

The **K**ey of  
Immediate **E**nlightenment  
Special Edition

The **S**upreme **M**aster **C**hing **H**ai's  
**1993 W**orld **L**ecture **T**our  
Volume I  
The far east

The Supreme Master Ching Hai  
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## On Master Ching Hai's World Lecture Tour

In early March 1993, The Supreme Master Ching Hai, in an effort to bring the message of liberation to souls longing for their Homeland, undertook the arduous task of a worldwide tour. The lectures, discourses, interviews, and responses to innumerable questions posed by seekers around the world spanned a period of three and one-half months and included 16 countries from the Orient to the Occident and back to the Orient. People of all races, religions, and nationalities gathered to hear a living Master speak of an ancient Method by which one may escape from this world of birth, sickness, old age, and death, and describe the beauty of another world that is our true Home.

Thousands of people, yearning for deliverance from the cycle of eight-four, were initiated by our benevolent Master into Quan Yin Method and thereby secured not only their own release but also that of their five generations. These six volumes consist of literal transcriptions of interviews and discourses presented by Master Ching Hai at venues that included university campuses, public auditoriums, outdoor gatherings, historical sites and hotel conference facilities, in cities around the globe. Most of the lectures were given in the English language, but in Germany, Austria, and France, Master Ching Hai spoke in the native languages of those countries.

A small group of practitioners accompanied Her on the tour to assist with the multitude of tasks that are required to deliver lec-

tures to thousands of people in cities around the world. To those of us who privileged to be a part of this tour, we could only regard Master with amazement, as city after city, country after country, with no respite between the crowded lecture venues, She attended to the spiritual needs of thousands of people. This petite Person with a delicate physical body, yet possessing incredible energy and stamina, maintained such an extraordinary pace that we had difficulty in keeping up. There is no doubt that only someone connected to the Universal Powerhouse could possibly have endured the physical hardships and successfully overcome the obstacles that a tour of this magnitude generates. Master has said, "When I teach the Method, it is not my body that speaks, but it is the Buddha (God or the Master power) within."

This report is presented by the News Group that accompanied Master Ching Hai during the sixteen weeks and hundreds of thousands of miles. She traveled in 1993 to bring a message of hope to the masses of people who were praying for liberation. It was in response to those anguished pleas and the repeated requests of longing disciples around the world that Master Ching Hai undertook this lecture tour, because in Her eyes, as She has so often said, there is no need to teach anyone anything. Everything is perfect the way it is. The lectures presented herein and spoken by Her were recorded, transcribed, and sometimes translated from other languages and then edited for publication. We recommend that you listen to or watch the original audio or videotapes. You will get a much richer experience of Her presence from these sources than from the written words. Of course, the most complete experience is to see Her in person.

*First Stop on Master Ching Hai's 1993 World Lecture Tour  
News Group Report Surabaya, Indonesia*

Indonesia, the first stop on Master Ching Hai's World Lecture Tour, is located in southeastern Asia and comprises more than 3,000 islands that stretch along the equator from the Malaysian mainland to New Guinea. Master's destination was Surabaya, capital of the East Java province. Surabaya, the country's second largest city with an estimated population of around 2.5 million persons, is a commercial and industrial center, as well as a major naval base.

More than 4,000 believers assembled at the lecture venue several hours before Master's arrival. The admiring crowd, having swarmed around the hall and book kiosks, was anxiously awaiting the appearance of Heaven's perfect Being. Upon first catching sight of our beautiful Master, many people, unable to restrain themselves, rushed forward to shake Her hands or simply to get a closer look. The atmosphere was brimming with excitement and goodwill as Master made Her way through the crowded assembly, silently blessing everyone with Her presence.

*Unique Method to Impart Dharma*

Due to bureaucratic obstacles that included masses of paper work, we were unable to obtain official permits to use the microphone system. Consequently, Master was unable to speak to the audience. With cancellation of the lecture part of the program, it appeared that the negative power had succeeded in thwarting Her plans for bringing word of the Truth to the people of Indonesia – but She was not to be beaten so easily.

Master's resourcefulness turned this "speechless dharma gathering" into a tremendous success. Lacking the use of microphones, Master distributed blessed food, and as the people came forward to receive it, they were also rewarded with blessing from Her eyes. Master's smiling countenance and elegant manner even transformed the terse and stern demeanor of the uniformed, military police to one of friendliness. Indeed, it was a strange sight to see these men with distinguished medals adorning their formal uniforms helping our lovely Master distribute cookies and candy to the people of Surabaya. This "silent dharma gathering" created a local sensation and made Master almost a household personality in Indonesia.

The local press, very attentive to Master's second visit to Indonesia, competed with each other by printing long columns reporting news of Her activities. The "Surya Morning News" ran daily articles describing Master's philosophy of vegetarianism, Her love for all beings, as well as the Quan Yin Method of meditation. A particularly interesting article revealed that Master is regarded by many of the Indonesian practitioners as "Mei Shin." Mei Shin is a very beautiful Mongolian female swordsman who is known for having a noble character and helping other beings.

During an interview, a magazine reporter asked, "After yesterday's incidents when the program had to be canceled, do You still want to come to Indonesia? Or maybe You are depressed and would never come to Indonesia again?" Master serenely replied, "I do not know this feeling. My lifestyle and activities are decided by Divine Will. If I have to come here again, I would not decline the assignment of God." Many people expressed the hope that Master would return to give a lecture, while others prepared to travel to Formosa to learn the Quan Yin Method of practice. Still others made plans to attend

a lecture at one of the upcoming World Tour stops. The success of Master's visit in Surabaya makes it evident that no matter how adverse the conditions may be, our Master deftly transforms them to Her advantage. Through this unparalleled dharma gathering, Master broadly and deeply sowed the seeds of Truth in Indonesia.

### *Fearless Spirit, Courageous Lesson*

At the group meditation for initiated practitioners, held later that evening, Master told us that this special form of teaching was God's arrangement. In order to judge real success or failure, one must see use the wisdom eye to see it properly. When sharing the message of Truth, it is not always necessary to speak verbally that which one wants to convey. Looking into the eyes of a fully enlightened Master has the same kind of blessing effect and can impart the same lesson. In addition, everyone had obtained a sample booklet that contains the names, addresses, and telephone numbers of the Contact Persons. Those seekers who are sincerely looking for a method of spiritual practice will come to us naturally. Master pointed out that the occurrence of pressure conditions is God's way of helping us to develop a fearless spirit and to learn lessons of courage. Only with an optimistic outlook and positive love can we conquer the negative force.

Master also humorously commented that the large troop of military police assigned to protect Her was lined up in the fashion of a welcoming guard formation appropriate for the arrival of a head of state. Although very regal, it was a bit too formal for our Master's humble tastes. While in Indonesia, Master also met with the American and Japanese Consul Generals. Everyone enjoyed the very lighthearted

conversation during a delicious vegetarian meal. News of the meeting was reported in all the major newspapers of Surabaya.

*Second Stop on Master Ching Hai's 1993 World Lecture Tour  
News Group Report Singapore*

From Surabaya, Master's itinerary led Her northward to Singapore. Officially known as the Republic of Singapore, it is located in southeastern Asia and has a standard of living that is one of the highest in Asia. The entire island is densely populated and almost completely urbanized. With its tropical climate and delicious vegetarian ice-cream, the members of the touring group very much looked forward to the stop in Singapore.

*Miracles Abound Before The Lecture*

Master Ching Hai's visit to Singapore in March 1993 must have been, at least partially, in response to the most ardent wishes of the Singaporean initiates. For more than a year, they had been requesting that She visit their country. On the night preceding the announcement of Her intended visit, a local initiate dreamed that Master appeared in a bright yellow light, and said, "I will come." She did not understand the meaning of the dream until the following evening when a call from Formosa announced that Singapore was to be the second stopover on Master's 1993 World Tour. Upon hearing the news, she, along with the other Singapore initiates, was overcome with joy.

Since notification was received only a few weeks prior to the visit, there was precious little time for preparation. Local initiates quickly organized into teams, each with a specific task, including

publications, transportation, purchasing, administration, etc. In addition to the efforts of the local initiates, a score of Formosan disciples arrived to assist in a variety of tasks that included distribution of pamphlets and putting announcement posters. The rush to finish everything in time was incredible, and would not have been possible without Master's grace. For example, many thousands of free sample booklets and leaflets that normally would have taken several months to print were done in only a few weeks. In addition, the cost of printing was less than half the normal printing costs. In Singapore, official permits for all public talks are required and usually take many weeks for final approval. In this instance, a permit was obtained almost immediately and without the "usual bureaucratic turtle delay" as Master phrased it. In fact, the permit was obtained only hours before the start of the lecture.

#### *Master Gives Illuminating Talk At The Airport*

On the day of Master's arrival in Singapore, a large gathering of initiates greeted Her at the airport. Graciously, She gave an impromptu talk that was brimming with praises for the airline, the cleanliness of Singapore, and the economic progress of its government. Master remarked that this progress is indicative of the spiritual level of the local population. After Her talk, as Master was bestowing blessing on the assembled initiates, She suddenly addressed a little girl by name that had not personally met Master before. Although the parents of the child were both initiates, they were literally awestruck at this overt demonstration of Master's omniscience.

#### *Thousands Listen to Dharma Talk*

In addition to Master's public talks, She kindly met with initiates whenever She had the opportunity. In group meditations held

the days prior to and following the public discourses, Master read Chapters from the “Tao Te Ching,” and then carefully interpreted the ancient teachings so that we could learn to apply them today in our spiritual practice. She taught that through selfless action we would find fulfillment because when we serve others, we are in touch with our Inner wisdom. Master graciously answered our queries, and even gave special permission for some children of initiates to undergo half-initiation following the public lecture.

The public discourses were very well received and thousands of people crowded into the Singapore Conference Hall for each of the lectures. Master primarily spoke English, so a simultaneous Mandarin translation was provided. The audiences were very responsive and plied Master with numerous questions, including some very personal ones. Master answered all manner of questions clearly and concisely and frequently interjected her responses with humor and good-natured joking. Following both lectures, Master held initiation sessions for the Convenient and Quan Yin Methods of meditation.

Many inexplicable incidents that were nothing short of the miraculous occurred during Master’s stay in Singapore. For example, although the M.C. had an extremely sore throat, he somehow found his voice for the lecture sessions, but lost it again immediately after the talks were concluded. In another incident, a boat was chartered to take Master and some initiates for a cruise around the southern islands. With no prior planning, initiates who were immediately available were asked to join the cruise. After our randomly chosen group had boarded the boat, it was found that the boat had restrictions as to the number of passengers allowed. But it turned out that the boat was actually licensed to carry the exact number of passengers that were in our group!

The following two discourses are the dharma teachings that Supreme Master Ching Hai presented to the people of Singapore on March 8 and March 9, 1993. These inspired and beautifully delivered discourses brought the message of Truth to the thousands of seekers who filled the Singapore Conference Hall.

## FOREWORD

Unlike today, in 1990 Supreme Master Ching Hai was a relatively unknown spiritual Master with a small group of followers scattered around the world. I was fortunate to have known Her in those early days, and to attend meetings where the group was small enough to fit into someone's living room. It was at one of those meetings that Master talked about underwear. It seems that Her attendants had given Her men's style underwear. She joked that it was because they thought she was a Buddha, and they still believed that Buddha must be a man. So, while in New York City she went shopping for ladies underwear. I recall feeling somewhat uncomfortable. It wasn't the type of talk I had expected from my Master.

At the end of the session, Master Ching Hai gave pieces of fruit to everyone, much like *prasad* in the Hindu tradition. There was a large box of apples on one side of Her, and a box of oranges on the other. She asked us to hold up one finger if we wanted an apple and two fingers if we wanted something else. As people indicated their choices one by one, she threw the apple or orange to them, quite forcefully, sometimes clear across the room. I waited near the back of the group, not wanting to be pushy. As I stood there I noticed a few big dark purple plums sitting in a small bowl to the side and almost behind Master. I couldn't get my mind off of those plums. They looked so delicious to me, so big, so plump, so juicy, and I realized that it was a plum that really wanted, even though the choice offered was between apples and oranges. When my turn came I held up two fingers. Master, without hesitation, reached behind, picked up a plum and hurled it at me.

Reflexively, my hands went up to catch it, and in an instant the prized plum was smack in the middle of my closed hands. At the exact moment of impact, my heart felt as if it had exploded open, and my perception of reality turned itself upside down. I woke up. What had a moment before been ordinary, mundane, boring, and slightly irritating, became full of radiant Light, unbearably beautiful love, and absolute meaningfulness. It was as if my eyes had opened, and I could see Master for who She truly was, in all Her Majesty and Glory. The moment was full, overflowing with magic and delight. I felt, from this simple event, that God surely must love me.

Shortly thereafter Master unexpectedly walked out of the apartment with Her bags and attendants. She was supposed to have stayed several more days in New York. She told us that our level was still rather low, and that we did not really see Her. It was true. We were asleep. We saw Her through ordinary eyes, and we were not pulling meaningful teachings from Her; hence, the discourse on underwear, and the early departure. Although I had sensed that something felt wrong, I did not know what it was, until I was abruptly awakened by that fantastic flying plum.

What surprises me about this small event is not that Masters can do magical things, which they can, but the fact that we can be so utterly and profoundly asleep. Although I have experienced being awakened several times before and since this incident by this same Master, and other Masters, I still fall asleep, over, and over, and over again. When we are asleep we cannot see clearly, even things of great beauty that are right before our noses, even things that are so critically important to the happiness of our lives. What a pity this is! And I say this, not because it is important to see Masters for who they are, but because it is important for us to see who we are. It is important for us to see that our True nature, our own Majesty and Glory, is identical to that of the Master. And this we do not see.

When we are awake, we know the Truth, with certainty, from a place inside that is deeper than the mind. When we are asleep, we no longer know, so we have to struggle with what we think is the truth from inside our minds. Faith and belief are on one side, and doubts on the other, both fighting each other, each winning momentary battles. We have gotten used to this state of internal tension. This is what we live with day after day. But this is not what it could be. When we are awake, we know the Truth, and there is stillness and peace inside.

The fact that we can be so sleepy, so ignorant, just amazes me. Through our habits of thought, our rituals of comfort and security, we weave the bed that holds us in our slumber. Our overly active minds plan anxiously for a future that never quite comes, and we regret a past that will never quite go away. We want our desires to be fulfilled, and we want to control what is around us to guarantee that fulfillment. We hold strongly to the belief that self-interest is the one key to happiness. The fact that our efforts at creating a lasting happiness do not work does not stop us from trying again, although some become bitter or depressed along the way. The solution is not more effort. The solution is a change in direction, from being asleep to waking up.

Master Ching Hai is here to wake us up. She will use whatever means are available to accomplish this task. It might be a plum; it might be a glance, a sentence in a book, a song, or even a beautiful dress. Everything that comes from a Master has the power to awaken someone. Although it seems like magic, this power is not magical. It comes from the simple fact that one who is awake has the power to awaken others — but only if they are ready. Over the years I have watched Master unerringly do or say things that have been perfectly attuned to the needs of Her followers. Although Her words and actions may not always seem to meet worldly standards of correctness,

they always serve as a wakeup call for someone. Every lecture that Master gives has the ability to pierce the hearts of the listeners. It is as if she is speaking personally to the individual concerns of each of the many thousands of people in the audience.

How does a Master do this? How can Her words serve so many? It is because Her words and actions do not come from the same place as ours do. It is human nature to believe that what is inside of us is also inside of everyone else. We just as same that everyone else operates as we do. It is not so. A Master is not an ordinary person. Whereas an ordinary person acts from a full, well-defined, solid self, a Master is light and empty inside, more like a mirror than a self. Her words do not come out of Her inner needs; rather they exist because of the needs of others.

Master Ching Hai has come to awaken those that are ready. She is also using the opportunity of being here, to teach us. Those that hear Her words can learn about the planes of consciousness beyond this one, but also about how to live harmoniously in this world. She teaches the importance of the Five Guidelines She teaches, by the example of Her charitable giving, the importance of helping those who are in need. She teaches how to live life with beauty, grace, and wisdom.

In this book of lectures from the 1993 World Tour you are surely going to find many teachings to suit your tastes. As you enjoy this small volume, please consider that these lectures were spoken by a Master, and that this Master has the power to awaken you. It may be through a sentence you read, a photo, or maybe even one particular word. Perhaps your plum is inside these pages. If it is to be so, it will happen to you! I would like to close this introduction with a poem I wrote on July 24, 1995 while visiting with Master's disciples in Shanghai, China.

# The Thread

The Thread that ties us to the Truth is the thinnest thing I have ever seen. Its infinite delicacy is a marvel to behold. It is so easily lost among the coarse and subtle threads, strings and ropes of our minds that bind us to this world and all lead nowhere. It is truly a miracle that we find It for just one brief moment in a lifetime.

All religions teach us to remember God. We are proud if we can meditate on God for just an hour each day. Yet those that have the Thread remember God every moment of every day, and more. There is no comparison between those who are Awake and those who are not.

This Thread is made of Light and Sound, and something else. It is always there, waiting to be found. If you search for it in an ordinary way, you will find only endless illusions. Beware. These illusions will consume you. Where does your mind take you, my friend? What thought are you thinking right now? It doesn't really matter what you think, or how hard you try. Your chance of finding the Thread, the Truth, or God without the Grace of an Awakened One is very small indeed.

Stephen L. Gorad  
New York City  
January 1, 1998

## A Little Message

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

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

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

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

# Walk the Way of Love

## Footsteps of a Living Enlightened Master

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

Supreme Master Ching Hai 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 globe, and her yearning to find a remedy became the foremost goal in her life. She then embarked on a journey to the ally

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 acknowledgment 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.”

*“I do not belong to Buddhism or Catholicism. I belong to the Truth and I preach 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*

# What Makes A Country Great

Spoken by The Supreme Master Ching Hai

March 8, 1993

Singapore Conference Hall

Shenton Way, Singapore

(Originally in English)

Thank you for your love and welcome. I like Singapore. I think the people in Singapore are already in Heaven, [Master smiles] so what do I have to teach you that you want to hear so much? This trip was originally canceled because I was not in very fit condition at that time. Also, I thought that since I came to Singapore last year already, I wouldn't want to make trouble again so soon! [Master and audience laugh.] But due to repeated pressure from enlightened people, here I am.

I'm very happy to see Singapore develop better and better each day. I love to be in Singapore. In fact, this morning I thought that maybe I would stay here, but I don't think that I have the fortune like you to stay in Singapore all the time and enjoy this luxurious surrounding. I have learned so much from your country, which is so much like most of our meditation centers. We plant trees, big ones with leaves, roots, branches and everything, and then we manage the space so that everyone doesn't feel so cramped even though we have a lot of people.

Yes, I feel very much in common with the Singapore system; therefore, I like it very much. I hope the world is learning many things from you - the Singapore people and the Singapore governmental system. And now also, I have learned that your government is a very clean government and that pleases me most. Without clean government, we cannot really serve the people. So I'm happy that you have your paradise on Earth. Also I have heard many good things about Singapore, but you know it already, so I don't need to repeat it.

But sometimes we take things for granted, and we don't appreciate the beauty that other people take the effort to create. For example, yesterday, a disciple said to me that after he got initiation and practiced a little bit, he appreciated more the ex-Prime Minister Lee Kuan Yew. Because I talked to him about how wise he was, and how he had made Singapore become one of the top leaders economically and safety-wise in the world. He said that, yes, now he appreciates it more than before. Before, he didn't know much about how difficult it is for the government and so on. And then one of the other disciples said that before he practiced the Quan Yin Method, or before enlightenment, he didn't even appreciate that the government planted trees for them, or made the roads and the surroundings become so clean and orderly. Only after he became a practitioner of the Quan Yin Method and he became more enlightened, did he appreciate more the environment and the service that he

gets from his country. So actually, at the mundane level, it is also good to be enlightened.

Suppose I came here maybe ten years ago. I wouldn't have appreciated that much your country. I did come here before, in 1972, a long time ago. Yes, twenty years ago, I came here once as a tourist from Au Lac. At that time the war had not ended. I came here as a tourist, but I didn't have such a wonderful feeling that I have now toward your country and your people. I just looked around without even seeing. You look but you don't see. The trees might grow in front of you, but you don't know they exist, and the people are so nice to you, but you do not have rapport with them. You just hang around on the street. You buy fruit and stuff yourself with everything that you get when you are hungry, and then you just run around aimlessly sometimes. Maybe you see this and that spot when you're sightseeing, but you do not appreciate that much the true beauty of the land. And the last time I came here was only for a few days, and this time also a few days, but I do appreciate more than I ever have before. It is probably due to the inner opening of love that I had after the initiation, after the practicing of the inner wisdom. Therefore, from my own experience, I can say to you, confidently, that it doesn't matter in what position we are, we should also try to get back our wisdom, to rediscover our own greatness.

There are many kinds of consciousness, many lev-

els of understanding. We may be very shrewd, and then, we might be intelligent, but we must be wise because wisdom is the highest point in the universe and in human life. If we are intelligent, then we may have some very valuable degrees in the society or have a high position in the country or among the people on Earth, but if we have wisdom, we can attain Heaven even while on Earth.

### **To Develop Appreciation, Get Enlightenment**

I was surprised to hear that some of the Singaporeans, like my disciples, didn't appreciate the work that the government did on the roads. They have only appreciated it recently. And I thought, "Even I appreciate it," but then, I remember twenty years ago when I first came here to your land, I didn't appreciate that much. I was here, but it was just like I wasn't here. I still felt like a stranger in your land. But this time or last time I came, I feel I'm part of your land. I feel very much in common with the people. I appreciate the beauty and the organizational talent of your people and the discipline of the whole country, also the loving enthusiasm of people toward higher values of life such as spirituality, discipline, virtue, and the more inner values like our own Self, our own wisdom, which we really wish to discover.

So actually, after all, we need enlightenment. We

need to get deep down into our own greatest resource in order to appreciate everything, in order to live a truly good human life, to be a good guest on Earth and then to be at home in Heaven. We are here only as guests. Everyone knows that, but even as guests, we should enjoy the hospitality of the host on Earth. Therefore, if we are too busy searching for happiness in the material world, we will forget the happiness within. If we are too busy searching for happiness outside, we will not truly appreciate the inner beauty of all things if we are not in possession of true wisdom. Since ancient times, many sages, saints, enlightened Buddhas, and Christs, have graced our Earth and have taught us the same message: that we look within for all the answers and happiness that we ever imagine or crave to have. Truly, it is only since I have been somewhat in touch with my own inner Resource that I appreciate life more, that I understand things deeper than before, and so do many of the disciples on our path.

It is because of this very deep, unimaginable power of penetration that we have after we get in touch with our inner Self that we have the opportunity to see each other today. It is just because my fellow practitioners believe that what they got, you should also have, or that you may get to know, at least, about it. And then you might think about it: whether you want it or do not want it. Therefore, they arranged this meeting today. I have to thank them, specially the Singaporean practitioners, for all their loving care and

the time that they spent to make this grand gathering come true. It took a lot of work. And also I especially thank the government, the police department, or whoever was concerned, that gave us permission very fast, with no bureaucratic “turtle” delay. [Master & audience laugh.] Therefore, we got permission this morning and we started tonight. In some other countries, it probably would have taken longer or maybe we would not even get it. Therefore, it’s not that we don’t want to share with you the highest happiness and power on Earth; it’s just that sometimes we are not allowed to do so.

## **People of Spiritual Consciousness Make a Country Great**

To the Singapore people, I feel very close and grateful. I’m grateful to you and grateful to the Almighty power that blesses our country. I do not feel a stranger in your land; I never feel for one moment to be a stranger. I’m very much at home because of the cleanliness, the beauty of the land, the many trees, and the people who live a safe life and are not very much nervous or anxious about the future and their living standard. It takes good government and people to work together, but it is maybe because the consciousness of your land is higher than other somewhat less developed countries. I have been in some places other than Singapore

around the world and I have noticed that the mentality of the land, the spiritual consciousness of the people, goes very much with the way the country looks. I don't mean poverty. I don't mean that poverty makes people have a lower consciousness. It's not true; it's not that. For example, India is not a so-called very rich land, but their spiritual consciousness is high. What I mean is the mentality of the people of that land: whether they are open, they are easy, they are disciplined, and they are eager for higher values of life — not materialistic, no, no.

There is a difference between a materialistic country and a high consciousness country. For example, in Singapore, I feel a very high consciousness. You just enter, and you know it. This is not something that I can put to you in black and white. You just feel it and know it. But anyhow, that's why the country is more open and you can come in; you don't need a visa. You can stay for two weeks doing whatever is necessary or seeing the land without much trouble waiting in the queues or begging for a visa for many days for nothing. Sometimes you want to come in only for one week, but you have to wait four, five days for a visa. And in some countries, if you want to go from one part of the country to the next, you have to obtain permission in the same country. And even in that country, they give you maybe one week or two weeks maximum stay, but then you have to wait one week almost for another visa to go to a different part of that country. This I have experienced. Some

other countries are more difficult.

What I mean is that is the total appearance, the total mentality, of the land. Of course, there will be some exceptions — the minority of the people. But then, most of the people, like in Singapore, are very open and very eager for higher spiritual values. And this you can feel also from the administration — not only from the people, but also from the government itself. You also see the surroundings: how they keep their houses and their streets in perfect order and things like that. But these are outer values that we can learn. For example, other countries may come to Singapore and see that your house is very clean, your street is clean, and you plant trees, very big trees, you organize, etc. They may learn from you to do these things, but the inherent quality of the people is difficult to learn - that we must have or we don't have. This inherent quality is the wisdom, or the higher consciousness inside. This we can also learn, but it takes inner discipline, inner awareness to learn this, not the outer discipline like planting trees, making roads, or keeping things nice and in order. Some other countries also keep things in order and clean, and they keep their environment green, but they might not have that higher consciousness.

Just exactly what makes a country in a higher consciousness than another country? First, the government must be wise; they let other good influences come to their land, and they're willing to learn and to sacrifice for the

people. They show the people an example. And they will learn more from wiser people and develop more their own wisdom. Therefore, since ancient times, great kings are worshiped by people and beloved by all for many, many thousands of years. Their names will be engraved in the heart of the universe. And if the governmental system is good, then the people will feel more free and at ease. They will look for a higher value of life because their material side is satisfied; their life security is being looked after.

It takes more to be wise than just looking after people materially, yes, but that is one of the starting points. Then when we are open to all kinds of good influences, wisdom will come to our land; blessings will flow forth into our country. We will feel better and better because the people are united and in one heart to develop the country and also to bless the nation. In some countries, the policy is too restrictive and even wise people or good people can hardly enter. Because they fear criminals and so on, they also make restrictions on wise and good or saintly people. Then, even though our country is much developed materially, we hardly can keep it very long because we lack the blessing from God.

But I feel Singaporean people have this blessing. I know so many religious groups exist here and all religions grow together in harmony. Nothing is forbidden in this land as long as it is good, moral, clean, and uplifting for

the people at large. And this is truly a very wise system. I'm not coming here to praise you. I am just talking in general, maybe for the people of the whole world, that they should know how to make their countrymen happier; how to protect their land without having to use armed forces and spend much money on guns; how to be in harmony with the neighboring countries and all the countries of the world, not having to go into conflict with them by giving them freedom to come and go, but still at the same time, protecting their own country's interests and keeping order in the land. If every country were just like your country, then it would be nice. Our world would be nicer.

I hope one day Singapore will develop even into a higher value - better, more inner discipline and more virtuous, to enhance your already stable and high civilization standard, because we still have more to take from Heaven. We still have more to receive from God, or from the Almighty, from Heaven, from the Buddha power, from our own inner Resource, because our inner Self is connected with Heaven. That's why Lao Tzu said, "Ten thousand things are one." [Tao Te Ching] And if we reach that oneness, that greatness within us, then there is nothing we cannot do. We will have all kinds of miraculous powers. We will be able to solve all kinds of situations in life. We will be able to understand all kinds of religious scriptures without anyone having to preach to us. We will keep all kinds of virtuous disciplines without anyone having to impose them

on us. We will be loving with each other without anyone having to teach us to do so. We will have peace within our hearts, and then peace will radiate outside and help more to make peace on Earth.

Talking about miraculous power, I think you Singaporean people have already a lot of miraculous power - “Yi San Tao Hai.” You cut down the hill and put it in the sea. I think you have miraculous power. You cut the hills and leveled the sea. This is great power, which we call, “Yi San Tao Hai.” Move the mountains and level the sea. That’s great miracle power. I haven’t been able to do that. [Master & audience laugh.] And you move trees so big! Overnight you make the whole park green, for example. These are miraculous powers, but if we practice the Quan Yin Method, we will have even more than that.

I feel very much in sympathy with Singaporeans. You know why? It’s because of your miraculous power. I love a green environment, cleanliness, but natural; not that every tree is cut like a monk. All the leaves are cut off like a monk, and then the plant over there has to sit just there, and the other one has to be a little bit higher, the other one shorter. Too much order is also no good. But in Singapore, they plant trees that look like they have stood there for many hundreds of years, and look very natural. Clean, orderly but not artificial and that’s what I like. And you know why I like it? It is because we do the same in our meditation cen-

ters around the world. Where there are no trees, we will plant trees, and we plant big trees overnight, the same as you do. So we have miraculous power in common. [Master & audience laugh.] That's why I liked it when I heard about the Singaporean people, how they plant trees and they look after the trees. I feel I like it so much! I love it! And every month, I will give them an injection: "Take care of trees like people!" Really, you have a loving nature. That's why many Singaporeans say that when they go out, they appreciate the country more. They don't want to stay outside; they want to come back because the air is clean. The trees and all this greenery make the air fresh, absorb all the toxins and give fresh and nutritious air for the people. And even here you have a lot of high buildings but it doesn't feel oppressive because you planted trees in front. It looks just spread out and we don't feel very oppressed. It's very good.

### **Master's Midnight Stroll on the Beach**

And also the security system is very tight, very good. Last night, I went to the beach about eleven or twelve o'clock. I know in the daytime there will be many people, and if I go out, people will look at me. I am very shy. Of course, when I have to see you, then I see you, but if I can avoid it sometimes, then I would feel better alone. I very much like to be alone, but God plays jokes on me. Since I was a child, I have loved to be alone, but God plays jokes

on me. Hes makes me do this job where I see thousands of people all the time, but never mind. If we can sacrifice anything at all for the good of other people, we have to do it, even if you can call that a sacrifice. For me it is, just because I have this obstinate nature - I want to be alone. For you, probably it's not worth to be called a sacrifice. It's just for me, my selfish person that it looks like a sacrifice. But never mind. I am happy to see you. Don't feel that I don't want to see you. It's not true! It's just that I love to be alone whenever possible. So even I love your beach and I love to have fresh air, but I chose midnight to go out. Then I just sat. I thought I would be left completely alone.

I have three guards, the three guys; one is driving, and the other two are just standing around, in case I have to protect them. [Laughter] They are supposed to protect me, but that is a good way of looking at it. I thought I would be alone because at midnight no one would be there. And I sat there, enjoying the ocean air and the expanse of the water. In fact, I wanted to swim because no one was there, and your ocean is so calm, no waves - just a little bit. I wanted so much to swim but I forgot to bring my suit. So I didn't, although I was very much tempted. If I were completely alone, I would have done it! But then there were two, three guys around. You know what it's like being a woman! [Master & audience laugh.] I didn't swim, and I sat there and meditated for a while. And then, boom, boom, boom — here come the policemen. They wanted to know

what we were doing there. They didn't believe that I'm the Master, and that the three guys are my guards. [Laughter] We had to answer their formal questions and all that. But still, I feel that they were just doing their duty. They worried that maybe something is happening to me that I am alone with the three guys, and they didn't look very handsome or maybe they didn't look very peaceful. [Laughter]

Some of my so-called disciples are very protective with me. They know it's very valuable for me to be alone sometimes — a very valuable time. I recuperate during the tour and hectic times when I am alone. They know the value, so they protect me very much. They even stopped the police car. They said, "You cannot come in here!" [Laughter] I was so scared! I was not scared of the police; I was scared that the police might misunderstand that we are some kind of gangsters or something that we dare try to stop the police car. [Laughter] I sat on the beach, and the police had a motorcycle, so they could drive up to where I was. But my guard stopped them and said, "You don't come near! You don't come near! You stop here. You turn off your car." And they were startled! They didn't know who were the police. The police were very surprised! They wondered just who are the police here. I was so afraid we might cause trouble, so I immediately stood up.

I was afraid they might cause trouble. I said, "Please don't stop them!" But I could not. I had no time then. It was

too late. I said, “Don’t stop them! Let them do what they want because we are only guests here.” But they became the hosts. That sometimes will cause trouble. I immediately stood up, and said, “We are leaving anyhow. We are just taking the fresh air. Please, it’s all right. Everything is all right.” So by the way, I learned that your system of security is also very, very good. Of course, we cannot avoid trouble sometimes, but even then, consider that it is a very good security system.

One good thing about this meditation system is that you can meditate anywhere, except when the police come and you have to answer to them why you are meditating here. [Laughter] It was too late; that’s why the police came. If I had come earlier, it wouldn’t have been that way, but I didn’t want to be among people. So actually, in this world, even though we have a good system, it’s also never good enough. If we want to be alone, then we will see the police, and if we see the police, also we are not alone. Anyhow, with this meditation, we can sit in the park to do it even with people around us. For you, no problem, but for me, just because most of the time I see people, I love to be alone, and therefore, I choose some of the lonely times.

If every day I have to sit in my room, the air-conditioned room, I feel, sometimes, it’s very lacking of some freedom. Therefore, I love to be in the natural air. But when I go around the world, it’s not possible to always be in natural

surroundings like in Formosa or in other meditation centers. But for ordinary people, if we study this meditation method, we can do it anytime, anywhere, even while standing waiting for the bus, or sitting on the bus, or sitting on the airplane, sitting in the office waiting for work, or anywhere while we have time. Five minutes even, or ten minutes, sometimes really gives us refreshing power and clearness of mind so that we can continue to solve the next question, next problem, or to serve in the next job, the next work.

The meditation method or the practitioners of meditation since ancient times were sometimes misunderstood. Some people would think meditators are just sitting in the Himalayas or in a cave somewhere or in a monastery and doing nothing. It's not necessarily so, especially for Singapore people. You have to take care of your land. And for everyone as well, we have duties to perform. I was in the Himalayas, it is correct, but I didn't stay there all the time. I didn't have to stay there. Also it was maybe my destiny that I should be there for a while, but you don't have the same destiny like me. So, you can sit anywhere: at your home, at your office, on the train, on the bus, if you want to get in touch with your inner greatest power, which we call "the Kingdom of God within" or the "Buddha nature," inside each sentient being.

We have heard so much about the inner Kingdom of God - the Almighty power, the God that lives within you,

or the Buddha that is in your heart, but we don't experience It. Therefore, if we practice the Quan Yin Method, get the initiation, then we will realize that the Kingdom of God is truly within us; the God-Father, the Father, is really within ourselves; that the Buddha nature, really we possess. That is the purpose of studying the Quan Yin Method. And this kind of experience, we can almost immediately know at the time of initiation. That's why we call it "immediate enlightenment." We get some taste of this Kingdom of God or the power of God or the Buddha nature. Each day we practice, we get more and more, and then finally, we will become one with God. We and God are one. *I and my Father are one.* [John 10:30] We will see that all sentient beings are truly Buddha, truly have Buddha nature, whether they discover it or not yet discover it.

I think because you are so many in number, I will be short in my speech and let you have time for questions so that I can be leisurely answering you, and you can be leisurely listening to your own queries. Thank you for your attention. [Applause] By the way, it is good that you Singaporean people all know English. It is very international and very useful for business or any kind of transactions. I like that! I think many countries should learn the same; choose one language to be international and your own language also at the same time. Like this, there would be less wars in the world. We can communicate with each other better.

## Questions & Answers

**Q:** Master, is the Quan Yin Method of meditation similar to that of kundalini yoga or raja yoga?

**M:** It is different. It is different because with the Quan Yin Method, we will teach you how to get in touch with your own Nature, and the highest one, instead of relying on a lower power and then developing further up like in the kundalini system.

**Q:** Master, must one have a living guru?

**M:** Yes, sure, you must have a living teacher to learn English or anything else. It's the same if you want access to the Kingdom within. You have to find someone who also has access to the Kingdom within and who has experience in this direction to guide you. We need a living Master, a living wife, a living husband; everything must be living because we are living. [Master & audience laugh.]

**Q:** I heard from a video speech that spiritual power is better than money power. Kindly let me understand what spiritual power is and how I can gain or achieve it.

**M:** Spiritual power is the same as God power, Christ power, or the Kingdom of God within, or the Buddha nature within. If we have someone who already knows how to get in touch with that and we learn with that person, then we immediately know how. At the time of initiation, I will show you how and you will know it immediately. It's very easy, very easy because we already have it. For example, I have my fan here. Is it easy for me to take it? If I have eyes, I see where it is and I take it. It's the same if we open your wisdom eye, you will know where your spiritual power lies and then you will know it. Like this. [Master waves a fan.] [Applause]

**Q:** Master, what is immediate enlightenment? Can You kindly elaborate on the Quan Yin Meditation?

**M:** It is that we can contemplate on our own Nature. Our own Nature is without form, without sound, but it is the inner form and the inner sound that are invisible to the eyes and inaudible to the ears. When we get initiation, we get in touch with that inner power; then we may see our own true Self, which is manifested as great light and heavenly sound like music, but you cannot hear it with the ears and you cannot see it with the eyes.

It's similar to what Jesus said in the Bible, *Seeing you see but you do not perceive. Hearing you hear but you*

*do not understand.* [Matt 13:14] And Lao Tzu also said that the Tao cannot be touched and you cannot get hold of It. You don't have to use the eyes but you can see It; you don't have to use the ears, but you can hear It. [Tao Te Ching: 14] It is the same in the Buddhist scriptures which also mention that when you open your inner wisdom, you can hear all kinds of heavenly sounds inside and you can see all kinds of light, all kinds of Buddha's Lands inside. Most of the great religions of the world mention the same thing. We have to experience this inner essence of religion, not just study the experiences of the people from the past.

## **Attaining Peace of Mind Through the Quan Yin Method**

**Q:** Could You please help me or teach me how to have more peace of mind, to forget and remove my miseries and painful personal sufferings? I am now trying to practice Buddhism but get frustrated because I am unable to achieve peace because of all these disturbances.

**M:** We cannot get peace of mind unless we get in touch with the Source of peacefulness inside us. Peace, you have within you, and if you look outside, you can never find it. It doesn't matter how great the temple, how big the church, if you cannot get in touch with your own church and your temple inside also, then the outer church and

temple cannot help you much. They can, maybe to a little degree, help to calm you for the time being, but then you have to get in touch with your super-power inside, your super-peacefulness inside, in order to draw the eternal peace from that. That is everlasting. If we look outside, everything is ephemeral, even the body, even the church, even the temple, even the Bible. They are all ephemeral. We have to look within for the Kingdom of God inside and for the Buddha nature inside.

We have to do what our prophets have told us. Just like Jesus said, *Seek ye first the Kingdom of God, and all these things shall be added unto you.* [Matt 6:33] Or the Buddha said, *I have come to teach you to be a Buddha because all beings have Buddha within.* He did not tell you anything else, but just to look inside and find it. Then you will have peace, you will have intelligence, and you will have satisfaction without even having to have anything of this world. That's why many sages of old have forsaken their kingdoms, they have forsaken their wealth, they have forsaken their whole nation — just because they are satisfied inside, like Shakyamuni Buddha, like Jesus Christ, like Lao Tzu, who was offered so many positions but he never wanted them. They didn't need anything of this world because they had arrived at the depth of peacefulness; they had peace within. They were satisfied with everything. Similarly, you have to do like that in order to call yourself a true Buddhist, a true Christian, or a true Hindu, or whatever

religion that you so much love to follow and believe.

**Q:** Master, since we have many bad karmas, is it possible to be enlightened in this life or immediately? How do we know if we are enlightened already?

**M:** If you don't know, that means you are not enlightened. [Master & audience laugh.]

And no one has so bad karma as not to be able to know his Self, because the Self is “karma-less”. There is no one who has karma at all; everything is illusion. So please come to the Truth and forget the illusion. But even if I tell you so, it's difficult for you to do. You don't know the Truth, so you cannot forsake illusion. First you have to know the Truth, get enlightenment, and then the darkness will automatically leave you. The illusion, the so-called karma, the burdens of this cheating, will leave you. It's just like when you turn on the light, it doesn't matter how many days it is dark in here, how many years it's dark in here, when you turn on the light even once, all darkness will disappear completely. Actually karma is only illusionary but you don't know it until you switch on the light and all illusions will depart.

**Q:** Master, may I know if God and Buddha are of the same status in this universe?

**M:** You still ask this question by now? Okay, for your information, I think both of them never have any competition about their position in the universe. [Master & audience laugh.] They are both very satisfied with each other. Whether they are two or one, they would not care.

**Q:** Master, can You talk about Amitabha's Western Paradise? Is it actually the Kingdom of God that is Heaven?

**M:** Yes, it's one of the heavens, one of the mansions in the Kingdom of God. On Amitabha Buddha's Land, you can get information from Shakyamuni Buddha. He has spoken about it and people have printed it in a book that is called the "Amitabha Buddha Sutra." You may get it in any temple. But for your information, I would suggest that it is better if you see it yourself because this is only a kind of menu, no food. You can read the menu but you can never taste the food.

In our Quan Yin Method of immediate enlightenment, we offer you the food and you may see the Amitabha Buddha Land one day yourself. You may see it at the time of initiation or you may see it some other time, according to your sincerity and level of consciousness. Some of our disciples have seen Amitabha Buddha's Land exactly the way Shakyamuni Buddha described, and they are very happy. Sometimes they drive cars and they see it also. After you practice meditation for a long time, you become automatically tuned in with the inner Kingdom or with the inner

Buddha nature and then you don't have to sit quietly in order to see. That's why people say, "See Heaven on Earth," or "The Buddha's Land is in front of you or in any corner." Sometimes the Zen people speak like that. It is true. The Land exists, and there are more, much more wonderful lands, even more wonderful than Amitabha Buddha's Land. I invite you to join our group and see it for yourself.

**Q:** Dear Master, how do I request urgent spiritual aid, help, protection, grace, love, mercy from You, Master Ching Hai?

**M:** Whenever you need it, then you request inside you. If the request comes, it must be spontaneous and sincere, and then you will be granted it. I will ask God to help you immediately. I, myself, don't have any power, but I will ask God to help you. Hes granted me that any request from me, Hes will grant, so I will give it to you. Second hand is better than nothing. [Master & audience laugh.]

That's why I have invited you to come and meditate. Join in the initiation, have meditation practice, get in touch directly with Hirm and ask Hirm, and you don't have to go through me, the third-person-agent. It's better to know your own power and bless yourself and do everything in the blessing of your Self, of your God-self, of the Kingdom of God within you, and then you don't have to even rely on

me. Whether you believe me or not, I am exactly the same as you. It's just that you don't know how to use your power, so you become like a beggar. If you know it, you are just like God because you and God are one; at least you are the children of God. You are entitled to have most of God's power, at least. Why don't you claim it?

**Q:** Dearest Master Ching Hai, I am fourteen years old. I am a student and my mother is an initiate. I'm really looking forward to getting initiation from Master. Will Master allow me to get initiation?

**M:** Sure, welcome. From twelve years old, if you have your parents' approval, you may get initiation completely. From six years old, if you have your parents' approval and you have parents who are also initiated, then you may also get initiation — 50 percent.

**Q:** Master, what is Buddha nature?

**M:** The Buddha nature is this. [Master waves a fan] You see it? You see Buddha nature? No? The Buddha nature is the one that makes you sit here and listen to me. The Buddha nature is the one who makes you eat when you're hungry. The Buddha nature is the one who makes you love one person and not the other. The Buddha nature is the one

who seeks enlightenment. The Buddha nature is the one that seeks the Buddha nature itself. It's very confusing but that's the best I can explain to you. [Applause]

**Q:** Master, does the Quan Yin Method involve chi as in chi kung?

**M:** No, it doesn't involve chi but then all of your chi will open.

**Q:** Master, can You please teach me how to meditate correctly?

**M:** The meditation itself is a part of the whole process of self-improvement or wisdom-opening or wisdom-rediscovery. And then accompanying meditation, we should have moral discipline and we should have a high ideal for life; therefore, meditation alone is not very sufficient. I would suggest that you also keep to a very good standard of ethical living; like you try to avoid harming sentient beings, you try to avoid too much meat and liquor which dull your intelligence and your higher power of spirituality; also, you should try many other virtuous deeds. Then when you meditate you should concentrate on the inner wisdom or on Amitabha Buddha, Jesus, Mohammed, or whomever you worship and believe the most.

But those are just general guidelines. When we initiate people, we teach more deeply and in more detail and then you will know how to meditate better. And also I will look after you daily until you fully grow up and develop yourself. Sometimes just to teach you to meditate at random and later if you lose touch, you may feel a little bit confused and it might not be very good for you. If you truly want to learn some kind of convenient method without having to be fully vegan or fully initiated, you may get in touch with our practitioners in Singapore. And like this, we are in touch with you in case you have more questions in the future, or you develop some more intelligence or some other questions, then we have to take care of you. Getting initiation is the best, and then I can look after you, inside and outside. It's safer. [Applause]

**Q:** How do we achieve power through meditation?

**M:** After you meditate, you will achieve the power. It's not a question of how. It will come automatically because the super-power, the Supreme Master power inside, already exists. We just kind of dig into it, rediscover it, and use it partially or wholly according to our need and position in life.