



Coloring Our Lives

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

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**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

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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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



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
Hsiu, 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.

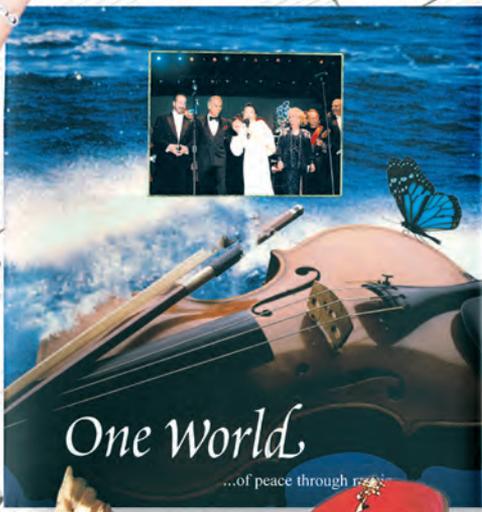
Q: *You can't explain a little more about it?*

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
Hsiu, 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 Hsiu, 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.”

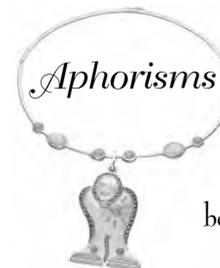
Once you talk to other people, your Buddha Nature will come out and talk to them. You will realize, “My God, can I talk like this? Look who’s talking! (Laughter) I never knew how to talk like this before.” The more you use this Buddha power inside you, the more you sincerely wish other people to be enlightened 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)

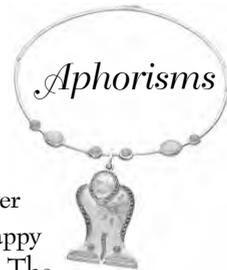
If everyone truly practices what the Bible or the Buddhist Sutra teaches, they will never quarrel with each other, and all religions will be happy with each other and celebrate in the same church. The Pope will come to the temple, the monks will go to the church, and there will be no problems.

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 “tummy” 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
Arthens, 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
Arthens, 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.

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,

