

The Key of
Immediate
Enlightenment
Questions & Answers 1

The Supreme Master Ching Hai
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A Little Message

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

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

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

As a creator of artistic designs as well as a spiritual teacher, Supreme Master Ching Hai loves all expressions of inner beauty. It is for this reason that She refers to Vietnam as “Au Lac” and Taiwan as “Formosa.” Au Lac is the ancient name of Vietnam and means “happiness.” And the name Formosa, 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.

“I do not belong to Buddhism or Catholicism. I belong to the Truth and I share the Truth. You may call it Buddhism, Catholicism, Taoism, or whatever you like. I welcome all!”

~ The Supreme Master Ching Hai

“By attaining inner peace we will attain everything else. All the satisfaction, all the fulfillment of worldly and heavenly desires come from the Kingdom of God – the inner realization of our eternal harmony, of our eternal wisdom, and of our Almighty Power. If we do not get these we never find satisfaction, no matter how much money or power, or how high a position we have.”

~ The Supreme Master Ching Hai

“Our teaching is that whatever you have to do in this world, do it, do it wholeheartedly. Be responsible and also meditate every day. You will get more knowledge, more wisdom, more peace, in order to serve yourself and serve the world. Do not forget that you have your own goodness inside you. Do not forget that you have God dwelling within your body. Do not forget that you have Buddha within your heart.”

~ The Supreme Master Ching Hai

Walk the Way of Love

Footsteps of a Living Enlightened Master

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

Supreme Master Ching Hai is a world-renowned humanitarian, environmentalist, author, artist, designer, musician, film director and spiritual teacher, whose love and care for humanity extend beyond all racial and national boundaries. Since the early 1980s she has also been one of our planet's most dedicated ecological pioneers, promoting environmental protection, biodiversity preservation, reforestation, sustainable living and most importantly, the organic vegan diet, the quickest, most effective way to solve the climate crisis.

With unwavering determination, she devotes her time and resources to awakening the world to the disastrous impact of climate change and to the vegan solution. From 2006 to 2008 she launched the Alternative Living and SOS global-warming-awareness campaigns. She also publishes a news magazine, writes books, produced the 2005 vegetarian documentary *The Real Heroes* and the TV series *The King &*

Co., broadcast on Supreme Master Television, a 24/7, global satellite channel offering news on climate change, the vegan diet and other uplifting topics. Since 2007 Master Ching Hai has also shared her knowledge with environmental experts, government leaders, VIPs and concerned citizens through over 27 climate-change conferences in 13 countries broadcast live on satellite TV and radio.

As a result of these efforts, her motto “Be Veg, Go Green 2 Save the Planet” and “Be Vegan, Make Peace” has spread around the globe, inspiring humankind to embrace the healthy, sustainable vegan lifestyle and thus evolve into a higher state of peace and harmony.

Through her kind example, Supreme Master Ching Hai also reminds us of our inner goodness and love for all of God's creations. The profound insights she gained through her spiritual attainment allowed her to identify the root cause of human suffering, social discord and environmental degradation: the violence we inflict on other beings, including our innocent animal friends. Out of compassion for the weak and voiceless, Supreme Master Ching Hai thus wrote the #1 international bestsellers *The Birds in My Life*, *The Dogs in My Life*, and *The Noble Wilds*. These literary gems, available in various languages, reveal the deep thoughts and feelings of our treasured animal co-inhabitants, highlighting their divine nature and unconditional love.

Her Early Years

Born in central Au Lac (Vietnam), Supreme Master Ching Hai studied in Europe and worked for the Red Cross. She soon realized that suffering exists in all corners of the

and her yearning to find a remedy became the foremost goal in her life. She then embarked on a journey to the Himalayas in search of spiritual enlightenment and eventually received divine transmission of the inner Light and Sound, which she later called the Quan Yin Method. After a period of diligent practice, Supreme Master Ching Hai attained the Great Enlightenment.

Soon after her return from the Himalayas, at the request of those around her, Supreme Master Ching Hai began sharing the Quan Yin Method, encouraging her students to look within to find their own divine greatness. Before long, she received invitations to give lectures in the Americas, Europe, Asia, Australia and Africa. Supreme Master Ching Hai's compassionate heart is also reflected in her care for the less fortunate. Funds generated from the sale of her artistic creations have enabled her to support her mission of comforting God's children in need through worldwide disaster relief and charity work.

Beautify the World We Live In

Although she seeks no acknowledgement for her humanitarian work, Supreme Master Ching Hai has received numerous awards from governments and private organizations around the world, including the World Peace Award, the World Spiritual Leadership Award, the Award for Promotion of Human Rights, the World Citizen Humanitarian Award, the Award for Outstanding Public Service to Mankind, the 2006 Gusi Peace Prize, the Los Angeles Music Week Certificate of Commendation, First Place Silver for the 27th Annual Telly Awards 2006, the Presidential Active Lifestyle Award from former US President George W. Bush, and the

2010 President's Volunteer Service Award from US President Barack Obama.

In addition, October 25 and February 22 were proclaimed "Supreme Master Ching Hai Day" in the US by government officials in Hawaii and Illinois. Congratulatory messages were sent to her during the Illinois proclamation ceremony by former US Presidents Clinton, Bush and Reagan.

And to commend virtuous individuals and encourage others to be inspired by their examples, Supreme Master Ching Hai has also created the Shining World Awards series, recognizing deserving humans and animals for exceptional heroism, compassion, leadership, bravery or intelligence.

Master's Dream

Supreme Master Ching Hai thus selflessly dedicates her life to creating a beautiful future for our beloved planet and its precious co-inhabitants. Throughout history great visionaries have had dreams, and Supreme Master Ching Hai expresses hers as follows:

"I dream that the whole world will become peaceful.

I dream that all the killing will stop.

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

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

I dream that our beautiful planet will not be destroyed.

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

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



Questions & Answers of Master's Lecture

at Holiday Inn, San Francisco, CA, U.S.A. on May 24, 1989

Q.1 There are so many who claim to be Masters. How can we know which are the true Masters, so that we will not be led astray?

M. This is a very sincere question, very sincere and very straightforward. I might tell you it is very easy. First, a real Master will not accept any donations for her own, his own use. He or she lives from his own hands. That is the first qualification. Because God only gives, and doesn't take. Have you ever seen God come down and take any offering from you? So... no. If the one who proclaims to have God's Power within, if he represents God or he works for God, he must have this God attribute. He must not take any offering for her or his own private use.

And then the second attribute is that he or she must give you some proof of enlightenment. For example, if she or he says... anyhow he or she, I don't know what it is. On

the inside there is no she and no he. That master, if she or he proclaims that she has the Light. Then she must also give you the Light, give you the proof that you can see the Light, and that you can see, hear the "Word" of God, the "Word" in the Bible. If they can give you, whoever can give you the proof of these two, the Light and the Word of God, the Vibration of God, that is someone you can believe. Otherwise how do you know he or she has anything?

If someone says to you, "I am a millionaire. I have a lot of money." And then you want to see a little bit of his money, and he says, "Ah, you must believe me. It's enough." It is not enough. At least he should show you a credit card or a check. If he is generous enough, he will give you some, and then that can be of real use to you. Otherwise, he could talk for a hundred years that he has money, and what is the use for you? No use. If you are thirsty, and you are hungry, and he gives you no financial help, then that is a no-use millionaire or useless millionaire. Whether he is a millionaire or not, we would care not.

These are the two conditions of knowing a real Master. First, he won't accept any offering for private use; second, he has to give you some proof of the inner enlightenment, he has to give you the Light. "Guru" means Light giver, darkness remover. When you see darkness every day and he gives you the Light, then that is a Guru. And then the Sound must also be heard, because, *In the beginning was the 'Word' and the 'Word' was God.* If you don't hear the Sound, then you have not completely contacted yet with God. The Light is only one attribute of God, not perfect. You have to also hear the Sound.

Now you may ask me, “Why is it? Why can we not see only the Light, and have to hear the Sound? Why do we have to use the hearing method?” I may tell you. Our physical eyes can only see one dimension. I mean in the front. If you want to see here, you have to move to the left; if you want to see the right, you have to move to the right; and if you want to see behind, you have to turn completely. Our inner eye is similar. Even though your inner eye is opened, it has the same effect as the outer eyes; meaning that you can only see the front, or whatever direction you are looking at. (Except when one is in the much higher dimension where we don't “see” with the “eye.”)

The ears are not the same. Our physical ears have a multi-dimensional purpose. You can hear from above, you can hear from beneath, you can hear from right, from left, from behind, from front. Our inner ears are also the same; you can hear from all directions. Then we become all-knowing. If we only see and don't hear, then we are deaf. Then one of our organs is not in order, is not in use. We are not perfect beings.

The hearing organ, being inner or outer, is the perfect one, more perfect than the eyes. For this reason, we have to practice the hearing method. Outside we use the physical eyes to look, we use the physical ears to listen. Inside we also have to use heavenly eyes to look and heavenly ears to listen, because the sounds come from all directions. We have to use the hearing organ, whether inner or outer, in order to become a perfect being. If our ears are not in order, we are not a perfect human being. Therefore, our inner ears also have to be in perfect order, to be a perfect heavenly being. At the moment, we have our inner ears,

but they are not yet opened. At the initiation, I will help you to open them and then you'll hear the different celestial Vibration of different dimensions.

By coming in contact with these Vibrations, or the so-called “Word” in the Bible, we become all-knowing, we become all-power, all-blessing, all-virtuous, all-satisfied, all-happiness and all-bliss bestowing to the people in our environment, and even to our surroundings. Our surroundings will be blessed with our presence. Everywhere we go, those beings, or those places will become sacred. They will become blessed, will become more happy, more lifted up in human consciousness, whether they know it or not. But most of the time they would not know about it. They just feel that there is a change in their consciousness by being in contact with us, but they do not realize what it is, and they do not know why. And that is how we distribute our God's blessing to the world. If we come in contact with this God Power and we can distribute it, then that is our contribution to this world. It is the best, the highest contribution; more than physical help, more than financial help. This is the God blessing, the wisdom, and there are some other things.

To know a Master takes time. First of all, there are the two primary conditions that make you know a Master, but then you still have to go higher in consciousness yourself in order to realize how great a Master is. But the safeguard is that he will not abuse your financial or physical contributions, and you are safe. “At least that person doesn't want anything from me. So I can safely learn with him, or with her, and I will see whether he is good or not. If he isn't good, I can always leave and I lose nothing.”

That is just for your safe side. I mean, you don't lose anything whatsoever. No conditions are imposed upon you, therefore at least you are safe. Whether that master is good or not, we'll discuss later. At least he will not abuse your innocence and doesn't want any contribution on your part, and that is a sign of a real Master. At least you are safe. That's it.

And then there is the power of the Master, and at the time of initiation, you might know a portion of it. And then as the days go by, and you practice, you clean yourself, and you will understand more, your wisdom opens, and you will realize how great a Master is. To know a Master, it's not a one day thing, but you may know a little bit of it by the proof she or he gives you at transmission time or initiation time. But at least she won't want anything from you. That's a safe sign. To know something else. It takes a little bit of time, but you may know it. Some people know their Master very quickly because every day they get blessings, every day their lives change, every day they get bliss and power, every day they know. But some people may take a little bit longer. That's all. But more or less, at the time of transmission.

Q.2 Master Ching Hai, what are Your thoughts on the animal rights movement that is now beginning in this country? Do You agree with their methods?

M. I completely agree. We are vegan supporters and I do not agree with violence on animals' innocent lives. Of course I completely support this.

Q.3 What is the right way to study Buddhist studies? And where to study?

M. The right way to study Buddhism is to go within yourself and see where the Buddha is; not in the doctrines but in you, because the Buddha said, ***Buddha is within you***. He didn't say the Buddha is in a doctrine or in any church or in any temple. We forgot this. After He died we built many temples, made His images, and bowed there to the wooden statues, and then we asked Him for this and that and other things. The wooden statue cannot give us anything, and so we become frustrated, and we think that the Buddha does not have any power. It is that we are looking in a wrong direction. To study Buddhism, go inside! And the go-inside method, I have! I can tell you how to find the Buddha (God).

Q.4 How can we always be happy and immortal?

M. Yes, there is a way. There is a way to everything that we want. We must know where to find it. If you want to live forever and be happy, I will offer you that method. It's very easy. You should devote a little bit of time every day to acquire it, and in a very short time you will know, in a very short time. For some people it's just a few days, and for some people on the first day. They know that they are immortal. But for this I cannot use language to explain it to you. You must experience it yourself, and then you alone will know. And afterwards someone will ask you, "What is it like?", and then you'll become dumb, just like me! (Master and everyone laugh) We cannot say much, we only know, realize, and experience it ourselves.

Q.5 *What is the initiation and what are some of the requirements?*

M. Initiation is the moment of connection with God within you. Afterward, you are always connected and see God every day. The requirements are a complete vegan diet and virtuous living and two and half hours meditation every day. You may ask for the details outside. Outside we have written some kind of requirements. Actually, I myself require nothing from you; it is that you yourself have to require of yourself some discipline. For example, if you live on an animal diet, that is detrimental to your spiritual life. And now when I tell you the secret is to cut it off, it's for your own good. For myself, I require nothing from you. There is no need to change your husband or wife, no need to change your job, no need to change any social contacts or any religion. If you are Christian, be so; if you are Jewish, believe that; if you are in any religion, any sect, you are free to stay there. I just tell you how to acquire your own highest potential Power inside. And that is what you, or what any religion would name the highest. The Buddhists name this as the highest, the Christians name this as the highest; and I want you to find that Power. That's all.

But you must be pure in speech, body and mind. For example, in our minds we must not think of any violence; we must think of love, forgiveness, tolerance, forbearance. In speech we must speak of wisdom, of soothing comfort to our associates. In body we should live a pure life, more or less a chaste life. A chaste life doesn't mean you don't have a husband or wife, but that you have only one husband or one wife, and you don't divorce. Whatever husband or wife you have, you continue to have, and you put up with that. (Master and everyone laugh) That is the chaste life. After

that, to be a chaste person you must give up all kinds of liquor, I mean things that make people confused in mind, and make the body weak. Things that make mental disease like drugs, alcohol or gambling, these kinds of things. That is a chaste life or pure life.

So your body, speech and mind you should adjust according to God's virtue, what Hes means, because you want to become God, you want to become ***I and my Father are one***. Now you may wonder if God gambled or God drank any liquor or God had any, so many terrible adulteries or all kinds of lower desires, If we want to become one with God, of course we have to lift our own body, speech and mind to match Hiers. So, this is the condition. You should be vegan, that's all; and be chaste in speech, body and mind, be loving and not violent. That's all.

For example, before you loved to beat people, and now if you want to practice this method, then please don't beat any more. That's all. And before, if you loved to eat animal meat, then now, out of compassion and love for living life, you should just abstain from it. Just to show that you are higher, one step higher, in God consciousness, and that you have more compassion, you practice love and mercy. That is the condition. Very easy. We can do that. We can.

Q.6 *Does our past karma affect the present life? How can we believe it? What is the proof? Thank You.*

M. It is not easy to prove this, but I can try. We do not need to talk about a past life which is unreachable for our mortal understanding. We will talk about the present. It's easier to understand. For example, if every day you drink

alcohol, if in the morning you drink alcohol, then in the afternoon what do you feel? Lovely, no? Fantastic? Or you feel drunken, and terrible, with a headache, and lousy and sluggish? You feel terrible, right? That is the effect of it, what we call, "the past karma affecting the present." If you did not drink alcohol so much in the morning, then at noon you don't feel so terrible, or in the afternoon you don't feel so terrible. You will feel clear-headed and very happy, and very normal. That is the karmic effect, we call "the past affects the present." It's very easy.

These things are easy to understand because they are in the same time, and in the present time. But if something happened so long ago, in the centuries of times, then of course we do not understand. Every time we're born again we change into new clothes, and this body is the new clothes, and we've forgotten the last time we wore what kind of clothes.

The fact that we forget the past is also a blessing for us, because what is the use to us if we remember that last life we were a tiger, or we were a wolf, or we were a kind of very terrible president or very terrible king? This will make a very, very heavy pressure on us. We cannot even deal with our daily pressures, how much more so if we have to deal with past karmic burdens, mental burdens.

So it is a blessing that we don't remember our last life. This is especially designed by God, by the lord of karma, that we do not remember, so that we may live a bearable life. But actually, when we practice some kind of meditation, even just ordinary meditation, not to mention our method, some people would see their own past lives. There are some kinds

of spheres which record every minute detail of our past existences, and when we reach that so-called library we can see everyone's life like an open book, including our own. So actually, when we practice our method we can also reach there. If it's useful for you, the Master will let you see; if it isn't, and too much for your own enduring power, then the Master will cover it and won't let you see.

So the secret of life is nothing secret. It is a matter of reaching the right library and then seeing what is in store before and after. So you can prove it for yourself even. You can prove it for yourself, no one can prove it for you. For example, if you ask me how I can prove your karma, now I would tell you, for example only, don't believe it, I would say, "Oh, before you were a tiger." And now you would ask me for proof. It is very difficult for me, because you are here and I am there. I see things differently from your seeing things. The one who is on the fifth floor sees more parts of the city than the one who is on the second floor, and the one who is on the second floor will not believe what the third floor is telling him because he himself doesn't see it. So proof or no proof, leave it till later. You should concern yourself more with your present life. For example, our past life we cannot change, it's gone, it's already happened. So all we can change, all we can worry about, is this present life and the future. No? And now we can change the future, and that is a good thing. The future and the present are so important to us, not the past. The past, we cannot do anything about. And we couldn't do much even with the present, but we could minimize it, could smooth it, by our own God Power within us. Every day we take it out and use it.

For example, you have a treasure and inheritance from

your parents, a million dollars treasure laid and hidden somewhere, and you don't know where it is; and every day you go and work very hard and earn a little money. But the fact that you know you have a treasure somewhere doesn't help you, does it? But, if you know where it is, then you will take it out and use it every day. And now, if you owe someone a hundred thousand dollars, you cannot change that, because you've already borrowed from him and you cannot change this. But you can take your money and give it to him. You can make your life more comfortable. Pay him some money and you can avoid the lawsuit, and avoid people coming to drag you out to scold you and beat you because of owing money. That's how you can change your present life.

Our present lives are fixed from our past so-called karma: *As you sow, so shall you reap*. Therefore, our happiness or sorrow are fixed because of our own past actions, just like when we owe someone money we cannot change that because we've already spent it. So now we have to bear it, or if we have the money, we give it to him, and then we're free. In the same way, our present life may be miserable or unhappy because of our past lives or the past years wrong actions. But now, if we practice, we can take the inner blessing power to use, and then we can minimize this misery and that's how we can help and change the present. And of course, in the future there will not happen anything unfavorable to us, because we have so much merit in store to alter our future.

It is the same as when we have discovered our treasure, then we can give some money to our debtor. Is that not so? And then we even have a lot to use in the future. In the future

we can avoid borrowing money, we can avoid being poor. Is that not so? Same thing, same thing! We cannot change the past, we have to smooth the present and change the future. And that is the purpose of practicing the immediate enlightenment method -- the Quan Yin Method of meditation. Quan means contemplate. Yin means inner Vibration, inner Sound. So says Quan Yin. This is a Chinese word for contemplating the inner Music.

Q.7 I am a Roman Catholic. I have accepted Jesus Christ as my savior. I have begun chanting in a Buddhist practice. Is one in conflict with the other? Is the chant in conflict with the Father's name JAHWEH?

M. I understand. No, you have not, you have not done a bad thing. God will forgive your earnestness for enlightenment. It is because you want to look for God that you go from door to door. It isn't that you want to do bad things. I don't believe in any so jealous God. If He is so jealous, I will put Him down the drain. (Laughter) But anyhow, anyhow, the practice is of the Jih Lien sect. It is a lotus sect. Jih Lien is a Chinese word for a lotus sect, so you are practicing the Lotus Sutra method, and they are repeating the name of the Lotus Sutra. But from what I understand and what I realize, it's repeating a name of a scripture, means nothing to God. God is within us, not in the scripture.

So when Jesus was baptized by John the Baptist, what did He see? He saw the Light from Heaven come down like the dove. So if you repeat the names of the Lotus Sutra and you don't see any dove coming down, that means you are practicing in a wrong way, whether you call it Buddhist

or Catholic, I don't care. I am a Buddhist by origin, but I feel that, I know that most of the Buddhist methods even contradict the Buddha's teachings. They only talk and talk, repeat by words, and have no inner Light or inner vision.

So now I tell you, do not abandon your Catholicism, but I will tell you a method to acquire the Light within, and that's all. Do not worship me, and do not become Buddhist, and do not go to any Buddhist temple, and do not come to me even. I don't care about all of this. I just tell you how to go in yourself and see God, and see what you want to. You always long for that God, that JAHWEH, or whatever you name Hirm. You can call Hirm another dozen or hundred names and Hes would not mind. Hes has no name. Hes has no name. Hes takes on whatever is the name of the Master on Earth at that time.

Therefore when Jesus came, they worshipped Jesus as the Son of God, or as even God. When Buddha came, they worshipped Buddha as God. Because the God Power manifests in that person, in that human pole. The human is just like an electric wire, carrying electricity inside. So if it is red or yellow, it doesn't matter. The important thing is it has electricity inside; otherwise you don't call it an electric wire, maybe an empty wire, yes?

So all kinds of methods, if they don't give you electricity, if they don't give you Lights or God or the heavenly sphere to look at, then it is an empty wire, it's not an electric wire, and it's not Jesus' method. It's an outer method. I don't care if it's Buddhist or Mohammedan or whatever; all empty, just an empty shell. So therefore you feel in conflict.

If you learn this method from me, there is no need to change to become a Buddhist, no need to repeat anything. You just see the Light every day, feel joy, and be in the presence of God. And then you call Hirm whatever name Hes tells you to call Hirm, and you will know Hirm by different names, hundreds of names, or no name. You just feel Hes is so much love. Hes is loving and merciful and Hes takes care of you every day, in every minute detail. Then at that moment you really feel thankful to God, you really know Hirm, you really know Hirm and worship Hirm, and that's the real worship of God. If you don't know Hirm, it's not the real worship. You don't know how great Hes is and you just blah-blah-blah, "Oh, You are so great, You are so merciful!"

In fact every day you are so miserable. What does Hes help you with? Nothing. Then you tell lies. You can only say, "God, You are so merciful, You are so loving, You are so compassionate," when you know how compassionate Hes is, where, how, and in which way Hes helps you, how Hes takes care of you every day. Only then your word is true and your worship is sincere. And you throw yourself at Hiers feet and become one with Hirm.

And that's the true way to God; it's no religion, it's no dogmatic thing, no blind belief, no blah-blah repeating; but knowing, realizing, seeing, contacting; and that's the real path. I have no Catholic path, no Buddhist path, no lotus path, no "lily" path. I have only one path -- it's God's path. If you know the Light, you know God; that is the true God, true way.

And don't feel any conflict. Even if now you believe in the

Lotus Sect, God would not punish you. It doesn't mean you betray Hirm. Hes would only feel touched at your devotion, at your blind search for Hirm. Hes would only help you, because of your sincerity. Therefore Hes sent me here to tell you how to find Hirm, not through the Lotus repeating, not through the scriptures, but through your own Self-realization. Hes will not punish you. You've not betrayed any God. It's your sincerity that counts. It doesn't matter where you go, you only carry God in your heart, no? You only want to know Hirm, and that's why you come here, you go there, you ask this master, ask that person, "Do you know God?" and he says, "This way, this way," and then you follow. And then you find no God, and so you feel a struggle again. And you go in a different way, and again say, "Do you know how to find God?" And they say, "Yes, yes!" and this is again only an empty promise!

You must know that when Jesus baptized people, He gave them Light. And when Jesus Himself got baptized from John the Baptist, He got the Light from Heaven like a dove. So you have to see that. If you see that, then it's a proof that you practice the same way as Jesus did. Otherwise this is all wrong, this is all misunderstanding.

Q.8 How do you distinguish the Voice of God from your own ego's voice? How do we know God's Voice?

M. It is different. That's why we have to practice. The ego will fall away once we come in contact with the God Power. At the moment we're all doing everything with ego: "We helped this person, we helped that person." This is all ego. We feel a sense of satisfaction that "I helped her, I did this for her." But when we are in contact with this Supreme

Power, we lose the sense of "I" doing things, and we see God doing everything. God uses this body. And that body is also God. The one who helped and the one who got helped are all God. Then you don't feel that separation any more.

Q.9 What is the immediate method to enlightenment?

M. Oh! Yes, that I will teach you at the time of transmission. Because this method does not use language, I will sit there quietly and then you will get it. Now I've talked too much. It's all only advertising for cookies. (Laughter)

Q.10 How long will it take to travel to the universe?

M. Oh, this is very quick. At the time of transmission you might get it, but for some persons it takes a little bit longer. It depends on how virtuous you were in past lives, and how much you believe in the Master Power.

Q.11 Please bless me with every way -- "Mary."

M. Thank you, merci. You are so kind, you even put your address here. People are already putting their addresses here. Very good. You can only bless yourself. I cannot bless you. Mary, I cannot bless you. You have the blessing Power within you. I can only show you how to use it. If I can bless you, then I can bless the whole world, and then I do not need to come here. I can stay at home and bless. (Laughter)

I cannot cheat you. I cannot cheat you, I cannot tell you that I can do everything for you. You must make a first

commitment, you must sacrifice something, you must show your sincerity to God. You must be a vegan, you must devote some of your time every day to contact with Hirm. Every day Hes waits for you but you are busy, every day Hes wants to give you blessing but you are busy. I can bless you also, but only if you make the first step and get initiation, and then we are together, and we can connect. Now at the moment my telephone and yours are cut off, and whatever blessing comes, it will come in the middle and then it'll come back to me. It's just like if I talk to myself on the phone, you'll hear nothing at the other end because the telephones are disconnected.

So, at the initiation we are connected, the telephones are fixed again, and then all my blessing will become yours. I reserve nothing for myself. You are free to take all my blessing. But at the moment you cannot take it, not to a certain degree. You take a little bit, yes, of course. You take a little bit, but not in every way as you asked, "Bless me in every way." This you can only do by your own efforts. Even I can only bless you a little, so do it yourself.

Q.12 What is the method? Is it meditation? How long does it take?

M. Yes, it is meditation, but it is not those that you always imagine. This meditation requires no effort. "How long does it take?" Very quick. When you are initiated you immediately know, very quickly. Just a minute, and you get contact with God Power. No need to wait too long.

Q.13 What do You think of Gandhi and Martin Luther King?

M. Ah! I worship them, I respect them very much. If the world was full of these people like Gandhi and Martin Luther King, then I would give up my job. Yes, and we could all sing together every day, and it will be sunshine. It's a pity that these kinds of people are so rare.

Q.14 Since You had an opportunity to be a Catholic and You have expressed so many similarities between Buddhism and Catholicism, why did You choose Buddhism?

M. OK, I can change. I can change tomorrow to Catholicism. But what's the use of that? I've already told you whatever you are, you stay there, because it's only an outer appearance. It makes no difference to the inside. When you are enlightened, you are a Buddhist or you are a Catholic, and you are still enlightened. So, if I change to a Catholic nun people will ask me, "Oh, why have You chosen Catholic?" Then it makes complication. I think I'll stay where I am.

Q.15 What is the purpose of life? How can one know if reincarnation really exists? What is the soul and what is its origin?

M. So many questions. What is the purpose of life? I think we can only know it after enlightenment. Now, if I tell you very much, you would not understand, you would not even believe me. The purpose of life is that God sends us here to bless this world with our inner Power. But we bless so much and we exhaust ourselves. Our treasure runs out, our Power runs out, and we need now to recharge. And we don't know it. So my mission is to come to recharge you.

Then you can bless this life, this world again. And then you can go Home, not empty-handed, but full and blissful as you were originally, since the time without beginning.

Q.16 *How can we know if reincarnation really exists?*

M. I've told you already. In the Bible Jesus also said He is the reincarnation of such and such great past Master. But anyhow we couldn't believe Him unless we ourselves go to the Second World's sphere and see the library of the book of lives, and then we have no more doubt about that. Therefore there are many people, Buddhist monks or Catholic monks, and some of them know of past lives. But the trouble is, we have difficulty believing them.

Q.17 *And what is the soul?*

M. I have told you. The soul is our real Self which is now dormant. We have to awaken it, and that is called awakening or enlightening. Then you will know what the soul is. Now you only know what the body is and the brain is, and after awakening you'll know what the soul is.

Q.18 *For a mentally ill person on medication, what are the chances for enlightenment?*

M. I think if this person understands my talk, then he can get initiated and then get help, and be better every day. No need for medication. If you have come here and understand my talk, that means you are not really mentally ill. You may be depressed or slow-thinking or out of society, because sometimes we think not the same like the society and people

think we are mentally ill. It may not be the case. It may not be. If we cannot put up with society's pressure, then people think we are nuts. Sometimes it's like that.

Q.19 *Can You display any miraculous power such as levitation, flying, telepathy, appearing in many places at once? Are these things not important?*

M. No, they are not important. These miraculous powers are not important. Birds can fly, birds are flying, and they are nothing important; aeroplanes can fly, and they are not masters, insects are flying all over, and they are not masters. There is no need to imitate birds or insects to prove that you are a real Master. Even if I would do so, people might think I am a bird and shoot me down, so I won't do it. (Master and everyone laugh) I am not stupid. People have guns. Can you imagine in this society a man flying in the sky? You are asking for trouble. (Laughter) Don't you think so? Yes. (Applause) Yes, thank you.

And as for appearing in many places at once, yes, I can do it, but it's not with this body, it's with the transcendental body. I have told you. And to see my transcendental body you have to use different eyes, or be in some very special blessed conditions. But I would not do it just to prove myself. Jesus said, **Don't try your God**. If I always have to prove myself, then I think I am not worth your trust. Whoever keeps trying to prove how great she or he is, then he or she is not really great. You must use logic and wisdom to talk, to induce people to find their own logic and wisdom. If they have enough wisdom they'll believe you.

If you use this kind of magic tricks and children's games, playing tricks on some people, I think this is not worth a thought, hum? Sorry! You can go and find some magician and they'll do it, they fly in the air, levitation, all these kinds of children's stuff. My disciples, if they do it, I will beat them. (Master jokes) I'll scold them and say, "You are getting into a demon." This is a small thing, this is not worthy.

When you practice you might get into a kind of levitation, just one or two times, or for a minute. That just means you have some demons in you, nothing to be proud of and to be talked about. You should not even talk about this, and let people know that you are kind of possessed. A great Master would not do this kind of trick, I'm sorry. And this is a kind of misinformation from the West.

Q.20 How can we know for sure that there is a God?

M. We can know. When we practice this Quan Yin Method of meditation, every day we are in contact with God. We can see God like I see you, and even clearer than I see you because we see with the clearer eyes, with the wisdom-eyes, and not with the clouded eyes, and limited vision of the human understanding. We see God more clearly.

Q.21 Is Jesus Christ correct on will there be reincarnation?

M. Jesus Christ was correct. He said, *I am the Light of the world, as long as I am in the world.* That means there are others who come afterwards. He also said, *Don't grieve for me, for after I go I will send Comforters.* Is that not so? He said, *I will send some Comforters to you.* That means

a different reincarnation "will come," other sages, other prophets "will come." So He was correct.

Q.22 Master Ching Hai, my question is twofold. First, can You give me a brief description of the practice that You teach? Second, can You imagine any conflict between this practice and others?

M. A brief description is that I will show you how to concentrate yourself in order to contact this heavenly God Power or Light within, and to hear the inner Word or the Word of God within. That is basically the so-called method. But to do so I don't use any language. I may talk to you and explain to you all different kinds of heavenly scenery, or different levels of consciousness, and so wherever you are, you may know what your level is. I may explain all these outer things, but the method is transmitted by complete silence. When I am silent, that is when I transmit to you, and then you will see the Light and hear the Sound. And now that I'm talking, you see nothing, and you hear nothing.

So the method is actually no method. It is the transmission of the inner Power from person to person, from heart to heart. Therefore we call it in Zen "Ying Hsin." (Chinese) It means "heart stamp." That's it. "Heart" means our Power, our inner wisdom, not this physical heart. Therefore there is no method to talk about really, except that when you are in contact with God, then you can transmit it. He allows you to.

But then whatever it is you will see, you will get enlightened. You will see the Light, you will hear the Sound, you will see some heavenly abodes. You may see Jesus, you may see Buddha. You may learn with them something of the ancient

wisdom. And that is a benefit from the method, a success from the method, but the method itself is no method. It's only the silent transmission of the Light.

Q.23 Now what is the first real step in order to have a little wisdom and enlightenment?

M. What is the first step? It is the initiation. You are willing to let me open the wisdom-eyes for you, you are willing to let me open the wisdom-ears for you, and you are willing to let me open the God blessing Power within you for you, and then every day you use it. Because I have the key. You hear that Peter had the key to Heaven? Now he gave it to me.

Q.24 How can we let go of our grief that keeps us stuck in a miserable state?

M. Yes, that's true. We have to go out of it. Get initiation and feel uplifted, all your burdens washed away. Even when your parents die, you know where they are going to and you won't grieve so much. You will see the transcendental form of the Master come and take them to Heaven, so you won't grieve. And after you practice you'll see all of your friends or relatives go to a happier sphere and so, instead of grieving you'll feel happy. That's the secret of happiness, because seeing is believing.

Why do you grieve, when someone leaves you, or dies? It is because you don't know where he is going to, so you feel the loss. But if you know where he is going, that he enjoys himself somewhere, and that you can even visit him, then you don't grieve. That's the secret of practicing. That's the benefit, and that's why we must practice.

Q.25 Is it possible for one to achieve enlightenment all by oneself, or must we ally ourselves with an organized religion or discipline?

M. No, We have to achieve enlightenment all by ourselves. Religions cannot help us. Religions are only doctrines left behind by past enlightened Masters. We can only take reference with it, refer to it, to compare it with our enlightenment now, to see if we are in correct accord with the ancient Masters, if our method is correct, and if our enlightenment is like theirs. That's the good of the doctrines.

Right now I just mentioned, Jesus when He was initiated, or baptized -- actually "baptized" means "initiated" -- He saw the Light come down from Heaven like a dove. So now, if we get initiation from Master Ching Hai, and we see the Light come down like a dove or whatever, then we can say, "She transmits the same method." That is just for our reference. Otherwise, the Bible cannot enlighten us. Any religion, any religious bible cannot help us to get the inner Light and inner happiness and satisfaction. Only the transmission from the real living God Power fulfills all of our desires.

Q.26 Initiation requires one to meditate two and a half hours per day. May I substitute this by chanting "Nam-myō-hō-rengē-kyō"? I don't want to give up this religion.

M. Actually it makes no difference to me whether you carry on chanting this or not. I have no objection to your sect. I'm just afraid that if you devote your time for chanting this, then you'll not have enough quiet silence to contact with this

quiet power. Because when we use our mouth, then we are busy. God doesn't come with chanting. God comes always in silence.

If you want to chant this, you can. Then I let you do it, but then you must sit in quietness and use your mind only. I will also teach you to chant something, but without using the mouth, using the wisdom, and then you can also add these together, and then you will be happy. And you can also find the Light through our method, and then also be happy, because you don't need to give up this habit. you are making deal with me. (Laughter)

Q.27 When one is gardening, growing vegetables, is it a conflict with Buddhism to kill the creatures that eat the vegetables? How should one deal with these lower forms?

M. If you feel the conflict, then I would advise you that we all starve to death. Because even breathing would kill a lot of invisible creatures. So what shall we do? We cannot eat vegetables, we cannot grow vegetables, we cannot even breathe, we cannot even walk, because we would kill all sorts of living things. What is the solution?

No solution, except to meditate and cleanse this karma, this unavoidable karma. To live in this world, more or less, we have to kill others, kill worms, kill insects. Every time you wash your hands, that is killing. Disinfection of things are killings. But what do we do with it? We have to, but then we have other sins. When we don't do this intentionally, that's a different thing from violence. We have to live here, so we must eat something to live. We have to breathe, we have to wash our hands, but this unavoidable karma doesn't

mean zero, even though we don't do it intentionally. We still have the karma. We still have the sin.

So we have to do the Quan Yin Method of meditation every day to clean this out. Then we can be free of karma, otherwise there is no way we can be free of killing. I am sorry. Therefore we need to practice the method of cleansing. Otherwise you can do good deeds, you don't kill, that's enough. No, no, even eating vegetables is killing. Vegetables have life. So, you must use some powerful power to cleanse this small karma in order to be free.