of it. So in this way, we know that the vegan diet is less harmful and incurs less cost.



Veganism Makes You Healthier

Spoken by Supreme Master Ching Hai
Boulder, Colorado, USA, March 9, 1991 (VIDEO#159)
(Originally in English)

Nowadays, some so-called doctors are still very inclined to the old theory that people need meat to survive. But you can find plenty of books using research from other scientific work, and many other doctors who say that meat protein is harmful, toxic and bad for the body. And they have proven a thousand and one percent of it. So don't listen to one theory alone and be convinced about it. We don't need a meat diet, not at all. No one needs it. Actually, many people are cured of sickness after beginning a vegan diet. Is that courageous enough instead of listening to the other theory? We can be hypnotized into believing in one type of theory and convince ourselves of that theory, and then believe that meat is essential to us. But it's not true.



Activate Your Inner Power of Immunity

Spoken by Supreme Master Ching Hai
Berkeley University, CA, USA, October 13, 1989 (VIDEO#101)
(Originally in English)

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

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

We Can Actually Live a Better Life

Spoken by Supreme Master Ching Hai
Group Meditation in Singapore, September 29, 1994 (VIDEO#446)
(Originally in English)

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

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

It's not only because the vegan diet is healthy in itself, but because the vibration is very harmonious to our body whereas the vibrations of animals are not that harmonious, not so peaceful. Actually, it's very easy to live a simple, healthy life.

There's not so much need for medicine, no need for so many injections. Many of us harm ourselves because we put poisonous substances into our bodies. Otherwise, if we know how to live a simple, nutritious, healthy life, we really don't need doctors so much. And the doctor can have more holidays and both of us can stay healthy.

The Supra-worldly Therapy

Spoken by Supreme Master Ching Hai
Taipei, Formosa, August 3, 1985 (AUDIO#CE01)
(Originally in English and Chinese)

I would like to tell you something about the other worlds. We have many bodies; there are different names for them; let's just say the physical body and another kind of body, the psychic body. The people who drink wine, and who smoke and take drugs, or something like that, are doing damage to their spiritual bodies, the material body and also the spiritual body. And after they die, the people in Heaven have to heal them, cure them and help them like a medical doctor does here. After a long course of this kind of treatment, these people recover and then reincarnate as human beings again. They undergo many experiences like that until they learn their lessons, then they want to practice spiritually, and then they can become higher.

On another planet we call "Venus," they have many small "hospitals" like that for different kinds of people. And the people who live in that Pure Land are very highly intelligent people, very spiritual, very high level. They are mostly nearly Masters, most of them can become Masters. And they don't use medicine or equipment to heal these kinds of people. They use different kinds of energy, rays or Light to heal this kind of patient.

Just like here in this world sometimes we use different laser rays to heal people, to treat cancer. These people are only like higher scientists, better scientists. Masters are just more

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

“Venus” is just one of these Heavens. Don't be attached to the name. Because there's not only one Heaven; there are many Heavens curing people like that. Many sentient beings of other Pure Lands also help us all the time. They use the energy of Light to help the patients there, the people on Earth, and the beings in hell. They help a lot of poor people and desperate people, praying people and suffering people.

You often hear of people who kill themselves for certain reasons. But that's not the only way to commit suicide. There're two kinds of suicide. To kill this material body is very bad but it's not the worst. When you kill your spiritual body it's even worse. You can kill it by taking alcohol, by taking drugs, by taking care of just the material life, and never going to church, never going to temple, never going to any spiritual discourses, never meditating, never practicing spirituality, never reciting any Holy Names, never getting in touch with the virtuous teachings of any religions, and every day you're just sociable, have liquor and meat, go dancing and listen to music, watch TV, read newspapers, and do all kinds of things except taking care of your soul. This is destroying the spiritual body. This is terrible.

If you have relatives who practice spirituality, who have faith in the Truth, then at least you can go to Heaven after you die. It doesn't mean that you go with them, but you can ascend to Heaven because of their merits. But after going to Heaven, you lie there like a dead body.

Normally after you die, you have a Light body, but these kinds of people have no Light. Their appearance looks like this

body, but with no feelings. Because your mind is so much attached to material things, in your mind, you bring this body with you to Heaven.

It's not the same body, but they create another body that looks like this body in their minds. That body looks like stone, or like wood, with no feelings, no thinking, no intelligence. Because their relatives practice or have faith in the Truth, they have a little of this merit so they can go with them to Heaven because of the blood linkage. But they don't have a clear consciousness up there, they don't know their relatives. The angels take them, and put them into the hospital. And they lie there for a long, long time like a piece of stone.

And then all the good people, the people there have to heal them with their Light, their own power, and use their power and their love to pour into that body, to pour their love and energy of Light into that body. For a long time it's like that, and then they can begin to live again. Then they can recognize their families, their loved ones who live there. Then they are happy together.

But that's so if these people are not too heavy, with heavy karma, otherwise even if many people help them, they can't receive their help. Some are so heavily bound in their own bad thinking, in their own bad way of life, that they can't receive this loving help. So they become forever lost in the darkness. This kind of case is very sad, of course, but there are some cases like that.

And therefore the people who meditate, or at least who go and listen to the words of the Bible, or the Buddhists, at least they are in contact with the higher power and there are some protective things. The higher power protects them a little. The more you practice, the better.

Of course, if you're in direct contact with the Light of God, you can see the Light in this life already. And you'll definitely go to the higher region. Like in our Method, you see the Light on the first day you get initiation. Otherwise, all the people who do it slowly see the Light after they die, or slowly see the Light later after practicing for many years. Because in the higher world they only use Light for everything, to make babies, to make clothes, to make houses, to make trees, to make every comfortable thing for themselves; everything is made of Light. And even in Heaven, there are also different levels, like in our country there're some rich, poor and middle class. But in the high Heaven, they don't fight with each other.

Chapter 7

All Living Creatures Are Equal

Ahimsa – Extending Love to Our Animal Fellows

Spoken by Supreme Master Ching Hai
Helsinki, Finland, May 30, 1995 (VIDEO#663)
(Originally in English)

Q: *Many people despise animals and just abuse them or utilize them, exploit them, consider them of less value and torture them. I love animals and I wish You would show in Your speech, if possible, the value of animals.*

M: Yes, that's why I advise people to be vegan. We do this to extend our love to our lesser brothers and sisters who are more defenseless and weaker than we are. In the Bible, God said, *I made all the animals to be your friends and your helpers.* Hes did not tell us to eat them.

Q: *Can I be happy with God, even if I am not a vegan?*

M: You know the answer yourself. As you sow, so shall you reap. If we cause suffering to any being in any form, directly or indirectly, we can never feel completely guiltless, and therefore we cannot be completely happy. We can only be happy to some extent.

All Living Creatures Are Equal

Spoken by Supreme Master Ching Hai
Hsihu, Formosa, December 27, 1995 (VIDEO#519)
(Originally in English)

From ancient times until now, the Asian people, especially the Chinese and Aulacese, think turtles are very sacred animals because they live very long. And sometimes they understand things, so the people dare not kill these animals.

Of course, there is some truth in this. Just like before, Aulacese fishermen worshipped dolphins and friendly whales. Because sometimes during storms and dangerous situations like typhoons, a whale or a dolphin would help them guide their boat and even push the boat back to safety. Sometimes they pushed the human beings who were drowning in the water back out of the water. Therefore, animals such as this were never killed. And if one happened to die accidentally or if its death was known, the fishermen or those people who swam in the sea for that reason would make a tomb for the whale or the dolphin and worship it day and night.

So there are some animals that are extremely intelligent. There is no doubt, and we know it, too. Even pigs or house pets are known for their qualities of faithfulness, loyalty, friendliness and helpfulness in times of trouble. Many of your newspapers print articles about miracles done by animals. For example, a dog rescues children from a burning house or a pig runs many miles to get aid for his owner, even though a moment later the owner might cut his throat. Or a horse stays with the tomb of his

human caretaker until the horse's death, and never eats anything. Or a dog will never leave the tomb of his human caretaker, etc. There are a great many things like this.

So it is not odd that humans sometimes think that animals are better than themselves. It could be true, in some aspects. After all, all beings are created by God anyhow, so why couldn't they have the God spark inside them as we do? Just because they're in a different form and use a different language doesn't mean they are in any way less worthy than we are. African people may be black and speak an African language, but that by no means says they are less worthy than the white Americans or yellow Asians.

Share the World with All Beings

Spoken by Supreme Master Ching Hai
San Jose Vegetarian House, California, USA, June 30, 1994
(VIDEO#437) (Originally in English)

Actually, this world belongs to everyone, including the animals. That's why we follow a vegan policy. Because this world has come into existence due to the force of the thinking power of all the beings that exist on this planet. We wanted this place, so it exists, including the animals. But when we came into this world, we thought it belonged to us. Everyone thought it belonged to themselves. Therefore we started to get rid of the other 'aliens' – the red, the black, the yellow and so on.

The red wanted to get rid of the white. And the white got rid of the black. And then the black and the white and the yellow got rid of the animals, and so on. And so we have forgotten that we are the co-owners, not the sole owners of this world. That is why we should not kill animals, should not eat them and of course especially should not kill any other beings. But in the name of politics, national love or religion, sometimes we kill. And we justify our killing with many glorious excuses.

Actually, this is not the right thing to do. Because we kill today and in the next life we're killed. Therefore wars always continue in our world, and then we always wonder why. But there is nothing to wonder about. When we sow something, we reap the fruit thereof. Even the Bible says so – **As you sow, so shall you reap.** And for those of us who have not suffered the effects of war or any other conflicts, that means we have not

sown the seeds of violence. So if we continue to keep it that way, even if we do not practice meditation, even if we do not worship God officially or registered-wise, then we will be born again as a safe, secure, healthy human being. Because we have not planted the seeds of damage, of war or of violence.

Aphorisms



Animals Are Our Friends

Spoken by Supreme Master Ching Hai
Harvard University, USA, February 24, 1991 (VIDEO#155)
(Originally in English)

If we want to truly lead a life of “Love thy neighbor,” our neighbors should include our animal friends, especially since they harm us in no way. They only beautify our lives; they are loving, and they make our lives more lively, colorful and interesting. We should preserve them, watch them, love them and enjoy their presence. God has made it clear; Hes says, “I made all the animals to befriend you and help you.”

Spoken By Supreme Master Ching Hai
N.J., USA, June 24, 1992 (VIDEO#259)
(Originally in English)

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

Love Your Pets as Yourself

Spoken by Supreme Master Ching Hai
Florida, USA, June 6, 2001 (DVD#714)
(Originally in English)

If you have a dog, you have to treat him at least like yourself – with good hygiene, food and love. He's like a member of the family, only different looking. Every time we take the dog out to relieve himself on the grass, we must pick up the 'deposit.' Or we should have plastic ready to catch it, so it doesn't spread any dirt, disease or filth to other people or to other dogs. If your dog is sick and he relieves himself everywhere and other dogs step on it, those other dogs will get sick, too. And so every time we bring him out to relieve himself, when we bring him back in, we should clean his whole body. I will show you how.

For example, you can get a kitchen towel or any towel. This one (Master shows the towel She is holding) is too small, but it's just for demonstration. A kitchen towel is tougher. It doesn't tear. So on the dog, you have to clean everything, because it might smell or stink. Clean the whole body, up and down and so on. First, clean his leg. (Master cleans Her poodle) And then clean his paw, and then all four paws and the pee and the poo. And then he can come into the house. Because then, whatever disease or bacteria he accumulated has been de-sanitized. I use lemon water, but you may have other things.

Use lemon water or vinegar water to clean the house, so the house doesn't have chemicals in it. Because the dogs sleep on the floor, and they lick the floor when they eat and drop their

food. If they eat off of something you cleaned with chemicals, they die or they get sick. And then you spend either the whole money or the whole time for the doctor bill, or you throw the dog out.

This is a problem with a lot of people. They punish the dog for their own stupidity, carelessness and lovelessness. So, many dogs end up in the animal shelter when it's not their fault at all. It's the human's fault and stupidity. Many humans don't deserve dogs. Sometimes I'm driving outside and I see pickup trucks in the summer heat of Florida; the people put a couple of dogs in this roofless bed behind the pickup truck. There is nothing to hang on to; it's just metal. And then they get too hot. They run all around and sometimes fall down behind the truck.

Maybe they get used to it. I don't know how long they have to be used to it. But they probably have headaches when they come home. And they cannot tell you if they have a headache. If you sat in that pickup truck all that long distance, you would have a headache, too. And you even have long, big hair to cover yourself. Those dogs are such poor dogs. Some dogs have short hair; some don't even have hair. When I see this, I think humans don't deserve dogs. Dogs are so loving, so kind, and so faithful. They would die for you. They lay down their life for you whenever danger comes. Their guarding instinct comes out, and they would die for you, any time, with no regrets!

But some humans don't deserve dogs, really. So it breaks my heart every time I see people treat animals this way. At the same time, if someone says you are an animal, it is a curse. It means you are very low, bad and stupid. But can you imagine anyone more stupid than we are sometimes?

Some of us are stupid. Of course, some dogs are raised to live outside. But still, you have to take care so they don't have

fleas. There are preventive medicines; they don't even cost that much. Once a month, you can apply some worm medication and flea medication, and he will be free of suffering. Once a month, that's it. Or, there are shampoos to keep him flea-free and things like that. But it's better to prevent than to kill. We don't want killing. Even worms or fleas, we don't want to kill them.

So just prevent it by keeping the dog healthy and clean. Because outside, even though the grass looks good, sometimes it has bacteria or worms or eggs attached to it. So then, if we bring the animal into the house, our house is exactly as dirty as the outside. Many of you also walk with shoes in the house, and that's how the dog gets sick, too. It's not your shoes that are dirty. It's the things you pick up outside that make your shoes dirty. And then you bring them into the house. Sometimes the wheels of your car also pick up things like feces or urine from a sick dog outside. And then when you bring it into the house, your dog licks the floor or your shoes and gets sick.

So if you want to have animals, make sure that your house is so clean you could sleep on the floor, so clean you could lick the floor and feel comfortable. You can clean your house with half vinegar and half water. Fifty-fifty. Clean with it all over, for sanitizing and deodorizing. So if the dog happens to pee there, he will not smell it again. Because if he smells his pee, he will pee in that place again the next time.

These are just some examples. But if you want an animal, you'd better study first how to care for it. You have to study whether that particular animal is suitable to your personality and your lifestyle, also. That's one of the reasons people throw dogs or cats away, because they are not compatible. They have a hyperactive dog when they are weak and feeble, like an old lady who couldn't handle it. Or a very messy dog that they don't train

and don't know how to handle. Or a very playful dog with people who don't like to play or don't have time to play. And then they throw away the dog, because they think the dog is bad, bad, bad.

So there are many different types of dogs or animals that could be suitable for you. But you have to study before, also to find out whether taking care of that dog or cat is too much for you or not. Then, if it is too much, you'd better not take it. You have to be honest, that's all. It's not that you don't love all animals equally. You just have to know how to love and which one to love, so the love doesn't turn into trouble and then pain for both of you. Because the last time, one of you gave my dog away and then you let that dog run away and get lost. And it broke my heart for a long time.

So if you get an animal, you have to commit, no matter what. And if you can't, you have to find him a good home. Wait to find him a good private home. Advertise in the pet shop. They will find a good home for your dog. And give him away; don't sell him. Give him away as a friend, as a gift. Someone will like your dog. You can describe his personality, what he likes and what he doesn't like. And there will be one person who is suitable for that kind of dog. They will pick him up in time.

Don't give your dog to the pound, because they will kill him in one day. Sometimes they do! It's not always one day, but from one day to one week. The maximum is two weeks. So he won't last long there. If that's what you want, it's OK. But make sure you know. I want to make sure you know that your animals can be put to death in as quick a time as one day in the pound. But some shelters are "no kill." You could also give your dog to that kind of shelter. Describe everything about the animal's personality so that later the shelter can match him with people who

would love to have that kind of personality.

There is always a solution. Don't throw away your animals, because they are living beings, just like us. When you look into the eyes of an animal, sometimes you will realize, "We are equal. We are the same." And that feeling will send shivers all over your body, and will give you an enlightenment that you would never dream of having. I told you that animals can teach you – also flowers, trees and everything. See how well he behaves. (Master gestures toward the poodle sleeping on Her lap) How can anyone throw away this kind of dog? He is so loving.



Chapter 8

Soul Mate

What Are Soul Mates

Spoken by Supreme Master Ching Hai
Cape Town, South Africa, November 27, 1999 (VIDEO#669)
(Originally in English)

Q: *Please explain twin souls and the male and female aspects of oneself.*

M: There's no such thing as twin souls. We're all separate. But sometimes we encounter someone who's very compatible with us, and we call that person a soul mate.

If we've been working, living with and loving that soul for a long time before, in different incarnations, then when we meet this so-called soul reincarnated again in a different body, we feel a sense of familiarity. Because we did things together all the time before, everything is easy; everything is compatible; everything is harmonious.

So that's what we call a "soul mate." We encounter it all the time. And people who have encountered this so-called soul mate are happily married to each other, or they become a very good sister and brother together, or a good parent and child together. The relationship is very good. This is what is meant by a soul mate.

What Is the Spiritual Significance of Soul Mate?

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

Q: *Is there such a phenomenon as soul mates in this world? If so, what is its spiritual significance for the people involved?*

M: A soul mate is someone that when you meet him or her, you feel a very great attraction to each other and you both will be able to complement each other in life and especially in the spiritual process. That's what's called soul mates. But in the world of non-duality, there's no soul, there are no mates; it's just the terminology of this world. So whoever you feel is very attractive to you and very helpful to your daily life activities as well as spiritual endeavors, then that's your soul mate while we're here, if you need a mate at all.

Is It Necessary to Contact One's Soul Mate?

Spoken by Supreme Master Ching Hai
Cape Town, South Africa, November 29, 1999 (DVD#674)
(Originally in English)

Q: *I want to ask You about soul mates. Is it necessary to contact one's soul mate, and if so, what happens?*

M: In this life, if it's necessary, then it's necessary. If it's not necessary, then it's not necessary. You'll know. We have plenty of soul mates really, not just one. It's just that our paths don't always cross because it's not necessary.

How to Meet a Soul Mate

Spoken by Supreme Master Ching Hai
International Six-day Retreat, Bangkok, Thailand, December 28, 1999
(DVD#677)(Originally in English)

Q: *As a single person, I think I speak for anyone else who is still single: What's the best way to meet your soul mate?*

M: I also don't know if there's such a thing as a soul mate because sometimes you have this but not that. If you really want to know, you should pray. Picture yourself having a soul mate and that the soul mate you want will be of such-and-such beauty or virtue, and that she should have this and that kind of quality. List the names of the qualities. List all of the qualities, one by one, clearly, that you want in a soul mate. And one day when you meet her, you'll know.

You have to picture it: Write it down. Or if you see a woman who you think might look like your soul mate, at least in physical appearance, or if you like the way she looks, you should draw that. Or take someone's picture who looks like her, and then, that's it! You have to visualize it, and one day it will come true.

Becoming Omnipresent Means Not Needing to Find a Soul Mate

Spoken by Supreme Master Ching Hai
San Jose, California, USA, June 30, 1994 (VIDEO#437)
(Originally in English)

Q: *Does everyone have a soul mate? And if so, do you have to find your soul mate before you can be liberated?*

M: The so-called soul mate: It could be. Then again, some soul mates are already liberated, so you don't have one to find here. But some soul mates are still around so then you have to wait.

Actually, this is some of the theory: If you have no more longing and no more desire in your heart, then even if your soul mate is in Heaven or hell, it doesn't matter to you. You have to arise and arrive at a level of desirelessness. Then the soul mate is everywhere and nowhere because you are omnipresent. There's no need for a soul mate when you're omnipresent.

The Soul Group

Spoken by Supreme Master Ching Hai
Auckland, New Zealand, April 27, 2000 (VIDEO#686)
(Originally in English)

Do you know why you're so good? Because you are me.
(Applause) We get on fabulously well because we're one.

The nature of the soul is not that I am here and I have one soul in here. It's not like that. My soul is bigger than just in here. It might be all over here. (Master makes a gesture encompassing the area of the room.) It might be all me, but it looks different. It's not like God is one and everyone is one with God. It's not in that sense. It's in the sense that one individual can have a great soul that encompasses many so-called bodies. So we can happen to identify just like we are each other.

Just like sometimes there are two persons, but they think exactly the same thing at the same moment. That's because that is one soul, not because they are one with God or they are one with each other. But they are one soul, just like twins or soul mates. A soul mate doesn't mean only one; it can mean a lot. Because some great souls encompass many other beings for their own purpose. Therefore, we feel like brothers and sisters; we feel like one. Sometimes you feel very good with your sister or your brother, your mother or your father because that's you! You make it become family, but it's only one: one soul and many individuals. (Applause)

That's why sometimes we say, "I have affinity with that person." Or, "She's my soul mate; he's my soul mate." Because

it's you; it's really you. I mean that's your individual soul group, in one soul. Apart from being one with God and one with everyone else, we also have the individual soul, which can house many big groups of people as just one soul. But it looks different.

Thus sometimes we feel so good with a group of people. And the more we're with them, the more we feel strengthened because we're at home with ourselves. We're together, and we're at peace together. It's no wonder; no wonder we work so well! Can you imagine you are me? (Laughter)

We Are All Part of the Universe's Great Work

Spoken by Supreme Master Ching Hai
Florida, USA, May 11, 2002 (DVD#736)
(Originally in English)

Q: *Master, I heard You say on a tape that sometimes a great soul can separate, and that You were collecting all the souls back to Yourself. Is that different than 'God is everything?' And I just remembered that on the tapes, because I felt so connected with You that I thought maybe You are collecting all of Your Self unto Yourself in some way.*

M: Possibly.

Q: *Can one great soul be so much and then collect others unto itself again? Is that different than God as just one great Being encompassing everyone? That's what I thought You meant.*

M: That's another one, yes.

Q: *But it was so beautiful that I just wanted to know if it's true.*

M: In a sense, it's true. Because we're all but one. It's just that we have to play different parts in order to make up the whole. The body needs the fingers and toes and eyes and nose. The whole body cannot be just one big nose, for example. (Laughter)

Q: *So when they see You, they feel very much at home, like coming back to You as souls.*

M: Yes. Some of them have been part of the great work, like a group consciousness, working for the great cause. So they come back again to do the same thing, or to further evolve themselves by doing a better thing.

Q: *Because I feel so at home.....*

M: Yes, but after initiation, whoever comes and is sincere will feel at home. Because we all have the same goal and we're all one. We've become connected again, because we have never been separated. So if you're connected, then you feel you are me, or at least a part of me. That's normal. The Master, of course, can divide Himself or Herself into thousands, millions of beings and make the whole world. But it's not only that.

Q: *The Master does that?*

M: Also, yes, sometimes the Master has to take some of Her/His own 'dividedness' in order to help Him/Her with Their work. So whoever you see working a lot, who is sincere and has good experiences, must be one of the small parts of the Master.

Q: *I just want to say, thank You for helping in all the bad moments of my life. That's it.*

M: The bad moments or the best moments?

Q: *The bad moments and also the best moments.*

M: OK.

Q: *Thanks.*

M: You're welcome. Thank God!

Chapter 9

Marriage and Spirituality

Married or Not Just Be Natural

Spoken by Supreme Master Ching Hai
Cape Town, South Africa, December 2, 1999 (DVD#676)
(Originally in English)

Q: *Master, I just wanted to know if there is anything preventing people who are spiritual from taking part in married life because most people who are spiritual are single people as far as I know, such as priests and many others.*

M: Oh, so priests are spiritual. Are you sure about that?

Q: *They are religious; I can say that.*

M: OK. You can be single if you want, or you can be married if you want. There is no difference. But the difference is in how you handle it. Marriage doesn't mean you cannot find God. Otherwise, God wouldn't make man and woman, but God would make man alone or woman alone. OK? Number one.

Number two, actually once you're married you get more used to that life, and you are even more concentrated on spirituality after awhile. Because you know what it is, you don't crave for it anymore, and after you live with your wife for some time you become friends. It's mostly like that. So single or married is almost the same in the end. But most people, when they are married, they are too concentrated on their partners and it's difficult to concentrate on God. That might be a problem. But if you know how to handle the energy of a relationship, that will help you even more spiritually, because you're happy physically and your mind is happy. When someone loves you, you're happy physically, emotionally and mentally. So your spiritual life speeds up more. God doesn't invent love for nothing. It is all

there is. Physical love or married love is a part of God's love; it's a replica of God's love. It helps you to find a greater love. Don't have an allergy to marriage. Just be normal. If you want to marry, marry. If you want to stay single, stay single.



Aphorisms

The Essence of Marriage

Spoken by Supreme Master Ching Hai
 Sao Paulo, Brazil, June 15, 1989 (VIDEO#82A)
 (Originally in Chinese)

There is nothing bad about marriage. It is not good only when some people use it as a means to indulge in physical enjoyment. If a couple can treat each other with respect, bear children to carry on the family name, live in peace and harmony, raise their children, take care of their parents, and serve society, then their marriage is good. It will encourage us and let us live in a stable atmosphere. It will give us a sense of reliability and warmth, as well as courage and an enterprising spirit to work and face the future. This kind of marriage is very good.

Spoken by Supreme Master Ching Hai
 Phnom Penh, Cambodia, July 23, 1996 (VIDEO#561)
 (Originally in Chinese)

There is good in both marriage and friendship in this world. The greatest advantage is that we can provide mutual help, and remind each other of the Self Nature within and the importance of spiritual practice. If there is any situation or relationship that can always remind us of spiritual practice and the Self Nature inside, it is a good relationship, with good affection and emotion.

Spoken by Supreme Master Ching Hai
 Costa Rica, December 16, 1990 (VIDEO#141)
 (Originally in English)

Marriage means partnership in trying to improve each other's life, trying to support each other's ideals, and trying to make our lives nobler.



Choosing the Best Way of Life

Spoken by Supreme Master Ching Hai
International Four-day Retreat, Washington, D.C., USA
December 24, 1997 (DVD#604)
(Originally in English)

If you are single, you have a problem. If you are married, you have a problem, too. But being single, there is a little less of a problem, I must say, more freedom, and maybe more lonesomeness. When you are married you have more fun, but more trouble also. You pay for everything that you want to get in this life. And you have to be willing, either way. So make your own choice. It's not that if you are married, you cannot become a Saint.

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

God is not so narrow-minded as to forbid us to love our husband or wife the way we used to. God is not so cruel as to separate loving couples in order to attain Hirm. We must enlarge our hearts to love God and also to include other beings, including our own family members. If we can love other beings who are distant from us and strangers to us, why can we not love our family members, our immediate loved ones?

Dealing with Affairs of the Heart

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

Q: *Dear Master, how does a man cope when he's been married unhappily but then falls in love with another married lady?*

M: You have to look to your own marriage and see whether it is absolutely not salvageable, amendable or improvable. Or whether you are seeking love in another relationship just as an excuse for your own pleasure. Because it's already troublesome enough to have one marriage. So it is better if we can take care of our marriage relationship. I know it's difficult; everything is difficult in this world. But that doesn't mean it's impossible.

Talk to your wife about where the problem lies. But don't talk to her about your affair, please. If you talk about that, there may be no more solution. It's alright; if you think it was a mistake, you may try to cut it down or forsake it. But talk to your wife about how to improve your relationship: where she is failing, or where you are failing, and where you need her attention or improvement, or where she needs you.

Talk to each other. Buy new presents for her; buy a beautiful dress for her. Adorn her with beautiful things; make her your beauty. Make her the beauty of your life, instead of spending time and energy on someone else's woman. Because you don't possess her anyhow. It's better to take care of what you have, and not waste time and energy on other people's possessions. It doesn't matter how much you like the neighbor's car, you don't go and spray gold on it. Spray it on your own car!

Take care of your car, because you drive the car and you need it every day. The car is necessary for you. The neighbor's car you can admire quietly, but don't spray gold on it. Don't look after it too much and neglect your car. One day maybe the driver of the neighboring car will drive that car away, and suddenly you will have to go without anything. Your car is in the garage, broken down, uncared for, and now you are in trouble.

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

Thank you for trusting me with your personal family problem. But this is also very important. If your heart is not peaceful, no matter how many wives you have, your business and everything will go wrong. It's better to be satisfied with what you have, and take care of it and beautify it. Make it more beautiful and more suitable for your taste. Just like you cultivate your garden and plant your roses, make what you have more beautiful for yourself.



Aphorisms

Spoken by Supreme Master Ching Hai
International Five-day Retreat, Long Beach, CA, USA
December 28, 1996 (VIDEO#573)
(Originally in English)

Love, like trees and flowers, also needs watering every day, at least in the dry season. Otherwise it dies. People think, oh! I love you, and then it will be forever. No, no. You have to nourish it through devotion, through daily renewal, through appreciation of each other's value and loving kindness, and help your partner to develop the best qualities within him or herself. That's true marriage. That's true partnership.

The Way to Reconcile Marital Conflicts

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

Some people are wise from having experienced difficult marriages in the past. So they avoid marriage now, and maybe become monks because of that. They probably have had enough experience in marriage, and don't need any more experience in such study or experimentation. So they do not marry in this lifetime. They feel satisfied alone.

But if you are already married, try to stick with one partner. It doesn't matter how hard it is. For example, I heard that Tolstoy had a very difficult wife. And one day when he was talking to his friend, his wife was showing him up terribly. She was degrading him and making him feel humiliated in front of his friend.

So his friend said, "You are bigger than she is. She's only a small thing. Why don't you just show that devil what force you have and be done with it! How can you put up with all this?" Tolstoy said, "Shhh! Don't talk too loud. I tried that before, in the last life. That's why I have 'double income' now! I'd better not do it again, otherwise I will have triple income in the next life." He said, "I have to put up with it. Because if I do that again, I'll never get out." He knew it would be triple income and more, all the time. Therefore he tried to put up with it.

If you have a so-called terrible partner and you feel you need her after all, then it is your last life connection with each

other. You have to pay for it. So try to bear it and do whatever you can, with all your might, to satisfy that person in order to pay the debt quickly. The best way to get rid of the enemy is make him your friend. The best way to get rid of a terrible wife is to please her, or a terrible husband is to please him, to submit to all his demands. And then he will become your friend.



Aphorisms

How Marriage Works

Spoken by Supreme Master Ching Hai
International Five-day Retreat, Long Beach, CA, USA
December 28, 1996 (VIDEO#573)
(Originally in English)

Marriage doesn't mean bondage and slavery. Marriage is just a partnership. Each one must encourage the other. Some people misunderstand, and that's why a marriage doesn't work. But you have to be the understanding one and try to reason. Only after numerous trials and trepidations and nothing works out might you consider, for your own spiritual development and safety, which course is appropriate for you and for him.

Spoken by Supreme Master Ching Hai
International Five-day Retreat, Long Beach, CA, USA
December 28, 1996 (VIDEO#573)
(Originally in English)

So be the one that you desire to have, instead of having the one that you desire. Just be the one. If you want your husband to be romantic, why don't you be that way? Then he will learn, he will cooperate. Or if you want your wife to be nice and romantic, then tell her what you need from her, tell her what you like, or hint in a very special way. Work at your partnership and bring out the best in each other. That is the best.

Try Your Best to Keep up Your Marriage

Spoken by Supreme Master Ching Hai
University of California, Irvine, CA, USA, June 2, 1998
(VIDEO#623)(Originally in English)

Q: *What do You think of divorce?*

M: It's bad; divorce is the last solution of a loving relationship. And it should not happen at all. But it's very difficult to work things out with each other, since men and women are very different. Men are cooler, more straightforward, simple, and women are more sentimental, more romantic. So the warlike and the beauty don't often mix well, but there are many ways to reconcile with each other. There is marriage counseling, and there are books about it. And there is, of course, meditation, which will reconcile a lot of differences. You'll see that both of you will change and get more loving, more understanding and less demanding. And that is if you both are at an almost similar level; otherwise you still have conflicts. But you will still love each other. You will not resort to divorce as much as the other people who do not practice inner peace. They will do it more.

I would not have divorced my husband if I had been enlightened at that time. I tell you, he was the best man, and he still is. But he's someone else's best man now. After enlightenment, you will learn to appreciate your partner more. A lot of a family's conflicts are erased after initiation, if husband and wife meditate together. It really helps because you realize you are both God. The love in you will spring forth, will magnify to cover all the differences between the man and the woman. You'll learn to love each other, and respect each other as God,

even. Apart from the physical love, there is another, holy love that will bind you to each other, make you more loving, more responsible and more sensitive to each other's feelings and needs.



Spoken by Supreme Master Ching Hai
Singapore, March 10, 1993
(VIDEO#329)(Originally in English)

Personal problems, family problems, don't seem to belong to the spiritual field. But they do. Because what is the good of you, of me, teaching you to do meditation and to become a Saint while your life is in misery, your husband is in trouble and lonely, and your children are feeling unhappy because of a split family? And I already want to bring Heaven to you now, not hell. Therefore, everything you can use of this world to make your life better, to beautify your surroundings, and to solidify, to consolidate your marriage, then please use it, and do not be bound by it, but just use it.

Marriage and Spirituality

Spoken by Supreme Master Ching Hai
Seven-day Retreat in Hsiu, Miaoli, Formosa, May 5-12, 1991
(VIDEO#165)(Originally in Chinese)

When I talk to you about marriage and love, please do not think that I am going beyond my responsibility. No! I do it because you cannot go into Samadhi in your meditation if you do not have a happy marriage or good relations with your spouse. You feel inner anguish and emotional turmoil. Your mind is filled with all those things. You cannot even recite the Holy Names, not to mention entering Samadhi! At that time your partner is more important than the Master. But I do not blame you because such things are unavoidable. At that moment, you do not even want to go into Nirvana. Even if you do, you cannot because you are unhappy. I have gone through all this before, so I can be your teacher now. Such situations are difficult to avoid and control.

Of course, when we progress spiritually, we know how to deal with our loving marital relationships. However, there are some fellow practitioners who feel emotionally depressed and miserable inside. Therefore, I have to talk to you about worldly affairs because they are related to spiritual practice. When you are happy, you are in Nirvana. No matter who comes to you, you feel happy, and you can love anyone or forgive anyone or give anything to anyone. But when you are not happy, you don't want to do anything or take any responsibility. You can't, even if you want to, because you don't have the inspiration to do so. At that

time, you are tired of everything and want to forget the whole world. That's why there is a saying that goes, "The Dharma exists in worldly affairs." Am I right? (Audience: Yes.) That's it. You have all experienced it.

Therefore, I often say that if you want to proceed smoothly along the spiritual path, you have to protect your emotions and your marriage. Those of you who are still single should protect your relationships with your loved ones as well, if you truly love each other. It will be too late if you try to make amends once you break up. Beautiful times do not last forever. You don't always meet someone you really love and want to share your life with. So take care once you find him or her.

Don't think that it is a trivial or worldly affair. No! No! People often feel lonely without a companion. Some can bear it, but most can't. So take care to protect it if you still need it.

Even small pearls are protected and cherished as treasures, let alone love! It could be very helpful to you. Though you should not be attached to it, you cannot ignore it, either. A car may not be a person like you are, or a part of you, but you still need it to come to Hsihu. It would be too inconvenient and time-consuming to come on foot. You can't say, "I come to Hsihu to practice spiritually and get enlightenment. Why do I need a car? It is only a physical vehicle. Just abandon it by the roadside!" You can't do that. It takes you much less time and brings you to me more quickly. You can save much time for meditation. Of course, you can come on foot, but it would take you several months, and I would have probably left by the time you arrived.

Be a Good Partner

Spoken by Supreme Master Ching Hai
Florida, USA, October 4, 1998 (DVD#638)
(Originally in English)

We expect our partner to be this or be that, to do that or do this. And when they don't do it, we're disappointed. When they aren't the one we like, we're disappointed and get hurt and all that, and we get out of the relationship. But the relationship is not meant for you to expect the other person to do what you want. It is for you to do what you want yourself, to be who you are, to show what you are, how good you are, how you want to be and what kind of person you want to be in that relationship or marriage. You might want to be a good wife, a "super-wife," the tolerant one or the faithful one. It's what you want to be in your role, and not expecting from your husband all the time what he's going to be, how he's going to act toward you or how he's going to talk to you.

But that's the problem with marriage; you've got it all wrong. You think, "OK, now I've met him or her, and my life is changed. It's fantastic. He or she is going to make me happy." This is not true! You are going to make yourself happy or not in that relationship. But most of the time, we expect our partner to make us happy, to be the one that we like in our picture. And that's the problem. We forget to be what we want to be. We forget to make an idealistic kind of agenda for ourselves. Instead, we make an agenda for our partner, a kind of appointment or picture for our partner to fit into. And then both expect the same

way, and that's why things fall apart.

We've got it all wrong. In whatever situation, we have to check ourselves only. What are we going to do with this situation? What are we going to be? What do we want to show? Which part of goodness do we want to present to the partner or to the world? It's not the partner who has to present us with anything. Whatever he or she wants to present, that's their problem. Our problem is just ourselves; it's always us. But most people, when they are married or when they have a partner or a friendship, they pay all their attention to the other part, the other half, and check it out: "Oh, he did it wrong. She did it badly," or "She's no good. He is not nice." Forget that! We have to check ourselves. We are the one who is important. Any relationship, any situation is for us to learn, not for the other person. The other person is only a catalyst, an excuse for us to exercise our power and our imagination about ourselves.

That's the problem. That's why marriages often don't work. So check out your marriage and revise it. It's not about your husband or your wife, but about yourself, what kind of person you want to be, or what you want to show him or her in this relationship. And if he reacts well to it, fine. If he or she doesn't react well to it, there's not much you can do about it. But just check yourself, see if you're still balanced, if you're still on a good track and if you are OK or not. And if he stays with you, he stays; if he leaves, he leaves. You can't do much. You cannot pay all the attention to him and then lose yourself and forget. Then the more you pay attention to him or her, the more you go wrong. And then, he or she criticizes more, and it becomes worst!

Cultivate a Happy Marriage

Spoken by Supreme Master Ching Hai
Phnom Penh, Cambodia, July 23, 1996 (VIDEO#563)
(Originally in English)

Normally, people say that the neighbor's wife always looks better. But I don't think so. Reports say that 90% of men would like to marry the same woman again, if they could. So don't fool around, feel sorry and become one of the 90%. That's why from the old times until now all the Masters recommended faithfulness and loyalty to one partner. Because they know you will feel sorry, anyhow.

It takes a long time to get on well with one person, a stranger. Whether it's a woman or man you love, he or she is a stranger to you. You have never known them before. Even if you knew them as a schoolmate or something like that, there's still something inside that you don't know about until you actually live together.

Because when you are dating, like boyfriend, girlfriend or fiancé, you share the same joys but you don't worry about the same problems. You part, you go home, and each worries about his own problems and takes care of his own responsibilities. You share only the joys when you're together. So things are different, rosier. And even if you quarrel a little bit, because of the distance and the need or the habit to be together, you get back together again and forgive quickly. But once you are living together, you have to share the same responsibilities and the same anxieties; then things go differently. It takes a long time to

mature this loving relationship, to learn each other's habits and the deepest aspects of the other person's inside being.

This comes out with time. You get used to their shortcomings and "long-comings" and "late-comings" or "early-comings" home, and things like that. But it takes a long time to get used to it. And once you've created a good relationship with each other and have mastered the differences and matched it all up already, then it becomes like your own creation. Your relationship is your creation, so you feel good. Just like you have built a house for yourself. Even if it's not as good as the neighbor's house, or it looks different or some people don't like it that much, it's your house. And when you create it with your own hands, you love it. You feel that you are part of it. So that's why when you divorce a long-time wife or husband, you will feel miserable. And if you have to begin anew with another person, it takes another ten years, at least.

Well, I am still trying hard with all my "wives and husbands" here in the Center. I still don't know them yet. I am surprised all the time; they always give me big surprises. I can never tell if I know them all inside-out already. I know some parts of them but I don't know them all – their personalities, not the inner God quality. Also, I have attendants but sometimes when I change one, even if it's the worst one, I feel very bad. I have to teach them all over again and it's very, very tiring. And no matter how bad the last attendant was, she had some good points, too. I had become used to getting along with her bad and good points already; I knew how to deal with the bad ones and accept the good ones. And now the new shortcomings and bad habits are coming, and I have to deal with all brand new ones again. It's exciting but exhausting, too.

It's similar with wife and husband. Because when they

first come together, they vow to stick together and sincerely want to build a nest together. They will put all their heart and mind into building the relationship and the home. They're very sincere. And so now, they become like a part of each other. Really, that's why we call them 'partner' or 'the other half' or 'the better half.' So after they part, it's like they're halves; they're halved into fifty percent. And generally they feel something is missing. To build a house with another partner would not be the same; to build another relationship would not be the same.

Every human being has good points and bad points; there will be something missing in each and every being you encounter. So sometimes you daydream that the next person is better, or the other half or the neighbor's wife is better, but it's not necessarily so. Research has shown that most men would like to re-marry the same woman, which just proves that the religions, the Bible and the commandments were right all along. Because everyone is God anyhow; whether it's this female God or that female God, it's still God. So we might just as well get used to one God. Each one just has different attributes to make them a little different. So lately if your relationship has gone sour, or if something is not good in the family, you must think again whether you really want to get rid of this woman or this man, or if you have made a mistake, and what would happen if she were really gone. So if you are really not sure, then just leave home for a few days, go on retreat or something like that.

People say the more you resemble your partner, the better the relationship. That means you like each other so much that you unconsciously absorb each other's qualities and become like one. Even your expression changes. It's just like dogs and cats and their human caretakers, who look exactly like their dogs and cats. Because they love their dogs and cats so much,

they imitate their expressions. For example, they kind of pull their nose to make it longer, like an elephant's, if they love an elephant. (Laughter) I have seen many people who love pets that look exactly like their pets. You know it; you've seen them, too. When people walk in the park with their pet behind them, you just can't tell who belongs to whom! They both look so much the same. And they both get along well, the dog and the human caretaker.

It's similar in human relationships: The more you look alike, the more that means you get on well in the relationship. First, because you like each other, you look more alike; because the expression and the thinking are the same, and so your outer appearance changes. And that's why people, after they practice the Quan Yin Method, look more beautiful. It's natural. You want to become God, and God is beautiful. And you are moving toward a more God-like, more angel-like quality. That's why, when people look at you, they just feel you are beautiful, even if you're lame, if you're an amputee or you're bald, or you walk like a hunchback. Because the inner God quality shines; it's shining and shining and makes everyone feel very good. Because you look like God now. And God loves God; like attracts like.

So if a couple looks very much alike, they will love each other more and more every day. Because let's face it: We love ourselves the best. Is that not so? We take hours to look in the mirror and comb our few left-over hairs, and take care of a few strands of beard and things like that. We love ourselves, and that is correct. Problems only arise when we hate ourselves. That's the most sinful thing we can do. We are God. If we cannot love ourselves, no one else can. And if we don't love ourselves, it means we don't love God. If we cannot love ourselves, we can-

not love anyone else. It doesn't matter who tells you to love others before yourself, love thy neighbor and things like that. Love yourself first and then thy neighbor will be the same.

If you don't love yourself, you cannot love others in the same way. You don't know what love is. Only if you love yourself can you take good care of yourself. Then you know what the other likes, too – what it feels like when you really love yourself and take care of yourself, what is comfortable for you. Then you know how to offer the same to the next person, because you know what makes him or her comfortable. Everyone likes me, because I know how to take care of myself. I know what's good for me. And I love myself, as you can see. So when I take care of someone, he is smitten. Or she is smothered, and swoons out. I know just exactly what she likes because I know exactly what I like.

You see that whatever I wear you like, no? Because I know what to wear to make myself look good. I love myself. It's not that I spoil myself; I look good in anything, and it's not because they're expensive and not because my clothes don't look like yours. It's just that I know what suits me. I look good in almost anything because I just choose the one that suits me. It's not that I buy expensive things. I wear expensive things, too, but that doesn't mean expensive things make me look good. Anything makes me look good. And I look good in almost anything because I buy the colors that I like. I just have the feeling that it would be good for me. That's why it looks good. I love to make myself look good. If I spend the same money, why do I have to buy something that makes me look ugly? I have to take the same trouble – washing and ironing and taking time to wear and all the same trouble, then why should I pay money to make myself look worse? That's the principle.

So if I know how to look good and how to take care of myself, and if I happen to take care of someone else, if necessary, then that person must feel good. There is no choice but to feel good. I do not overdo it. Everything I do is just exact and quick. And it looks good and perfect and it feels good. Because I know how I like people to treat me. I don't like nonsense or taking a lot of time, overdoing things and smothering people. Just go right to the point.

So if you really can take care of yourself and love yourself, there is no one that you cannot take care of, and no one who does not feel comfortable around you, even if you don't take care of them. Because they feel you are just the kind of person they would like to be, very easy and exact and simple and never going wrong.

So love yourself; take care of yourself. But don't take a lot of time. Someone told me, "You always look happy and satisfied with yourself." I said, "Yes, I look good, and I feel good. I am good!" I just feel confident. Maybe I don't look like the best woman in the world, but I look good. So make yourself feel good. Pamper yourself sometimes, even if you are busy. And take time sometimes for yourself. Because you are the most worthy person on this planet. Everyone is. You have only your own worth to take care of; other people are worthy but that's theirs. So your worth is the most valuable. Take care of yourself because you are God. Be good, feel good and be noble. And go toward the goal of what you want to be.

Fulfill Your Obligations as a Marriage Partner

Spoken by Supreme Master Ching Hai
Hsihu, Formosa, January 21, 1996 (VIDEO#523)
(Originally in Chinese)

Even though I teach you things about cosmetic skills and virtues to remind you that you should do your best to maintain yourself and express your esthetic aspects, this cannot guarantee that your marriage will definitely be happy and satisfactory. It is because karma may sometimes create situations that are different from our expectations. Therefore, if we have already done our best, yet our marriage is still unsuccessful, we should thank God for liberating us. There is nothing to complain about.

If we have not fulfilled our obligations in a marriage, in a case when it has failed, we will feel uneasy at heart. We will think that perhaps it is our fault, perhaps we have not done well enough, our cooking was lousy, or we didn't beautify ourselves to please the eyes of our husband. That is why we ought to do everything as well as possible. However, that doesn't mean that after we have done everything well, our husband definitely will not leave us. No one can guarantee this kind of thing.

In the same sense, if a husband is all-perfect and also very gentle, it doesn't mean that his wife definitely will not leave him. The causation and karmic hindrance in this world are really hard to determine. Therefore, doing our best to fulfill our responsibilities and obligations lets us have peace of mind. In case something really happens, our conscience will not feel un-

easy. We can face our conscience candidly, because we know that we have fulfilled our duties, and have done everything that we should do well.

Therefore, it doesn't mean that after I have taught you cosmetic skills and virtues, your marriage is guaranteed to be a satisfying one. No one can guarantee this kind of thing. Most of the things in this world are ephemeral. Therefore, in doing anything, we just do our best to fulfill our obligations, just like when protecting our marriage. Then, whatever happens, we know that it is arranged by God, by destiny. We no longer need to expect anything, blame anyone, feel uneasy or sad, or be attached to anything. Besides, when we have done everything well, even if our marriage has failed, we will still have become a contented person. This is the most important thing.

Chapter 10

*Usher Our Youth
into the Golden Age*

How to Cultivate Young Practitioners

Spoken by Supreme Master Ching Hai
during an Internet Videoconference
August 11, 2002 (DVD#745)
(Originally in English)

Q: *With children who practice, when should we start and how should we help them not become attached to materialism from an early age?*

M: Well, you can tell them about the ephemeral nature of all things and make them see some examples from books, from others, or from nature.

Q: *Will the child's mind naturally become detached from material things if we don't pollute it, or do we have to train it that way also?*

M: We can train it, but still, if they go to school, if they go out, they will be affected by the society. But at least if they have a good background, they will be able to withstand the pressure and disappointment that life and company will bring to them. It's not that they won't have the disappointment and pressure and loneliness that the company will bring. But they will be able to withstand it. They will be strong enough to understand and overcome the sorrow or unhappiness that arise from these circumstances.

Q: *Thank You for that, Master. (Applause)*

M: You're welcome.

Q: *Many of us have children and they are practitioners and half initiates, and it's always very difficult for us to know how to raise them. The guidelines for us are quite clear, but raising children is transferring your thoughts to someone else. It's very difficult, so thank You for Your advice.*

M: You're welcome. I hope it works. In this world, it's never a thing that's absolute or 100%. You can only do your best and be proud that you're doing so. Everything else also is the effect of karma, of society, of the collective consciousness, and God's will, and weather, and the country where you live, the traditions, and the friends that they have and everything else. You can't control everything. So do your best. And be a good parent. Be loving and good. And that's good enough already. These are very fortunate children who are born to spiritual, saintly parents like you are.

Usher Our Youth into the Golden Age

Spoken by Supreme Master Ching Hai
Brisbane, Australia, March 21, 1993 (VIDEO#337)
(Originally in English)

Q: *Some of the teenagers of this generation have no respect for their parents. Is it because we're not good parents?*

M: No, I don't think so. It depends. I wouldn't say that all parents are good, but most of them are good. You see, the teenagers of this generation probably have not been groomed enough in morality, in seeing their parents as representatives of God on Earth, who take God's place to raise the children and to educate them.

If the parents somehow hinder or obstruct the children when they want to realize God, then we can say these are not very good parents. But otherwise, there are no such things as "no good" parents. Maybe the different outlook of our teenagers nowadays is because of the influence of bad news, violent pictures, many undesirable means of communication, bad company, bad influences and bad friends. That makes the teenagers the way they are today.

So the solution again is that we have to go back to the Golden Age. We have to live the way the Bible teaches us to do, through the way of non-violence, the way of love, the way of enlightenment. Then we can bring our children back to their innocence, back to their ethical way of life. And even children can get enlightenment, too. Then they can know for themselves, and they will change their way of life.

So, if all the children know the way of Truth, maybe

they will choose it. And then they will discover love within themselves. Then they will respect their parents more. And then in turn, if the parents are more enlightened, they will be more understanding and clearer about how to raise their children.

Overcome the Distractions of Youth

Spoken by Supreme Master Ching Hai
Helsinki, Finland, May 30, 1999 (VIDEO#663)
(Originally in English)

Q: *I'm a student, and I've lost my motivation and ability to concentrate. How can I get this back? With the Quan Yin Method maybe? I can't really start with my studies yet, and am suffering very much. Only You, Supreme Master Ching Hai, can help me and other students as well.*

M: When you start to grow up in your teenage life, there will be many distractions. That's why it's difficult for you to concentrate. But you can also practice a little bit of meditation.

If you want the Quan Yin Method, that's fine. If you don't, then you can practice a simple method of concentration to help you. Also, try not to watch too many distracting movies. And try not to look around at beautiful women or handsome men too much.

After you finish your studies, of course you can do anything you want. Think of your parents and your benefactor, who have worked very hard to pay for your studies, and try to fulfill your obligations. Because the student time of your life is actually the best time; and later you will regret it. Tell yourself you must finish the studies in front of you first, and everything else will come later. Be determined to finish.

Elevating the Culture of Our Education

Spoken by Supreme Master Ching Hai
Taipei, Formosa, November 17, 1988 (VIDEO#19)
(Originally in Chinese)

Q: *Dear Master, I am a senior high school student. After reading Your books, I have found that we do not learn the method of liberation from life and death by attending school. So, should we negate the value of receiving an education at school?*

M: No, you should not. If I hadn't studied at school before, I would not have been able to speak fluently here today. Receiving an education does help. It is just that our educational system does not offer courses on spiritual enhancement. They teach things that are not very useful and they don't give children a good moral education. In many countries, education emphasizes degrees and diplomas. Children go to school only to earn a diploma, so they study under great pressure. Sometimes, they even have to study through the entire night. They stay at school all day long, leaving them little time with their parents. After they graduate, they use very few of the things they learned at school. Thus, children are really pitiful. However, our world is like that. I can't change it that much.

India has a better educational system. Its education is more natural and liberal, and the schools can decide how to educate the children. For instance, members of the Quan Yin sect in India educate their own children. They select useful courses for the children, such as mathematics, science, music, morality, ancient scriptures, spiritual knowledge, filial obedience and devotion to parents, etc. In addition to these useful courses, they also

teach the children to meditate and be vegetarian. Consequently, all these children are well-behaved. They are going to be a great benefit to their country when they grow up, and they will be very moral people in society. It is a pity that very few countries follow their example. Even in India, this kind of school is not found everywhere.

Guiding Youth through Spirituality

Spoken by Supreme Master Ching Hai
Panama, January 27, 1991 (VIDEO#145)
(Originally in English)

When we grow up a little bit more and become teenagers, we always have various kinds of pressure: from school work, from competition with classmates, from girlfriends, boyfriends, or girl and boyfriends together and from family members as well.

And sometimes we share the pressure of our parents, too, or that of our brothers and sisters if they have problems. Even if they don't tell us or if they only tell us a little bit, we perhaps know the financial situation of the family or the marital atmosphere between our parents, and so on. All of these things add to the pressure on our soul. And thus sometimes children feel suffocated.

So children may take pills, take drugs or kill themselves. Or they may run away from home, or have all kinds of bad company just to escape the pressure. That's what they think, to substitute these things for the happiness that they have lost or that they cannot find.

And I think the pressure on children is sometimes of a greater intensity than that on adults. Because when we're adults, we're more or less trained and more or less strong enough to be able to take of these problems. But children are a little bit sensitive, innocent and helpless; therefore, they don't know where to turn. And they don't know how to express themselves: They're fearful or timid and shy and all kinds of things. So I don't think

being a child or being young is as terribly beautiful as people describe in novels.

That's why when children do something wrong, it's not entirely their fault. It's the situation, the pressure of the society, the circumstances and the family background; there are many things put together. So it's lucky for those children who have good parents or a good family and who feel happy and loved within the family. I didn't feel it that much when I was young. But those who practice with their parents on the path of Truth are better, much better. They have inner comfort to rely on. And that will give them a lot of the strength and wisdom they need to grow and to survive the pressures of this world.

Sometimes our parents or family members alone cannot give us enough satisfaction or inner strength to go through life. Because there are also many things we can't talk about with our parents. Parents have their own problems and their own pressures. Even if they wanted to love their children more or share more of their children's pressures, they could not by human effort do so in a complete way.

So I think all the children should come and learn the Quan Yin Method and eat vegan. And if they have problems, they can talk to me. That's better than going and talking to bad friends! I can be their father, mother, friend, lover, teacher or anything so that they will survive the young period. And then later, when they grow up, they can do things for themselves.



Meditation Is a Kind of Education

Spoken by Supreme Master Ching Hai
Sao Paulo, Brazil, November 11, 1989 (VIDEO#103)
(Originally in English)

Meditation is a kind of education, a kind of learning process. It's just like when you go to college, you ask your professor or teacher something, and then you must sit quietly and listen to his/her instruction and wisdom. If the student just goes to college and asks the professor something, and then walks out immediately and does something else, will he ever be wise? So even though the professor is in front of him, he gets nothing, because he doesn't give him/her a chance to speak.

Meditation is like any other science in our lives. We must learn. We must be willing to accept the wisdom that will be given to us. And like any other science and study, we learn by listening and by practicing. When we sit quietly in silence, there will be a lot of information, blessing, love, and energies pouring into our being. We will feel differently after meditation. And the longer the period and the longer we meditate, the wiser, the more peaceful we become. This is how the world will become peaceful.

Education Begins with the Family

Spoken by Supreme Master Ching Hai
Pingtung, Formosa, December 1, 1988 (VIDEO#21)
(Originally in Chinese)

Q: *Dear Master, how can we help children in junior and senior high school to become gentle and understand the love of their parents without any doubts?*

M: It depends on the karma of the parents and children. Originally, children are good at heart, but become exposed to social influences outside. Today, the social environment is not favorable for children because violent movies and pornographic posters are everywhere, and they do affect our children. At present, courses in morality are not included in the school curriculum. This may change in the future; perhaps the governments will include these courses in the educational system. Have the children read a moral story or meditate for thirty minutes each day. Then the children will become better. (Applause)

India has already included this in its educational system. Now it seems that some universities in the west have added this subject as well. Their students meditate a half hour every day. They have found that these students become more intelligent, more stable at heart, and have better attitudes toward their teachers. So, if we want to change our children, we need to fix them from inside, not outside. All the people in society should cooperate and everyone should take good care of his own personality. The parents also have a responsibility. They cannot only ask their children to change; they themselves have to change too.

A deceased Master, who also practiced the Quan Yin Method, had a son. This son told his master some stories about

himself. He said that since he was very little, about only three or four years old, he saw his parents get up very early for meditation every day. Though he didn't know how to meditate at the time, he still sat with them. So he had been learning how to meditate when he was very little and got up early to meditate with his parents every day. He also saw many moral people visit his parents and many practitioners come to meditate with them. His parents lovingly took care of these people who came to have group meditation with them. Every evening or on Sunday, his parents would read some scriptures, something about morality, or good stories to the family. Sometimes they listened to audiotapes before meditating together. He was brought up in such an environment. No wonder he became a famous master in India when he grew up. He is still very famous internationally.

Therefore, don't blame the children, for we adults sometimes make mistakes, too. For example, the clothes we wear may not be dignified enough, our personality may not be noble enough, or our morality may not be profound enough. We begin to educate our children from the family, not the school, for the parents are the greatest, the most basic, and the most important teachers. What do you think? (Applause)

Aphorisms



Spoken by Supreme Master Ching Hai
Singapore, March 3, 1992 (VIDEO#223)
(Originally in English)

If children grow up having very good ethical roots from childhood, like a tree has good roots in the earth, when they grow up they don't fall down easily. But when the tree is not rooted well it just grows up a little bit, and then it gets broken down by winds or other natural forces.

Every Family Devoted to Spiritual Practice, Everyone a Saintly Person

Spoken by Supreme Master Ching Hai
Narita Airport, Japan, October 18, 1993 (VIDEO#382)
(Originally in Chinese)

Actually, most bad children are not really that bad; most of those who commit homicide or robbery are also not that bad. They become bad only because no one teaches them good things, and they are exposed to people who teach them only bad things. Ethical and moral codes are barely taught at school. Children merely are taught to memorize facts in mathematics, history, and other classes, and to graduate quickly from school, find a job, and earn money. The only motivation they receive from the family is: “Should you fail to study well, you won’t be able to earn money when you grow up, and without money, you cannot marry a good wife” and things like that. Most schools stress this. Most people compete with each other just for money, position and fame, and do not teach children the concepts of morality, responsibility and making contributions to society; thus, future generations could be in a very miserable situation!

Next time, before you condemn a robber or reproach a child for being bad, think again, and reflect on yourselves: “As parents and elders, have we really fulfilled our responsibilities?” Perhaps we ought to be ashamed of ourselves! However, we are not to blame, because the older generation didn’t teach us any good things either. Therefore, we must begin from our generation and not delay any longer; we must quickly teach our children and ourselves good things. We must find another way, or

else our children will degenerate. Bad children are not born bad; no child is bad from birth.

In the United States, there is a special prison reserved for younger inmates who have committed homicide or robbery. Of course, there are many such prisons in the U.S., but this one is unique in that it places greater emphasis on edification. Research shows that, although those who have committed violent crimes have served time behind bars, they often repeat their mistakes after they are released. However, in that particular prison, different systems are employed to educate the young convicts, give them a sense of responsibility and feeling of shame, and let them understand why they must stop acting the way they did. Statistics show that of the 160 young men convicted for homicide who have been released from that prison, only one has walked the same disastrous path again!

The inmates are educated and their masks of superficial coolness and denial of their mistakes are removed to let them face their own conscience. Eventually, they realize that it is bad to do such things. The inmates realize that they must be responsible for the life of another person in the same way they are responsible for their own life. The inmates also play the role of the victim, to feel his pain and the subsequent agony of his relatives, children, and friends. The inmates receive such education until they burst out in tears and truly repent, then they will not commit the crime again after they are released.

If the prisoners do not admit their mistakes and face their conscience, but continue to wear a mask of coolness and ignore their inner feelings, they will commit crimes again after they are released, and killing will grow into a habit. They will treat a human just like an object, not realizing that human life is very precious. They do not consider the feelings of the victims or those of the victims' relatives and friends. Therefore, this method of edifying prisoners is very effective.

Those children or prisoners are not really that bad. Their behavior is mostly due to their wretched family backgrounds. For instance, their mother might have been a drug addict, or their step-father might have been addicted to gambling or alcohol and often beat them up. Such family backgrounds account for the misdeeds of the children, who vent their wrath on other people. Therefore, the educational system in this prison also has the inmates face this kind of background. The inmates are advised not to vent their animosity on innocent people, who could be as miserable as they are, and come from the same kind of family background.

Different methods are employed to educate prisoners from different family backgrounds, and the results have proven the education to be highly effective. A total of 160 prisoners have been released from this prison and only one has committed another crime. However, the prison can only accept 24 such prisoners into this program each year, because this is a task that takes time and patience.

Therefore, it is better to take good care of our children when they are young; and we only have a few children to take care of. Do not wait until they are grown up and become a heavy burden on society.

The foundation of ethics and morality should be established at a young age, so that when children grow up, they can do everything resolutely, correctly, and free from errors. Therefore, in addition to practicing spiritually yourselves, you should also take care of your children, educate them, and let them know the benefits of spiritual practice. This is not merely the obligation of parents. It is also the obligation of every citizen of the nation, and of every brother and sister in this world. We hope that the twenty-first century will be a glorious era, with every family devoted to spiritual practice and each person a saintly person. It will require the effort of all of you to accomplish this goal. (Applause)

Cultivating Ethical Concepts from Childhood

Spoken by Supreme Master Ching Hai
Hsihu Center, Formosa
November 3, 1995 (VIDEO#511)
(Originally in English)

Let's hope for and teach our children by setting a good example. Let them be courageous and outspoken and honest. That is your duty; you have to set a good example for them.

Children learn very fast, and they learn a lot of bad things in school. Because there are teachers who don't always teach the right thing ethically, and there are classmates who don't always set a good example for our children to follow. Some of our children here I sent to school. But before they went to school, they were much sweeter, better, calmer and more obedient. After they went to school for some years, they became different. They didn't listen to their parents like they did before. Sometimes they even fought back with words, or sometimes with gestures, very violently. This is very shocking to know.

Growing Juvenile Issues

But I cannot stop them from going to school. If I do, then people will say that I don't let the children go to school, and we'll all be in more trouble. But if I let them go to school, we are only one person, and they are in the school all day long. And when they come home, they're busy doing homework, and then they

go to sleep. So the time spent with their parents is less than the time spent with their classmates. That is the problem with the kids today. And when one kid learns something wrong, all the other kids follow. It's very difficult for them not to follow, unless they truly have courage and intelligence. Because if they don't follow all the other kids, the bullies in the school will bully them into following. Or sometimes they shame them into following the wrong thing. Because they say, "You are not boy enough. Look at you, 'Goodie.' You don't know anything! You don't know about girls, you don't know about drugs, and you don't know about cigarettes. You know nothing! And we know everything. Come on, you don't have any courage. You are a....." They will call the kid 'a rabbit,' or 'a chicken,' and things like that. And so the small boy's pride gets hurt, and then sooner or later he joins in.

So originally our children are not bad, but when we send them to school they become terrible; they become gangsters. And they can get away with anything, because they are minors. They can't be put in jail, and they can't be electrocuted, so they can't be punished too harshly. Some of the children know this. If you read the newspaper, you know. They even announce it. They say, "We can do anything, because we are minors. We know we won't go to jail for very long. We know that no one can punish us too harshly. We can get away with anything. Even with murder!" Nowadays, children with guns or knives go to school and threaten the teacher. And even then not many people do anything about it. They get together and become strong, but they are minors. There are always excuses like this.

So this is a terrible world we are giving our children today. It has a lot of freedom. Children today have a lot of money and time, and a lot of equipment to help them learn. So they learn quickly, and then they have a lot of free time and freedom. And

if you touch them, people say, “Oh, child abuse!” And you’ll be in more trouble. Actually, some parents are scared of their children, because the children come home and beat them, and bully the parents into giving them money and all kinds of things. So there is even an “Abused Parents Anonymous,” or something like that. In many countries they have this.

Balancing the World’s Negativity through Spiritual Practice

Sometimes the parents are scared of the children because the parents work hard, earn money and wear themselves out in time. They get older, and they get sick from the worry and anxiety of bringing the children up. The children, on the contrary, have nothing to do. Besides eating a lot, they have a motorbike, CDs, cassettes and TV. And they learn all kinds of bad things, reading Playboy and things like that. And then they become strong and bad, and negative. So they scare the parents, because the parents didn’t have such experiences when they were young. They don’t have the mental preparation to deal with such children in today’s society. Many of the parents are very helpless, and they feel very frustrated and threatened. So sometimes they have to get together and protect themselves from their own blood line, from their own children. The children are supposed to be more obedient, weaker, and protected by the parents. But sometimes the parents need protection. Children nowadays even sue their parents for money! All kinds of things can happen.

So if the parents do not think more in advance, like taking the children to Miaoli to learn the Quan Yin Method, learn the Five Guidelines and learn how to behave, then later they will regret it very badly. Most of the parents will. So if some of the

people go against me, wondering why I teach this and that and the other, I teach nothing bad here, I teach only what is good for them and for their children. If they all knew how good it is here for their children, they would come quickly and let the children become good persons. Because they will bear the consequences. The parents are the first ones to bear the consequences of bad children and bad education. Of course, I would not dare say that all the children who come here will become like angels. But at least 80 percent will, which minimizes the risk of their becoming irreparable children. At least we have a kind of balance or control for the 100 percent negativity in this outside world. That's already something! It's better than 100 percent bad and nothing good inside, nothing to counteract or balance the negativity.

As adults, we are what we were as children. If we learn well in childhood, when we grow up to be adults, we will definitely become good. There is no doubt about that. So I don't understand why some of the outside people go against me. They should come to me, get the teaching quickly and get their children in, if they want to avoid this trouble in the future. And all the leaders of the countries should bow to this kind of teaching – not bow to me, but to this kind of teaching. That's what I mean. Then it can spread to all the governments, into every country, to all corners of the nations, and make the countries strong, and create world peace without having to talk, without having to resort to guns and violence, H-bombs and G-bombs, and all those kinds of things. I don't know why people don't do that.

Reinforcing Education through Group Meditation

On the one hand, they say they are moral and ethical, and they know what they are doing; they respect spiritual stan-

dards, and they respect inside, like “In God we trust.” But on the other hand, they do not recognize where true goodness lies. To talk about goodness is not enough. We have to have an enforced kind of togetherness, like in a group. And then we have to reinforce it every week or every day, until it becomes second nature. Because we have learned bad things all through our childhood until now. So if we don’t keep cleaning it every day, or at least every week, we have no hope of ever becoming improved at all.

So the best thing is to teach from childhood. I think the best thing is for every country, government and leader to take our teachings, make them become national, and teach the children from childhood on, and then reinforce the teachings together every week in group meditation and learning by videos. Together we’re strong, right?

That’s why, when you are in group meditation, you improve. Because when everyone else sits quietly, you cannot not sit. Similarly, children can be reinforced by the group energy. If the entire school meditated at a certain fixed date or hour, and at a certain time repeated the Guidelines and explained the goodness of keeping a pure life, of course the children would learn.

Learning from Childhood

If they learn it in childhood, they will know it forever. They will take it to heart. Whatever we learned in childhood, we remember now; we cannot forget. All the incidents from childhood affect us our whole life. That’s how many psychiatrists earn their money, because of all the people affected by their childhood circumstances who become disadvantaged, abnormal or very sick, frightened, discouraged or depressed. Most mental illness comes from these childhood impressions. If a child

comes from a very happy family, he grows up a different person. If a child comes from a very hard-trained background, he grows up more able than a spoiled child. That's a fact, and everyone has known that for a long time now.

So you see, if our children are trained from childhood with this kind of pure discipline and logical, ethical conduct, then they know. Because their souls at that time are still very pure. Maybe we don't get 100 percent who become good. Maybe out of 100 children, we get only about 50 who become good. But that's already very good! Or 60 percent, 70 percent of them become good. Thirty percent of them may be bad, but they cannot be 100 percent bad. Maybe they are not as good as the other 60 percent or 70 percent, but they minimize their violent tempers. They minimize the inner urge to do bad things in society. They will be affected. So it is very, very useful, this kind of teaching. Because most of our children in different centers have become good. So that's what they told me. That's the feedback that I heard.

So I am very happy to do this job. Not only for you, but for your children and for their children as well, for future generations. Our teachings are very strong, and the power will still be carried on for the next several hundred years, after I die. (Applause) And after that, it's up to God's will and your children's children's children, whether they are strong enough to carry on our lineage. Otherwise, someone else will stand up, and then another lineage will continue. It's the same lineage, but it will spring up in a different place, that's all. So I do truly hope that all the nations will come and take our teachings to their countries. All the governments, all the leaders and all the parents will then accept this kind of pure teaching into their families, into their nations and into their organizations, and make this world become Heaven.

The Supreme University

Spoken by Supreme Master Ching Hai
Taichung, Formosa, April 21, 1989 (VIDEO#71)
(Originally in Chinese)

Q: *Dear Master, are You willing to establish a university to nurture the most excellent and moral students?*

M: I have already established a university. The Quan Yin Method I teach is exactly that! (Applause) Our disciples are the most moral and excellent ones. They do not gamble, smoke, speak untruths, engage in sexual misconduct, take what is not offered, or kill man or animal. They are all vegan and meditate every day to find their inner wisdom; this is the highest morality. (Applause) Yes, that's right. Our Quan Yin Method is the supreme university.



A Transcendental School

Spoken by Supreme Master Ching Hai
Hsiuh, Formosa, June 16, 1991 (VIDEO#176)
(Originally in Chinese)

Spiritual practitioners are just in a different kind of school that is higher than worldly universities. The learning of worldly knowledge ends in the university. If we want to know about the greater or more mystical things in the universe, we have to walk on the spiritual path. You are also in a kind of school with me, a spiritual Master, but here, you learn different knowledge that is higher than what we learn in a university. Worldly knowledge cannot compare with spiritual knowledge, because there are many mystical things that cannot be explained in a worldly way. Of course, universities offer some benefits. They teach numerous subjects. But, everything is taught here in our group; it is taught inwardly. No worldly language is necessary. Therefore, our school is a transcendental school.

The Influence of Music on Young People

Spoken by Supreme Master Ching Hai
California, USA, March 9, 1994 (VIDEO#409)
(Originally in English)

Q: *Would You say that in some cases modern music encourages a certain mood and atmosphere, the kind that can create more of a demonic environment for young people today or perhaps even the world, just from the mood that it tends to create?*

M: Yes, part of it. Part of it has already existed through centuries from the different moods of humankind. And if we deliberately add ingredients to it, then of course it becomes stronger. Music is very influential. It's been proven scientifically that if you give people soft, kind, gentle and loving music, they feel calm and relaxed, very gentle and loving. But when you give people discordant, very terrible music, they go crazy or fight with each other.

Just like when they go out to fight in battle, do you know what kind of music they give to people? It's not "I love you!" or anything like that, but "Bong! Bong! Bong! Boom! Boom! Boom!" All kinds of deathly tunes and aggressive melodies are given to the soldiers. So they just march and march and then die blindly. Because that's the time when they want to kill, they're in the mood to kill. So music is very important, of course.

Initiation: The Quan Yin Method

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

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

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

The initiation into the Quan Yin Method is not an esoteric ritual or a ceremony for entering a new religion. During the initiation, specific instruction in meditation on the inner Light and inner Sound is given, and Master Ching Hai provides the “Spiritual Transmission.” This first taste of Divine Presence is given in silence. Master Ching Hai need not be physically present in order to open this “door” for you. The Transmission is an essential part of the Method. The technique themselves will bring little benefit without the Grace of the Master.

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

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

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

The initiation is offered free of charge.

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

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

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

The Five Guidelines

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

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

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

Introduction to Our Publications

Books

The Key of Immediate Enlightenment: A collection of The Supreme Master Ching Hai's lectures. Available in Aulacese(1-15), Chinese(1-10), English(1-5), French(1-2), Finnish(1), German(1-2), Hungarian(1), Indonesian(1-5), Japanese(1-4), Korean(1-11), Mongolian(1,6), Portuguese(1-2), Polish(1-2), Spanish(1-3), Swedish(1), Thai(1-6) and Tibetan(1).

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Coloring Our Lives: Available in Aulacese, Chinese and English.

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DVDs, CDs,MP3,and MP4 of Supreme Master Ching Hai's lectures are available in Arabic, Armenian, Aulacese, Bulgarian, Cantonese, Cambodia, Chinese, Croatian, Czech, Danish, Dutch, English, Finnish, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Malay, Mongolian, Nepali, Norwegian, Mandarin, Polish, Portuguese, Persian, Russian, Romanian, Sinhalese, Slovenian, Spanish, Swedish, Thai, Turkish and Zulu. Catalog will be sent upon request. All direct inquiries are welcome

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There is an ancient saying which states that when a student is ready, the teacher will appear. On rare occasion, we have an opportunity to be given personal guidance and teaching from an enlightened soul who can lead us along our own path toward self-realization, a person who can provide a living example of self-mastery who will guide and support us, both externally and internally, as we begin the often difficult journey to spiritual freedom and enlightenment.

Through an ancient rite of initiation, this enlightened soul can awaken us to the "Supreme Master" which is the fundamental nature and the birth-right of every human on Earth.

The Supreme Master Ching Hai is one of those rare living saints who will share Her realization free of charge and conditions to all those who sincerely seek liberation and spiritual freedom.

