

THE KEY OF
IMMEDIATE ENLIGHTENMENT
SPECIAL EDITION

THE SUPREME MASTER CHING HAI'S
1993 WORLD LECTURE TOUR
VOLUME IV

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CONTENTS

Walk the Way of Love.....	5
Foreword.....	9
We Must Find Our Real Self.....	10
Questions & Answers	27
Master's Power Brings Enlightenment.....	54
Questions & Answers	71
To Appreciate Life, Start With Enlightenment	105
Questions & Answers	133
Enlightenment Is the Tool for Everything.....	162
Questions & Answers	178
Turn Inward and Listen to the Heavenly Teaching	210
Questions & Answers	226
Some Benefits of a Vegan Diet.....	236
Volume 4 Index	241
Initiation: The Quan Yin Method	252
Publications.....	255
How to Contact Us.....	262

A Little Message

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

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

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

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

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

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 Himalayas in search of spiritual enlightenment and eventually received

divine transmission of the inner Light and Sound, which she later called the Quan Yin Method. After a period of diligent practice, Supreme Master Ching Hai attained the Great Enlightenment.

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

Beautify the World We Live In

Although she seeks no acknowledgement for her humanitarian work, Supreme Master Ching Hai has received numerous awards from governments and private organizations around the world, including the World Peace Award, the World Spiritual Leadership Award, the Award for Promotion of Human Rights, the World Citizen Humanitarian Award, the Award for Outstanding Public Service to Mankind, the 2006 Gusi Peace Prize, the Los Angeles Music Week Certificate of Commendation, First Place Silver for the 27th Annual Telly Awards 2006, the Presidential Active Lifestyle Award from former US President George W. Bush, and the 2010 President's Volunteer Service Award from US President Barack Obama.

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

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

Master’s Dream

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

“I dream that the whole world will become peaceful.

I dream that all the killing will stop.

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

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

I dream that our beautiful planet will not be destroyed.

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

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

Foreword

1993 was a very special year. In response to the sincere longing of countless people, a fully enlightened living Master, enduring the hardships of a long journey, traveled around the world to share the news about immediate enlightenment and liberation in one lifetime. Her lecture tour, which caused a sensation around the world, sowed many spiritual seeds that have since germinated and are now playing a great role in elevating the spiritual consciousness of the world. With great respect and devotion, the lectures and interviews given by Supreme Master Ching Hai during this period were recorded, and have been compiled into six volumes. This series is being offered to you this Christmas season with the wish that you can stroll leisurely in Her vast wisdom and lose yourself in the boundless spiritual bliss that arises from the words of a perfect living Master.

We Must Find Our Real Self

Spoken by The Supreme Master Ching Hai

April 3, 1993

Anaheim Convention Center,

Anaheim, California

(Originally in English)

My dear brothers and sisters, especially the Au Lac brothers and sisters, please allow me to speak English because we are in America. Is that all right? [Applause] I wish you a very pleasant evening together.

We have always heard that the Kingdom of God is within us and the Buddha nature is inside all of us. The Buddha nature and the so-called Kingdom of God are not two different things. They are different names to describe the same thing. It is just like in different languages we call flowers with different intonations. If the Kingdom of God, if God is within us, why couldn't we find It? It is because we have forgotten how great we are, how true happiness can only be found if we really know ourselves.

True Happiness Comes From Self-Realization

Many people are happy, or they think they are happy, because they have a lot of money or they are proud to be in a very high social position. And we sometimes are proud of being very educated and having a vast knowledge of many things pertaining to life on Earth. But these things are not permanent and are not the whole knowledge of the universe. If somehow we can forget these ephemeral matters for the time being and deeply contemplate on whom we are and why we are here, on what we are made of, then we will be able to know our greatness, or the Kingdom of God, which is within ourselves. (Or the Buddha nature if you are allergic to God.) If we want to be proud of ourselves, I think we should be proud properly, because we are the greatest in the whole universe. And if we know that, then we should truly be proud. But of course, after knowing ourselves, we do not feel any pride at all because it is just a very normal affair. It's just like if we place something in our pocket and then we now rediscover it after searching all over the house and not finding it.

True happiness is not offered by the high positions of the world, by the knowledge that we gain from books or from society, or from the possessions that we

have. True happiness can only come with self-realization, with enlightenment. Then when we laugh, we truly laugh, and when we cry, we are truly touched. All our emotions are worked out in a harmonious, natural, and perfect way, leaving our body and mind relieved of all burdens and unnecessary pressures that cause a lot of unknown illnesses or many mental disturbances.

After enlightenment, when we understand something, we truly understand it — very deep, very profound, very satisfying, and then we truly know happiness. Even though in life we still encounter a lot of difficulties, a lot of undesirable situations, within ourselves, we are unshakable. We might shed tears but we are not miserable. We are not weighed down by the misery, the sorrow that we encounter. We might laugh very heartily but we will not be attached to the fleeting happiness that the material world offers us. We enjoy things but we do not possess them. We sympathize with people but we do not bind them to us. We love everyone without feeling a possessive impulse to bind people around us all the time. This is then the true happiness.

Many of us think that to attain the Kingdom of God takes a very long time or it is impossible - only Jesus or Buddha can do it. But if we remember very clearly in the Bible, Jesus has stated that, *Whatever I do, you can*

do. You can do better. [John 14:12] And the Buddha said, *I have already achieved Buddhahood. You will achieve Buddhahood.* What is this “Buddhahood” or the “Buddha nature”? We can call this the Great Intelligence, the Great Wisdom, which is inherent within all of us. By the rediscovery of this wisdom, there is nothing we cannot do, no space we cannot traverse, no task is too difficult, and we do things without effort. We can rescue many people from hell, we can bless the world with our spiritual light, and we can ascend to Heaven whenever we wish.

And even in our daily life, we will attain true happiness through having realized our wisdom. Our situation in life may change or not change but still we have a very deep happiness within us, which nothing, no situation, can shake. We might appear to be shaken in some situations, but then within our soul, our heart, there will come forth, will radiate forth, a very stable peace, a very solid tranquillity, which makes us happy and content in every situation. Sometimes in dealing with our daily affairs, we cannot help but feel some frustration or dissatisfaction. But still, if we are enlightened, we have a very different attitude because we know that God’s will shall be done. We know that this world, however charming, however real it looks, is only a shadow of the true world that is within us, which is only one hairbreadth apart. We can walk back

into that Reality anytime to console ourselves, to verify to ourselves that anything that happens in this world is illusionary and we have a choice not to stay within this dark world — because we do.

A Visit to An Intensive Care Unit in Hell

This morning at brunch time, one of my fellow practitioners sat with me and was chatting about his experiences. It's nothing much really; you may be surprised and disappointed because he talked about hell, not Heaven. Of course he has gone to Heaven other times too, and he told me already, but this morning, I don't know why, he talked about hell. He went to hell probably out of curiosity to have a look. Probably he was fed up with Heaven since he had been there many times, so he wanted to have a change and went to hell. Luckily, he didn't go to a very, very deep and horrible one, just to the kind of outskirts of hell. So he went there and he saw that the streets were very small and dark, slippery and depressing. The houses were similar to ours here, but very dull, very dark, very dim with no light. And the sky above, instead of being blue and bright like our sky, was dark and depressing, and there was no light in it. The houses were all covered with

moss and they were wet and damp and very depressing.

As soon as he entered there, he felt such a depression, such a pressure within his soul that he wanted to cry, but he couldn't even cry. It was such a depression that he could not even cry out to relieve himself, and the tears would not even fall down. He just felt like choking, without anyone doing anything physically to him, without anyone ever speaking anything or any abusive words to him; he just felt oppressed. He walked around there, opening his mouth and wanting to cry, but he couldn't even cry out. He walked around there all the time and then he remembered the method that I have taught him for such situations. Of course he made use of it, and then he felt better, and he came nearer and nearer to the entrance.

Before he got to the entrance, he came to a point where the road separated into two: one was going up, a wider road and brighter, going up, and the other one went deeper underneath; it must have been into a more intensive care hell. It's just like a hospital; hell is a kind of hospital to repair some people with perverted views about life, about Heaven and Earth and all that, which are contrary to the Truth. There are some intensive care stations in that kind of hospital, which are very, very depressing, a lot of suffering, indeed, and sometimes it could go on for a long time if the person is very sick,

mentally or psychically.

Now, when he encountered that crossroad, he was very frightened and oppressed within his heart, so he prayed to the Master power and then he was able to walk toward the lighter path. Otherwise, he was kind of rooted there and feeling very, very frightened, very depressed, without anything happening to him. It is just the atmosphere in that hell that makes people depressed without ever doing anything.

He was asking me why, so I explained it to him that because the atmosphere is different from your own, therefore you couldn't bear it. If you go deeper, it would be terrible and probably not easy to come back. Just like we are human beings and if we happen to go under water, we could bear it for a while but still we feel the pressure of the volume of water above and around us. Therefore, we couldn't bear it very long and we will be suffocated without anything being done to us.

Similarly, if a human being of a dignified standard goes to hell to have a look, then of course he will suffer this difference in vibratory current. Therefore, he felt very, very uncomfortable and near dying. It felt like mountains upon you and you couldn't move; you couldn't get away from it. This experience I've known

also sometimes, when I have to go there for some reason, maybe shopping to see who is a good soul to bring up. Shopping in hell can be very uncomfortable. But that was not a very deep hell.

Now, when he turned to the wider and brighter road, he saw a very big gate and outside the gate was a different world altogether - bright, happy, clear, everything is normal and beautiful. Inside the gate is the world of darkness, of depression, of suffering. So he just walked out of the gate and he was in the light. Of course he saw many other things, but I don't think I will take up your time this evening because we're not advertising hell tonight. [Laughter] Yes, you can laugh if you want, it doesn't matter. Express your humor.

He walked out of the gate and then into the light. So simple is that, but then he even had to pray to the Master in order to walk out. You would think it would be very easy but it is not. If you go to such a place, your feet seem to root there. And if we are not very highly virtuous, or if we do not have any reliable source of power beside us, it is not easy to get out. That's why most of the people, when they fall into a state of lower consciousness like the so-called "hell," they can't help themselves to get out.

Even though it's just a door apart, they can't go

out. And no one is at the door to guard the door at all, but no one could ever walk out. They don't think of walking out. The atmosphere is so binding, so confining, that everyone is rooted inside and can't get out. We feel very depressed when we're there because we are human and we are not used to such low vibratory currents. It's just like the animals, for example the pigs, they're very happy in their den. They're rolling around in filth and all that and they feel happy, but if we were to be in there for even a few minutes, we would not feel content and we would like to walk out.

So, there are different levels of consciousness, which manifest in different kinds of worlds for different beings to satisfy their subconscious levels of understanding. We can regress for a while - not regress, just probably go around a different corner for a while that may be darker than where we stand for a while. That is the lower world of hell. And we could walk directly into the light and therefore step up our consciousness. It's all up to us. (And if we could not do it ourselves, we should try to find someone who has experience in such business and they will help us.)

Enlightenment immediately is no big deal — just know-how, just like everything else in life. If we know how to operate a very complicated computer, it's very easy, but for a layman, it's almost impossible. Imme-

diate enlightenment, since ancient times people already have experienced it, but more so in this century because the media, the communication systems, are great. Therefore, we have all the good news available to mankind at large.

Why is it so easy to get enlightenment? It is because our nature is enlightenment, because we are wisdom, we are great. It is said that God made man in His own image; therefore, it is said that the Buddha and all sentient beings are equal. But the difference is that the Buddha knows it, knows His treasure, knows His wisdom and can make use of it, and the other sentient beings do not know or have not yet come to know it. If a sentient being knows these things, then he's immediately merged within his own greatness, or the Buddha nature. He will realize immediately, or sooner or later, how great he is, that he and the Father are one, and then he is the Buddha.

Look Beyond the Shadow to The Real Thing

Someone asked me, "Is there any difference between God and a Buddha?" I said, "Yes and no." All things come from God; this is the Source of all beings,

this is our own nature, the original Source, before we were born into this physical world. Actually we were never born; we were never born at all. It's just a different room that we have stepped into. Just like the story I narrated before about our disciple who first was in the dark world and then came out into the light world, which was only one door apart. The Buddha is the God power that is manifested into a shape in order to guide us into the light. Jesus is also the same. He is the manifestation of God power on Earth in order to remind us that we can be the same. Jesus and Buddha did not come here to make us worship them or to enjoy our glorification of them. They came here to show us that we can be the same, that we can be connected with God, and be great as Buddha and Jesus. And we can walk back into the light where we have come from and not be deluded by this shadow of the real world, of this poor copy of the real thing.

I have made an example of a very beautiful girl. Miss Universe, for example would probably stand inside a room somewhere with the light behind her and her shadow on the floor, and someone outside the room saw only the shadow and not the beautiful girl. Now if he looks at the shadow, of course it is kind of tortuous and not beautiful, but even then, it probably seems beautiful enough. Maybe the nose was very high and the figure was very proportionate, etc., and probably

we would think, “Wow! What a beautiful shadow!” But it is only a shadow. If we get to know the real girl, we would not marvel at or attach to the shadow at all, and we would think, “Wow! This is truly what it should be!” Because we do not step inside to find the real beauty, we think the shadow is beautiful, but it’s no good. It is twisted here and twisted there, the legs are too long, the head is too big, etc., because all shadows are like that.

All shadows are very poor images of the real thing. Therefore, we don’t need to change the world because the world is only a shadow of the real thing. If we get to know the real one, then we do not care about the copy, about the shadow. That’s how we gain detachment from the world. That’s how we will be truly happy because we have discovered something precious and real. Nothing of the shadowy world could affect us anymore - be it twisted, be it long, or a very funny shape, representing the misery and suffering of this world. We would not feel very disturbed because we know it is only a shadow. As soon as the light is turned out, the shadow is gone, because only the real thing is forever there. The real girl is always there, whether the light is on or not on, whether the shadow is there or not.

The God nature, the Kingdom of God within, the real world, exists all the time, eternally. What is de-

stroyed is only the shadow of it - just like when the light was out, then the shadow of the beautiful girl also disappeared. Therefore when we say that we die, or the end of the world will come, and catastrophes will come, etc., we, the practitioners of the Quan Yin Method, never worry because we know the real and the eternal world. Our life is bound to be always in happiness. Even though we apparently show some kind of emotion, it is only the wave on the sea's surface; it's not the whole sea. And soon the waves will subside and go back into the sea, all tranquil, all great. Therefore, if we want to find true happiness in life, we should turn inward; walk through the door that separates the shadowy world and the real world.

The door is here. [Master points to Her wisdom eye.] We call this the heavenly gate, the wisdom eye, or the gate to Nirvana, whatever you wish. We walk through that gate and we leave everything behind, everything that is unsatisfactory, everything that is false, illusionary, and causes unhappiness. Then we will always know what true happiness is. Even if we do not search for Heaven, or even if we do not believe in Heaven, at least our life here on Earth would be very smooth, content, and happy, the way it should be.

Ignorance of the Real World Is Cause of Suffering

The world is full of suffering but it is not God's making. It is not the Lord of Karma who makes trouble, as we have learned to know. It is not the law of cause and retribution that makes us reap what we sow; it is our own ignorance of the real world that brings us all kinds of unhappiness. We keep chasing the shadow, wanting it to be straight, to be more full, to be more beautiful, to be more proportionate, but it is only a shadow. If we get to know the real person, we care not what the shadow looks like. Is that not so? Similarly, if we know the real world and how beautiful, how eternal, how free of every disaster and suffering it is, we care not whether this ephemeral drama is going on in which way. We know it is a distorted picture, a projection of the real and beautiful world; therefore, whatever it looks like, it doesn't concern us that much. But if we do not know, of course we would always attach ourselves to the shadow, wanting it to be this and that and other, which is impossible. The shadow may be straight, may be bent, may be twisted, may be long, may be short, according to the situation of the light that is behind the real object or above the real object. It is not important anyhow because the shadow is only a shadow. That's why it is ephemeral. That's why it is

illusionary, and it should be so.

There is nothing that is such a big deal about the world, about our life, about our body, whether it stays here or it disappears one day at death. We can create plenty more. And the shadow may be short today, long tomorrow, but our Self still remains the same and that is important. We must know our real Self and not go chasing after our shadow and wanting to change our shadow because it's useless. The shadow will always change and it's always short-lived. In the morning, it is very long when you stand facing the sun or with your back to the sun. At noontime, it becomes very short, almost unidentifiable on the ground, almost clinging to the shape of the body. In the afternoon, it's again very long or twisted, depending on the position of the sun. Why would we worry whether the shadow becomes like this, that, or other? We know we are not the shadow.

After enlightenment, we know the real world. We walk through that door of darkness separating darkness and light, and then we know happiness. We're very stable. That's why most of our disciples are very happy. Not because they gain more money, (it could happen.) or not because they have better positions (but that happens, also), but because after we know the Kingdom of God, all the things shall be added unto you anyhow as

a bonus. We have wisdom; we have illumination that shines on all things so we see things in a better perspective.

Things just become better automatically. There's no magical power, nothing mystical about it. It's just like a person who was lying ill all the time so he was unable to fix his car, or to do something in the house, but once he's strong again, he's clear in the head and he can eat, he can drink, then of course, he can tackle many things easily. So our soul, our mentality, is ill without enlightenment, without the proper food to care for and nourish it.

After we have enlightenment, we have plenty of strength and then everything we can do automatically using the greatest wisdom instead of using only the little limited computer brain. Therefore, of course, everything will be better. Our lives will become brighter, happier, and everything we do will be smoother. Not to mention that we also have the transcendental body of the Master, who always helps us or sometimes tells us what to do, if we have not yet reached the highest state of realization and are not in possession of our whole wisdom. So we cannot be anything but happy. We can't escape from happiness, and that's the reason why our fellow practitioners are shining. It doesn't matter in which walk of life and in which position they are in,

deep down within them, they have this happiness. They will be the best citizens of the world. We'll miss their company. [Applause] Thank you. You are awake after all? I thought I was talking to shadows. [Master & audience laugh.]

Whether we want to go to Heaven or we just want to be a good citizen of the world, enlightenment is a must. It is our birthright, our possession, and if we deny that right, it is very pitiful for us. Why should we not make use of our treasure when we have it instead of going out begging for a morsel or two of food on the street? If we have the treasure, the great limitless treasure, why don't we make use of it? And it is so easy. It's not that we have to go out begging for something or do something about it. Just sit at home and then we have everything.

Therefore, we invite you to know yourself. We invite you to return to your own greatness in order to bless yourself, bless the world, bless the hell people, and ascend to a higher level of world, a higher level of consciousness, when we finish our duty on Earth. This we can do easily through a definite method. Thousands, millions, trillions of people have already tried and have succeeded, so you may also try. Even children can do it; no one would be denied this privilege. And I am always there for your convenience and for anything you

need at all. [Long applause]

Thank you for your loving attention, and now you may ask questions.

Questions & Answers

Q: Will there be world peace?

M: The world is already in peace. We are not at peace. [Applause]

Q: Dear Master, when we have a few problems, how do we know which one is fixed karma and which one is Master's testing?

M: Actually, there is no testing for us. We test ourselves. Just like when we have some hardship we say, "Oh, God has tested me," but it is not true. It is because of our karma, because of our tendency toward negative ways, that we experience hardship. The only way is to turn back to the positive and then we experience a different way. We can do it by self-discipline or by prayer,

and then we turn everything to a better way. Whether it's karma or God's testing, it will be better.

Q: Lao Tzu said, *The more you know, the less you understand*. Understanding comes from meditation. Do we need to continue reading scriptures to collect more knowledge?

M: You can if you want to, but the True Knowledge is from within and it's not from books. Books can inspire us to a nobler ideal, to a better way to follow. But if we stop at the book level, then we are only attaining worldly knowledge, at an intellectual level, and we can't pass through into the non-knowing knowledge. Just like Lao Tzu said, *The more you know, the less you understand*. What he meant is that what we know in this world, we do not truly understand the real meaning, and we do not understand the Truth.

Q: When one meditates, can he sit for the first five minutes in meditation without having distractions? Is this true, how can You prove it?

M: You can not only sit five minutes without distractions, but you can sit for five hours, sometimes five

days, five months, even. If you have the chance to learn how to do it and if you have nothing else to do during this time, you can enter into samadhi and forget every other thing. That is possible. I don't need to prove it; many of the people from ancient times up to now have done these things and my disciples can do them. It is no big deal about sitting five minutes. Probably you never sat before, and that's why you do not know such things are possible. But we can show you. Of course, it is different between different people, but five minutes are nothing.

Real Freedom is Living in Universal Harmony

Q: The key to a happy life, what does it really mean to You? I thought that the only key to a happy life depends upon you and whether you live your life the way you want it. Is this necessarily true?

M: It's not that we live our life the way we want that brings happiness. This most often brings disaster. If we live our lives the correct way, yes, then we are free. Then of course we will be happy, not because we do what we want. [Applause]

In everything, there is some judgment and some kind of definite way. For example, if we say, “I have a car, and I can drive anywhere I want,” - that will bring problems. But if we drive within the proper roads and with the proper attention, then of course we’ll be at our destination very fast. If we run all over the place, we’ll bring trouble to ourselves, even though we call that freedom.

Freedom without discipline will bring disaster, and the way many of us lead our lives brings misery, as you see all around you. Therefore, there is a definite way to lead our lives in order to have true and lasting happiness. That is the life of a gentleman. That is a life of the sage who does things according to the Universal harmony and not according to the dictates of the restless mind.

Q: Why are some people in hell? Is it from their thoughts, their actions? How can we help them and ourselves?

M: People go to the hell because they are sick. They’re not healthy in their thoughts, deeds, and words. They have done something below human dignity and standard because they do not understand better.

They're sick mentally; therefore, they have to be treated in that special ward for intensive treatment. That's called hell, with a lot of suffering. Just like when we have a very grave illness, we have to be admitted to the hospital and the doctors give us a lot of medicine, injections, and sometimes cut our body into pieces in order to cure us. But that causes suffering.

In order to help them, first you must help yourself. Be enlightened, and then you can walk into hell and rescue them. Otherwise, it's very difficult to reason with them. It's already difficult enough to reason with the people in the world who are not so much in a very dark state of understanding.

Q: When will I consciously enter samadhi?

M: When? When you enter, then you will enter and you will know it. When you're very deep within your Self and merging with your own great virtues and wisdom, at that time we are free from the body and we could sit there not moving for many hours on end or many days even; it depends on how deep we are within. That is when we consciously enter the samadhi state.

Q: I've eaten meat most of my life but I've recently stopped for good. I will no longer eat any meat, poultry, eggs, or dairy products. My question is how can I rid myself of the toxins, guilt, and resentment that I feel from my past actions?

M: Just forgive yourself. No problem. Whatever we have done in the past is already past. What is now and in the future is important. Just like when a child was very young, he didn't know what is what, and he walked all over beautiful clothes or put everything dirty in his mouth. But that now he's grown up, he doesn't do it anymore, and no one would scold him or blame him for what he has done as a child.

In our different stages of development in consciousness, maybe we have done something that we should not have done, but we were only students. We were learning at the time, and if we know it is improper and we stop it, that is already excellent. You should congratulate yourself. You should be proud of yourself and love yourself more for being able to understand this, instead of feeling guilty and blaming yourself. It's unnecessary.

Q: As children go through today's educational sys-

tem, how can parents guide them in learning and growing toward the Quan Yin Method? How can we help children pick up less pollution from the modern world?

M: You have to set an example. First, be a shining example, then the children will follow. No need to force them. One example is better than twenty years of talk. [Applause]

Q: Death is supposed to be the happiest moment. How can that be? When a person dies, You said that You would come and make the individual forget their loved ones so that they would leave this world. Isn't that a cruel thing to do? How do You go about doing this thing?

M: Is it a very cruel thing to do? Should I make them remember their loved ones and linger in the world and cry together all year round because they can't do anything about it any more? Is that better, yes or no? [Audience: No.] Okay, thank you. [Applause]

Q: Is being ambitious wrong or bad?

M: No, it's not bad; it's not wrong. It's wrong to

be wishing for an unsuccessful life, because God has placed us here to do some something. Whatever we're gifted with or whatever business we undertake, we must do it wholeheartedly until we succeed. Of course, if we do not succeed, then we try again. But do not think that whatever we do, if we are ambitious, that this is no good. We have to be ambitious. Otherwise the world will go under if no one is ambitious and attentive to his enterprise.

Q: *Is there any place here in Los Angeles to go in order to follow the path of enlightenment?*

M: Why do you ask me? You are the one who stays here; I'm a foreigner. [Laughter & applause.] If you want to join us, then of course we have a place here in Los Angeles and after initiation you could go there for more information or for meditating together. But if you would like to ask for other places in town, then please look in the telephone book.

Use Of Magical Powers Violates the Laws of Nature

Q: *Is magic an acceptable way for gaining enlightenment?*

M: It's not a good tool because it will bind us to the ego pleasure — that we can do this or that, we can turn or move an object, that we can make things disappear. All that affords us a mental pleasure, which binds us to the mental level of consciousness and keeps us from going higher. Therefore, magic is not regarded as a very good way to show off our enlightenment, or through which to attain enlightenment, because we will stop at a rather low level.

The Buddha also discouraged the use of magic. He often told His disciples not to use magical power, but one of His disciples, being too proud of his achievements in the magical field, often made use of them, and so ended in a very tragic death. Jesus also made a few miracles or two when He was forced to do so, but He was very reluctant. Therefore, He didn't go around and make all the dead come back to life again, or cure all the sick, or heal all the blind. He only did it occasionally when it was absolutely necessary, without feeling proud or accrediting the power to Himself. Therefore

He said, *Your faith has healed you* [Mark 5:34], or *It's the Father in me that does* [John 14:10], etc. He never went around doing miracles all the time just to show off. It is very clear that enlightened people always adhere to the rules of the universe and respect the laws of nature without interfering too much for their own ego's sake. [Applause]

Q: Dear Master, thank You for enlightening me that this world is just an illusion and that all human accomplishments and material riches are meaningless. My question is that if this is the case, does this mean that we need not worry about the beauty of this land by not abusing the environment, and we need not waste our minds searching for solutions to solve social ills in order to make this a more peaceful world?

M: No, enlightenment will only help us to know how to do it better. And we will do it without much effort and have better results. In our meditation centers around the world, things are kept tidy and beautiful. We plant trees. We don't allow pollution and litter around our Centers. We keep our body, spirit, and mind clean. And I love spotless cleanliness. Every disciple knows this. Also, we plant trees and we plant grass. We do whatever possible to beautify our world.

I told the disciples they could beautify their bodies also to make them look more beautiful with a little bit more happy face. And if they have beautiful clothes, they can wear them. I didn't tell them to go in rags or to eat grass instead of going to work; it is not true. We are very practical, but in a very enlightened way. Therefore, we do things better, we are more beautiful, and we enjoy the world, but we are not attached to the world. We do things better than before. [Applause]

Q: I would like to know more about how to live a happy life and have peace of mind. I am very bored with this life and I am not happy no matter what I do. I need spiritual help to be happy and lead a happy life. Thank You.

M: Yes, go and get initiation. [Applause]

Q: How many hours per day should I meditate in order to get out of this Earth in this lifetime?

M: It doesn't depend on how many hours we meditate actually, because some people just sit five minutes and they're out of the body for a short time, and then they come back again to work. They gather better

information from the real world in order to serve this world, even though it's ephemeral, because we are here for some purpose. Therefore, we continue to serve the world, but in a wise way after we know what to do, after we enter the True World and know how to correct the shadow to suit our taste.

If we want to have true happiness, happiness can only come when we know the true world. It's always in a happy state. If we're chasing happiness in this world, sometimes we have it, sometimes we don't; most often we don't. If we do have happiness, it brings sorrow afterward or it is very short-lived.

Q: Is the Quan Yin Method the only way to achieve happiness and enlightenment?

M: You could say it's the last way, the last step of any way at all. It's just like it doesn't matter what kind of food we cook and how many vegetables we chop together; the last thing is to eat it. So, the Quan Yin Method is the prepared meal for your spirit. Therefore, of course, it's the best. [Applause]

Q: If our true Home is with the Lord, why and what

motivated our souls to come into creation?

M: Just because we wander around. Like my disciple this morning, he went to hell just to have a look. He didn't have to; he wanted to. We wanted to experience different things. And why not? It's fine, but just remember to go Home afterwards. That's all.

Q: Master, I'd like to devote my full time toward achieving Buddhahood like You did so that I can serve humanity more efficiently like You do. Please help me. What can I do to accelerate the process?

M: First, we have to get enlightenment, and later we continue to get more enlightened. Then, if God's willing that we should serve the world, and in which way, that will be determined later. It's too early to talk about guarding something from the thieves before we have any possessions.

Q: For years, many religions, for example, Catholicism, Hinduism, Buddhism, have existed. On the contrary, Your group has only come into existence recently. What principles in Your meditation group preclude the other religions as acceptable?

M: Do we have to be ten thousand years old in order to prove to you that something is effective? We have ships, we have cars that existed before I was born, but are these better than today's airplanes? You are talking nonsense! [Applause] Besides, we are not against any religion. We just bring forth to you the essence of all religions to make you know that all religions are one and are pointing to the same Truth. And if you don't know that Truth, no religion will help you, it doesn't matter if you follow ten religions or one. [Applause]

Q: Dear Master, if Jesus and Buddha had all the power of God, why did They not use it. Why did not Jesus save Himself from death? Why can't They use Their powers?

M: He didn't have to; He didn't want to. For Him, life and death are just a matter of walking to different rooms. Why should He resist one room and not the other? Why should He attach Himself to one room and not to the other? All rooms are His. He walks in and walks out any time He wants. Besides, only His body died; He never died.

If you meditate with us in the Quan Yin Method, you can contact Him; you can talk to Him. He will

teach you many things. Dying is only the ephemeral clothing. Just like I wore different clothes yesterday, today I wear these clothes, I can change any time I want, and that doesn't affect me, the real person who wears it. And so, Christ never died. That is a very great misunderstanding. Buddha never died. Many of our disciples still see Buddha and Christ nowadays. Any day when they sit in meditation, they can learn with Them, learn the Truth from true Masters, not from scriptures alone. [Applause]

Q: Would You please explain why Your teaching contradicts the teaching of Jesus? In the Bible, Jesus said, I am the way, the Truth, and the life. No one comes to the Father except through me. It is an exclusive claim. There is only one way to God, through Jesus, and not many ways.

M: Fine and where is He now? I want to go with Him and through Him. If He's the only way, tell Him to stay here and never move. If He moves away, how can I go if He's the only way and He's gone? [Applause]

He says one more sentence besides that. You forgot, *As long as I am in the world, I am the light of the world.* [John 9:5] [Applause]

Q: How do You, Master Ching Hai, bear all our karma? Did Jesus not already die for all our sins? If we are such great beings, why did Jesus have to die for our sins?

M: We are great inside, but the things we do outside are not always great. And that weighs down on our conscience, makes us feel guilty and uneasy, and that is what we call karma; that is what binds us in the suffering world. Jesus liberated us from this feeling when He was around.

Otherwise, you can see even Jesus died and if you believe that He died for the whole world, then He died a wasteful death because we still are suffering here and are ignorant. He died at that time for His disciples, for the ones who believed Him at that time. And after Him, there are Comforters who will come. They are the different Masters of different times. We have to go to the living Teacher and worship the passed-away Master, but not wait for Him because His job is done. [Applause]

He asks how do I clean the karma of the disciples, and also how do I bear the karma? Well, this is my business. If you go to the garbage collector and ask him, “How do you do it? Why do you do it?” It’s his job. You don’t worry about my job. [Applause]

Q: Are You the messiah?

M: It's up to you to answer, to verify it, because if I say "yes," you might not believe me, you might crucify me even. If I say "no," then what am I here for? [Applause]

Q: If a person is devoted to their religion, say Christianity or Buddhism, would it be necessary to receive initiation and practice the Quan Yin Method? Can they find their hidden true Self through their own religion?

M: If you can, then you don't need initiation. But if you haven't, then you do.

It doesn't matter if you are Buddhist or Christian or what. Finding the true Self will make you become a better Christian, a better Buddhist because you know the true Buddha nature [God nature] and you know the true Christianity within you. Otherwise, the Christians tell us, *Be you perfect as your Father in Heaven who is perfect.* [Matt 5:48] But are you yet a perfect Christian, never mind about as "perfect as the Father in Heaven?" The Buddha said, *You will become the Buddha. You have to know your Buddha nature.* Do you know your Buddha nature yet? Have you known anything about Buddhahood yet? If not, then come to me. [Applause]

Q: What are the differences among Your world, Buddha's world, and God's world? Thank You, Master.

M: We have the same world. When you go up, you will see Buddha also if you wish to see Him. You will see Christ if you have an affinity with Him or longing for Him. And this is our world, the world of the Masters, and the Masters include Buddha, Jesus, etc.

I told you that if you wish to see Jesus you might see Him, or if you wish to see Buddha, you might see Him. But sometimes it's not like that actually, I have to add, because God is humorous. Sometimes during initiation, (the people sit during the transmission in quiet, no talking, because there's no talking in initiation, only silent transmission), and some Muslims would see Buddha, or some Christians would see Buddha, or some Buddhists would see Jesus, without wishing to do so. Therefore, God sometimes makes jokes. [Applause]

Q: How do we stop anger?

M: Just stop it. It's difficult. And sometimes anger is also justified, if you do it in a cool spirit, in a view beneficial to the opposite person, instead of doing it with hatred. For example, when your children are very

naughty and they repeatedly do things that they should not do, and being a responsible parent, you have to teach them a better behavior. So sometimes you fake anger or you truly show you are angry, and that sometimes is beneficial to the children.

So it's all right. You have to look at the situation, because sometimes in a justified situation, if you do not show a proper attitude, be it anger or be it concern, then the people may not even understand, may not even know what you mean. They will continue in their way with hurting both parties. We have to know with wisdom, not always judging what is wrong and what is right.

Q: Is there a connection between the rising violence in human society and the increasing killing of animals for food? Have these animals with strong desires for vengeance come back to our society by way of reincarnation to make mankind suffer through violence and chaos?

M: Well, you answer yourself by the question. In the Buddhist doctrines, the Buddha said that killing animals, eating meat, etc. will breed wars and a vampire kind of atmosphere. And these in turn will harm sentient beings, eat the sentient being's flesh, etc. During

the war many people were killed anyhow, and that is also a kind of “vampirism” - eating people’s flesh. Therefore, it is undesirable to have animals killed for our animal body.

Q: Dear Master, Your disciple before said that if one is initiated by You, his karma for at least five generations will be erased. Could You explain further to us about this and how is it possible?

M: We came to this world having many relatives and friends because we have karmic bonds with each other for give and take. Therefore, if one person is enlightened and enters into the circle of sainthood, of this great mercy and grace, then other people, the beloved ones, will be also pulled inside, because you have nothing more to give and take with each other. They were only there because you were there, and now you are gone, they can be gone with you.

Also, God is merciful. Whomever you love or care for, He will take that person into consideration also because of the bloodline, the blood connection. And the karma, however heavy, will be erased because God’s power is greater than anything - greater, greater, infinitely great. Therefore, a little karma, however great, is nothing in the infinity of God’s mercy. We turn

to God and we're taken care of. Everything we have done in the past is forgiven; otherwise, how would we call Him God? [Applause]

Q: If this world is but a shadow, then is the fight to conserve it worth our efforts?

M: But what else should we do here to pass our time anyhow? Even though we know the drama or the movie picture is only temporary and only lasts a short span of time, should you go and tear the silver screen off, or what? Since we are in the movie theater, we watch it and enjoy it. All right? [Applause]

Q: Dear Master, I was told that the Truth is very simple. How simple is it?

M: When you get initiation, you'll know. It's simple like that. [Master snaps Her fingers.] Because we already have It within us, and language cannot describe the things that are so abstract but very powerful, therefore, we just have to know It. Just like drinking water is very simple. How simple is it? Just drink it, then you'll know. [Laughter & applause]

Q: What is the meaning of life?

M: Don't you know it by now? If you can write this question, you would have known it already. Life apparently is just a bundle of experiences - from suffering to happiness, from existence to nullification. But the true life is beyond all this ordinary comprehension. We have to step into the invisible gate that separates us from our true nature, and then we know what is the true meaning of life. Otherwise, I can elaborate on it all day long, but what is the use to you? What use does it serve? [Applause]

Q: If we find that our lives are meaningless, can we be born again?

M: If it's already meaningless, why do you want to be born again? What for? It's a meaningless question. [Laughter & applause.]

Q: If we and the Father are one, so we are God and Buddha. Why are living Masters necessary? If the power of God is within us, why are we not our own living Master?

M: Right, that's what I want to ask you. Why are you not your own living Master, instead of living a life ignorant, miserable, and knowing nothing about life and death, knowing nothing about the Father who you want to be one with? Did you ever see Hirm yet? See Hirm first, and then be one with Hirm. All right? If you didn't see Hirm yet, come and let me help you. [Applause]

Q: Dear Master, we normally do not know our previous lives, so how do we know our progress in the following life?

M: We can know if we want to. In the second world, the second level of existence, we have a place called the Akashic library. If you go there, you can have a look, a glimpse into your past and future if you want to. You can do that by any kind of meditation practice or by deep prayer also, and by the Quan Yin Method, you will also pass by there.

If you're interested to know your past life, you can have a peep inside. But I'm afraid after that you will only be interested to know the present and the future. Knowing the past life is not that necessary. That's why God draws the curtain and doesn't let us see - to min-

imize our suffering. It is better to go forward into the future and not regress into the past.

Q: What is the role of humans in this world?

M: Eat, sleep, raise children, and die. [Laughter & applause.] Most of the people do that. If you don't want to be like that, get enlightenment. [Applause] The questions are very cute. I enjoy them. [Laughter]

Q: Is there any value to hearing the various sounds as the chakras open? If yes, what is the value? What benefit is there to our body?

M: The sound is the Word of God. It's the teaching of the

Buddha, in silence, without language. The more we hear it, the wiser we become, the happier we will be, and the more beneficial to the world.

Q: Why do we have to go through this world to reach enlightenment? Why couldn't we exist initially

enlightened?

M: Because we already came here, so we have to go back. That's it. If we were there, then we were there. You have already walked through this door, so later you have to walk back out again to find your car.

Freedom of Choice Is A Dream

Q: Dear Master, all things come from Buddha nature; if so, is there really free will or free choice?

M: No, we just dream that we have free choice. We make a lot of messes with this free choice, which we should give up in the beginning anyhow. But we can only do that with sincere devotion to God or whomever we believe in. And we can only do that through enlightenment because then we know it's not we who do things; it is the Universal Plan. Then we will not reject our job, we will not throw away our wife or children or get divorced or anything. We will know what it is and we will lead a more contented and happy life.

Free will is this: for example, God's plan is that I have to put my umbrella here, but now I don't want

to put it here. Why should I put it here? I feel that I should put it there [Master points to a different place on the table], so I put it there. Why not? Now I upset the environment and our plan for a while. Then I feel very uncomfortable and my umbrella will break over there, and I don't know why. If I had put it here, it wouldn't be broken. So now, eventually, I will have to bring it back and put it here.

Suppose you divorce your wife or husband, or reject your job, and think, "I am free. That's it, fantastic! I've taken the matter into my own hands and now I am free of her or him." You think you have done decisive things and are very wise. But what happens, maybe a few days or few months later, you will meet someone else, maybe worse than that one. [Laughter] So the experience, you have to go through anyhow. Maybe you think you have changed it, but no, you just postponed it. Or maybe God lets you turn around the corner, but only to go back to the same road again. [Applause]

Q: How are thoughts formed and how do they enter the mind?

M: You open your mind and let them enter. I guess that's what it is. Our mind is like a computer, a brain

computer system, and any time it can pick up anything. If we do not take care to guard it or to select the better information for our use by special attention and a technique, then of course, we pick up all kinds of things, good or bad. And then accordingly, we react later on positively or negatively in our life and reap the results.

Q: If you have received initiation, can you back out? Is there any punishment for doing so?

M: Yes, you punish yourself for not getting further enlightenment. That is grave enough, graver than any other punishment. To deny ourselves wisdom, to deprive ourselves of the greatest privilege in Heaven, is the greatest punishment already. I will not do anything to you. You are punished enough. [Applause]

The End

Master's Power Brings Enlightenment

Spoken By The Supreme Master Ching Hai

April 7, 1993

Vasa Park Resort and Ballroom

Seattle, Washington

(Originally in English)

Good morning, how are you? [Audience: Fine] We could have done better, and would be doing better, if we had more equipment. Just relax, and prepare for some good jokes. As you have seen, our group is very funny, very humorous, so there is nothing to fear. In German, they say, "A saint who is miserable is a miserable saint." [Laughter] So we try to be happy Buddhas.

When you listen to our friend there, you will be frightened that every day we will feed you with tofu and vegetables. There is much more in the vegetable kingdom than only tofu, but no doubt, tofu is the most nutritious food. A soybean has 36 percent protein compared to beef, beef probably 25 percent, and pork 16 percent, etc. So actually, when we eat tofu, a soybean product, we have more protein. Of course people think vegetable protein and meat protein are a little different. Yes, they are different; vegetable protein is more digestible and healthier, and this has been proved by

today's scientists. But nevertheless, I will not elaborate more on this great stomach philosophy, but we will go a little bit higher than the solar plexus chakra. Are you familiar with all of these big words - chakras, nirvana, samsara, and all that? If not, then I'll just put them aside. I just use them so that you know that I am very learned. [Laughter]

Merge into the Noble Philosophy of Ancient Saints

Just maybe a couple of decades ago, or several centuries ago, our life on this Earth has not been so beautiful. We did not have so many highways, we did not have electricity, and we did not have airplanes. If I were born a little bit earlier, say a hundred or so years ago, or maybe two hundred years ago, I would probably have no opportunity to be here with you tonight in such a quick and relaxed way, and to share with you the atmosphere of the ancient sages of the Golden Age, where in a few hours we would forget at least some of our sorrows, our hatred, our pressure in order to merge ourselves in the noble philosophy of the ancient saints. You are invited to join into the golden moment of a higher purpose of life.

Our world is very, very beautiful compared to many other planets that we know of, or maybe not know of. (Just pretend that we know some.) Scientifically speaking, there are a few more planets that have been discovered which are not as beautiful as ours. So we could congratulate ourselves for having such a little paradise, where we have enough water, greens, and air. Even air, because in some of the planets the air is not alive. Sometimes it is very contaminated and living beings cannot even stay there. Our world has been beautified day after day until we reached today's comfort. So we have a better kind of life with electricity and with all kinds of civilized inventions. That is just in material comfort. Similarly, if our spirit, which is more important than the flesh even, would be equipped with more of the very comforting instruments, then our life would be much better still.

Our human life consists not only of the material appearance of the body, or the thinking power of the mind, but we have also something beyond these two, which is the spirit. The spirit, the wisdom, or the Supreme power, which is within us, is that which makes all things come to life and sustains them. Therefore while we are so-called "living," we can move, we can talk, we can think, we can love, we can investigate, we can do many things. But when the so-called "spirit" leaves us, then even if the same body exists, we cannot

do anything. So if while living we learn to know this spirit that is the dominating factor behind all of our living activities, then we will be wiser, more enlightened, and of course, more satisfied.

Modern Era Opens Ancient Secrets to the Masses

Otherwise, even though we have a lot of comforts in life, and our civilization has reached such heights in history, most of us are still unhappy. Many things we want to do in life, many ideals we want to fulfill, and we do not know how to begin. And even if we know how to begin, we are not certain whether it is the true direction. Therefore, many times we are unsuccessful despite all our sincerity, our prayers, and our good will to serve the world at large. It is difficult to reach our goal. It is because we do not recognize this spirit, or the Supreme power, which is dormant in all of us. It is just like a person who has a great treasure in his house and doesn't know where it is, and therefore could not make use of it for the betterment of his life.

I am sure all of us here, and most of the people in the world, long for peace, true happiness, and beauty, inside as well as outside. But why is it that most of the

time we spend a lot of money and time on some matter and it cannot be accomplished? It is because we do not approach the problem at the right angle. It is because we do not use our supreme wisdom in all of our undertakings.

Is that correct English? You have to bless me because I am in the Chinese community, eat Au Lac food, and talk in all kinds of languages all day long. [Laughter] Despite all my wisdom, language outside is still a problem. Actually whatever we learn outside, (same with each of us), whatever we try to learn with the mind, which is our super-computer, we cannot accomplish it in a 100 percent way. Besides, there are so many things to do in life, so many projects we want to accomplish with only the very limited power of this computer. Even though it is the best quality, sometimes it is out of order - like when we put some wrong fuel in it like too much whisky in one day, then it zigzags, and it doesn't work maybe for one or a couple of days, or we put in too many drugs or something that is very detrimental to the thinking power of our computer.

If we do things with our great wisdom, with the central intelligent Force, which is connected with the whole Universal Network, then we can do many wonders, and yet we don't use any effort. This is what Lao Tzu called, *Do without doing, action in nonaction.*

[Tao Te Ching] How do we accomplish this? It is very simple. All the Masters in the past have promised us that whatever they do, we can do also. If they have become the Buddha, we can also become Buddhas. Whatever they have, or they had, or they discovered, we have also. All human beings are born equal. It is up to us to make use of our treasure or not. God, if there is one, would not push us because we are the most respected creation in the whole universe. We are at the crown of creation and our free will is absolute because God has made man in His own image, and therefore man's will is God. Nevertheless, sometimes we have forgotten to use our free will to better our life or to bless this world. Instead, we have abused this power, and therefore many times we have brought disasters into our beautiful planet and then into our lives.

The difference between Heaven and Earth, or Heaven and hell, is only a hairbreadth apart. The only difference is that in Heaven, our attention withdraws inward instead of spreading outside, and then we know the Kingdom of God. Most of the people think this is impossible, while the experienced practitioners on the path know that it is very easy, very simple, therefore even children from six years old can do it. And old people up to sixty, sometimes over, could even do it. Everyone can do it, because everyone has this power within them.

The Buddha said, *I and all beings are equal. Why do they not know it?* And Jesus said, *What I do, you can do better.* [John 14:12] Better doesn't mean we will be higher than He. Better means that in the future we will be allowed more freedom to exert our power, to communicate this good message to more numbers of people, whereas He was limited to only three and a half years of preaching. But we, in the modern time, could use a lot of highly technical developments in order to communicate to the masses. Therefore He said, *What I do, you can do better*, is a prediction for a more liberal future.

In the time of Jesus, religious activity or the Truth was feared, persecuted, and hidden from the mass of the people because the politicians at that time feared anyone who had power to move the masses. It didn't matter that the power was for the good of mankind or not. It was just a power struggle, and that's why in the ancient times, or maybe up to recently, we do not have much chance to know about spiritual secrets, which are actually not secrets at all.

Many hundreds of years ago in Au Lac, we had no electric lights, and one of our ambassadors or maybe a delegate from Au Lac, went to France to study. And when he came home, he reported that in the West people had the lamps upside down. Before, we had oil

lamps, which had to stand on the table, but he said in the West, the lamp is upside down, and the water came from the wall - the tap water. And the king cut his head off because the king and the whole hierarchy, the whole royal household, could not believe that it was the truth, and so they accused him of blasphemy or not respecting the king, of making a fool of the royal lineage. Not only was his head cut off, but many of his relatives and family members also lost their heads. Such was the punishment in the old time for someone who was suspected of not being loyal to the ruler of the nation. Today luckily, we don't have such injustices, and today the majority of the people in the world know that the upside down lamp is very normal. Thank God.

Similarly, many centuries ago, spiritual attainment or becoming enlightened was something very mystical, very impossible, very farfetched, a kind of visionary dream. But today, it is a very common theme that people sometimes even talk about in coffee shops, in the park, on the train, on the bus, etc. This is good. The age of our world has changed, and we are beginning to live in another kind of atmosphere where many more people will be enlightened, and peace will be more accessible to mankind. And let's hope that in the future generations all the rulers of the Earth will not rule with armed force but with wisdom and love, because all men are brothers. The different countries are different

rooms, which the whole family has the right to share with each other, and to live with each other in harmony.

The Future is in Our Hands

As long as the majority of us are not enlightened and not using this super wisdom within us to take care of the world and to do everything, whether big or small, our world will not become what we dream, or what we expect it to become. Therefore, the future of the world is in our hands; it is not only in the hands of the political figures of any great nation. Please remember, even if there is one great king who rules the whole planet, who has great wisdom like that of Solomon or King David of old, if the whole masses of people are swimming in ignorance, he can't do much. When Jesus, the Buddha, or other Masters, were still living, because the communication was very poor, the enlightenment message was not very widely spread among the people. Therefore, even if we had the son of God on Earth, even if we had the Buddha, the world at that time was still chaotic.

Today, thanks to the many wonderful inventions, we have beautiful communication systems, and we

have fast transportation methods. Therefore, many of the people of the world, thousands, billions of people, have been enlightened through different saints, different messages from different spiritual schools. And therefore we can see the hope of the Golden Age at the horizon. Many of the great conflicts between powerful nations have ceased, somehow. So each one can breathe a sigh of relief because we do not fear much of a third world war or fourth anymore, at least for the moment. It is because in this age many people have become enlightened, and use the wisdom to bless the world or to enlighten their neighbors. And one will lead to the others, and then soon many, many more, and the majority of the people will be living in the wisdom of their birthright, and using it to bless the world, to make it become Heaven. Otherwise, it doesn't matter how much we try with our limited knowledge of books, or of experience in our field, we can only do a very small amount of service to mankind.

Jesus was great and was worshiped by the whole world up to now, due to His wisdom, this supreme wisdom, within Himself. Buddha is still alive within the hearts of the people of the world. It is due to His supreme wisdom, or the Buddha nature, which both of them stated that we also possess. We know all this. We have read all this. We have learned all this from many teachers, from many books, but we never won-

der, “How could I get it?” “Why don’t I have it?” The answer is that we do have it. We can have it, and we always have it, already, but we do not know how to make use of it. We are too busy, too busy with the worldly knowledge that we learn from books. We are too proud of knowing many things, but the greatest wisdom we have neglected. It is just like the prince, the son of a king, who has forgotten his heritage, and goes out begging for some morsel of food. It is very pitiful, and then we blame God for not helping us, we blame the Buddha for not blessing us.

God and Buddha have already blessed us, have told us what to do, but we do, most of the time, the opposite. Even if we just talk about the very simple precept like, “love thy neighbor,” or “thou shalt not kill,” even that many of us couldn’t keep. God has prescribed the way of Heaven: *If you love me, keep my commandments.* [John 14:15] If we did this, our world would have become long ago a paradise. If we blame God, we should think twice. Everyone asks me wherever I go, “If God is almighty, why doesn’t Hes turn the world into Heaven? Why doesn’t Hes make everyone better, become angels and so on?” Yes, Hes has told everyone to be an angel, but we do not listen. We do not want to keep the commandments of God, which can make our Earth become Heaven.

Why is it so that we know it, but we can't do it? We can't keep the precepts? It is because we lack the supreme power. We don't have the strength to resist so many of the temptations of this world. That doesn't mean that after initiation or after enlightenment, you don't eat, you don't sleep, and you throw away all your property. It is not the case. All the worldly, created phenomena, we can enjoy. We just enjoy more because we know heavenly life, which enhances our life more. Just like before, we did not have electricity, we did not have electric lights, and our world was still going on, but in a little bit more darkness. Now we have electricity, we have lamps all over the place, and we can work all night long without any problems. And that makes our life more comfortable and more enjoyable. Similarly, our life here is already good, but it would be best for us if we have enlightenment.

Characteristics of an Enlightened Person

Enlightenment means more light into our life, not artificial light, but the light that is everlasting. And then in every activity, in everything we do, we are very clear. Not clear at the level of the mind, but clear at the level of super consciousness. Therefore, we will always be

in the correct direction. Even if we make mistakes, it is not a mistake. We will know it is just “apparently” so, but it is actually the plan of the Universal Brotherhood.

Many people fear that after enlightenment they cannot do their business, or they may not be able to get married, or they will have trouble of any kind. But it is a wrong conception of enlightenment. Enlightenment should be that we will be more beneficial to the world, more efficient in whatever we do, and more happy in our life. Enlightenment doesn't mean we have to spend our life in misery, or in ascetic practices, smearing ashes all over the body, and all that. Yes, you could do that if you are in India. It saves some cloth, but in the West we don't need to do that. Whatever we do, whether we smear ashes on our body, whether we shave our head, or we wear rags or we wear beautiful clothes, it should accompany enlightenment, and that is all we lack. We don't have to change our way of life. We just have to adjust to a correct way of life. We just have to add more light into our spirit. It is just like now we add electric light into our daily use. And then once we have discovered electricity, we can use it in numerous ways - television, radio, light, refrigerator, etc.; everything we want is available.

Electricity has not been the invention of mankind; it has been just a discovery. Similarly, enlightenment

is not an invention of Buddha or Christ, and it is not a gift from any Master. It is a birthright. It is an inheritance within all of us, and at each moment we want to have it, provided we have an experienced friend to show us the first time how to do it, then we have it. We can have it all the time. Just like if you walk into a new house, or your house, and you have never known where the switchboard or the electric switch is, so it is very difficult to go around the wall touching here and there trying to find it. But if someone who has been in that house and who knows where the switch is just tells us, then we can even close our eyes and do it every day because we know exactly where it is.

Most of us live in this life trying to go through it in a hard way with a complicated method. When we hear someone say, "Enlightenment is easy, is immediate, is free of every obligation," we feel very reluctant to believe it, but why not? If the thing is already in your pocket, and someone points it out to you, why is it so difficult? It has been there all the time. Therefore, in the Bible, it is even said, *The Kingdom of God is within you*, [Luke 17:21] and then *Seek you first the Kingdom of God, and all the things shall be added unto you*. [Matt 6:33] Truly, it is like that. We go through life spending a lot of energy, time, and finances trying to find happiness and wisdom through different material means and through different gains in possessions,

love, or business, but we never find it. As soon as we are satisfied with one point, we want the next one. And we will never stop. Deep down within our heart, there is always something that is not satisfied, something empty. It is because our super-conscious knows that we have missed the greatest part of our life - that is the supreme wisdom that is there for us to use. We should use it! We must use it if we want to live a true life and if we want to experience true happiness.

See Heaven on Earth

If we step beyond this material existence into the world of light and Reality, even for just one moment, we will know that this life is not the only one, and is not the best life there is. It is only a copy of the real life. Then we will lose the attachment or the competition that we have for this very ephemeral life. That is why, when the sages of old are enlightened, they forsake their whole kingdom. They could do that. It is because they have gained a greater Kingdom within. Jesus said, *My Kingdom is not on Earth; my Kingdom is in Heaven.* [John 18:36] Where is that Heaven? How do we get there? It is right here, and we can get to it any time, provided we sincerely want it. If we do not see Heav-

en now in this life, who can be sure that we will get it after we die? Do you ever work for a company and then the boss says, “You just work on, and after you die I’ll give you all the money you need?” [Laughter] Will you agree to that condition? Yes, you do. You do. You always believe in a hereafter Heaven, which we don’t see.

You are invited to see Heaven on Earth, and then to see that everything we have seen in this life is only a copy, a shadow of the real. Then we will enjoy even the shadow better, because we know the real is beautiful. Suppose you know a beautiful girl and you know her personally, then even when she comes near you, even just seeing her shadow, (you have not seen the girl, she was inside the door, and the shadow was projected outside) even seeing the shadow, you are thrilled. Because you are connected with the real person, and you know that it is the shadow of your beloved. So you love even a shadow as well, and you welcome the shadow also, because you know the shadow comes from your beloved.

Similarly, we have many things in life and we try to enjoy them, but most of the time the enjoyment is very shallow and short-lived, and sometimes it brings another misery along. But if we know the real happiness, then even this life, the shadow of the real Life, we also

enjoy because we know we are from this Life. And we know even how to adjust the shadow to make it more real. Before, we did not know how to stand where the angle will make the shadow more beautiful, and now we know.

Break Through the Material Barrier

Originally, when we first came here, we were living in light and happiness and glory. Then after some time, we have been entangled in the enjoyment of this world, to everything in this world. We became curious. We wanted to know, we wanted to taste, we wanted to touch, and we wanted to experience everything that is around us. Then slowly, we get in contact with these material phenomena or appearances, then we become more affected by the material side of nature, and we become more and more material. And then eventually we are mostly material and the light disappears from sight.

The light does not truly disappear or vanish; it just becomes enveloped in the gross material case. In order to find the light again, we have to break through the material barrier, and that we can do with a definite method. Just like every scientific thing, if we have a

method, then we can do it. It is just like women can bear children and men cannot. Therefore, there is one way to be enlightened and the others are not so effective. The sages of old have discovered this method. Actually not discovered, the Method was conveyed from Heaven through different sons of God, at different periods of time, to remind mankind of their glorious, original state, and that they should not forget their Origin, and should not wallow in their suffering which is unnecessary.

We are here today to share with you this good news and very simple technique to break through the material cover and to get in touch with your true Glory again. And if you have any questions, you are very welcome to ask. Thank you very much. [Applause]

Questions & Answers

Q: Dear Master, please tell us how to reach the eternal happy Heaven.

M: We will show you at the time of initiation. It's very simple and very fast, but it takes a few hours because we will also tell you what to do every day to

renew it, to remember it all the time, and how to avoid pitfalls and all that. Therefore, it takes a few hours, but the enlightenment comes in a few seconds.

Q: Is it true that normal persons only use a small portion of their potential brainpower?

M: Right. That is scientifically proven already. Therefore, we do not know much of the things in the universe.

Q: If it is so, when or how can one fully utilize the power?

M: That is why there is initiation. We will show you how to make use of your “super power” which is within yourself. And it will be done in quietness and togetherness, but in silence, not by verbal language.

Q: Why is the spirit hidden from us?

M: Why? Because we just look outside and we don't look where the spirit is. Suppose I am sitting here and you are always looking at the back door. Would you see me? No. That's it. I am not hidden from you. It

is just that you don't want to see me, for example. It is a similar thing with our spirit.

Q: If we are to live in harmony, why have we created the fear that causes us to fight?

M: We do not create fear. We have fear because we do not have the power to resist fear. We have not known our greatest strength that is within ourselves. As soon as we know this, all fear vanishes. That's the best way to conquer fear - to know our greatness, to know our strength, our super-wisdom.

Q: Is there any difference between God and Buddha?

M: Yes, there is a difference, but there isn't any difference. God is the unmanifested aspect of the cosmic power; Buddha is the manifested one. Within the Buddha, there is cosmic power. The Buddha came from the cosmic power, and also possessed this cosmic power.

Q: Why does the Buddha pray to God?

M: Does the Buddha pray at all? I didn't hear about that! [Laughter] He did not tell me that He prayed, but if you hear Him praying, please ask Him.

Q: How can I overcome my being so frightened that I do not accomplish my simplest goals?

M: As I told you already, it is because you do not rely on your greatest strength which is the cosmic Energy within yourself, and which is connected with the whole universe. If we have that, if we rediscover that, we fear nothing. Death is the most fearsome enemy; even then, we transcend it. We die every day while we are living, so we have no fear of anything at all.

Q: Must a person be fated to achieve enlightenment?

M: Fate is in our hands. If you always go around all your life, thinking, "I will be fated to do that and this and other," then you will never do anything. We always have to do our best, do what we want to do, and then see what fate has for us. Then we will know; otherwise, how do we know?

Q: Can we all be masters? If so, what does the word mean?

M: I think you want some silly answers. [Laughter] What does the word “master” mean? The word master means master. Master means you already know how to master yourself, and you’re not torn apart by different obstacles in life.

Q: Thank You for Your wisdom. Please tell me about the role of evil in life.

M: Evil? We did not invite him in tonight, [Laughter] but since you mention it, he is around the corner.

Evil is an extra force that we have created together with other beings while having interrelationships in our lives. For example, I am alone here, I have nothing to do, and I have no business with anyone. Then suddenly someone else comes and asks something or wants to do something. And we have a misunderstanding, we create some very aggressive atmosphere, and then that person probably punches me in the face. If I couldn’t punch him back because of my weakness, I would try to remember that all the time, and try to get any chance to give him back what he has given me as a “present.” So that breeds hatred. Hatred wasn’t there in the begin-

ning, but it was created because of the interrelationship between me and that person. So that is evil. Originally evil did not exist. Evil existed after we failed in our effort to keep to the positive side of our nature, after we failed to remember our goodness and forgiveness, after we failed the test of life.

Q: Is this evil the play of the ego?

M: No, it is our own creation. Similarly, we could create Heaven if we wanted to. Every time we extend loving kindness, tolerance, and understanding to others, at that time we create Heaven.

Q: Does the ego need to open to evil or integrate it?

M: The ego is evil itself. The ego is the feeling of individual pride, of self-arrogance; therefore, we should not even bother about that. We should know our greatness instead of being proud of our little knowledge and accomplishments. Whenever we are proud of our little accomplishments or knowledge in this life, that is when the ego comes to take a place in our spirit. This is no good for us. We should do without any sense of pride or asking for reward.

Q: For enlightenment, is service in love to humanity as important as meditation? Or is service more important or less important than meditative practice?

M: Both have to go hand in hand. We meditate because we want to do service better. We want to be clearer in what we do; therefore, we will be more efficient in our work and more of service to others. Without meditation, sometimes we have the very best intentions and we are willing to serve people, but we do not know what is the best way. Meditation is a helping factor to true selfless service.

Q: Dear Master, I have seen You many times in my dreams. Is this true?

M: You see me now also in your “big dream.” Is it true? [Laughter] If it were not true, you would not be repeating it. You would have forgotten. Many people claim to see me even before I was famous. Before I became known as Master, they had seen me already in dreams or in visions. I guess you are one of those people who have an affinity with me.

Q: I am from Alaska. The beauty of the land sings

in my heart and fills me with peace. This year I have seen the presence of angels profoundly in my life. How can I invoke my guardian angels to help direct me on my path of peace and love? Bless You in all You do.

M: You can be more concentrated, more sincere in your deep prayers, and then, maybe the angels will come back again. Or you can join us in the initiation process and get hold of the angels at your will. Both are possible. One is a little bit risky and adventuresome. Initiation is more sure and quicker.

Q: Dear Master, is Jesus also a Buddha?

M: Yes or No? [Audience: Yes.] Thank you. The Buddha is the one with wisdom and compassion as far as the Buddhist terminology definition is concerned. Jesus was a manifestation of both wisdom and compassion. How do we know He has wisdom? It is by His teachings, by His wise teachings, which are still preserved until our days. How do we know He had compassion? At the time of His departure, He was nailed on the cross, suffering, thirsty, rejected, and very unloved by the people of His age. Still, He forgave His so-called enemies. He prayed to the Father to forgive them. This kind of noble attitude can only come from

a so-called Buddha. The Buddha was also as compassionate as Christ, so both of Them are Buddhas, or both of Them are Christs. Christ is the Hebrew name for Buddha, and Buddha is the Sanskrit name for Christ. It is just like water and l'eau in English and French, both say the same thing.

Q: Why do ghosts appear, and should we pray for them?

M: Better pray for the living first because we are still alive and we still have the way to know ourselves, and to enter the Kingdom of God. And we aren't saved yet, let alone the ghosts, who can't do much about it anymore. Of course we pray for all beings, including the ghosts. But ghosts are actually just some kind of wandering energy, which is housed within a shell, an astral shell of some deceased person. It might not be that person at all. For example, I cast off my clothes somewhere outside, and someone else without clothes came and picked them up and wears them. Then he looks like me from the outside, but he is not I. He might be just any wandering person; similarly, ghosts are like that.