

THE KEY OF
IMMEDIATE ENLIGHTENMENT
SPECIAL EDITION

THE SUPREME MASTER CHING HAI'S
1993 WORLD LECTURE TOUR
VOLUME 5

The Supreme Master Ching Hai
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A Little Message

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

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

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

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

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

Let God Serve Through Us

Spoken by The Supreme Master Ching Hai

April 20, 1993
United Nations
Geneva, Switzerland
(Originally in English)

I'm very happy for the world that in the United Nations people meditate. Since ancient times the great kings were always those who had deep insight and those who practiced meditation methods in order to be connected with Heaven and to know the will of Heaven before they were able to govern the Earth's affairs. That's why since ancient times, the great kings of wisdom always ruled with compassion and a wise system. And their names always stay forever in the hearts of the people. They never have to use violence or armed force to conquer, but they use love and wisdom. And we have reason to feel happy that here in the United Nations such people exist, because actually, the personnel in the United Nations are more or less kings of the world. We don't rule only one nation, but whatever service we do here affects the whole world.

I'm so happy that there is a tradition here that we meditate not once a week, but also every day at home.

Once a week is only when we get together here to do it in a symbolic way but the more important practice is carried on at home, and even at work. Our system of meditation is a continuous process, twenty-four hours a day, for those who seek wisdom, and for those who like to serve the world with love and dignity, and of course, wisdom. When we are connected with Heaven through different means of meditation, or deep prayers, in a sincere longing to know the will of God, we will be able to serve the world in a better light. The light from Heaven, which comes through meditation, will be able to shine on our path, in whichever path we choose to serve the world.

Of course, here in the United Nations, your work is most noble, most important. I have always been following the activities of the United Nations, and I feel very happy that our Earth, our planet at least, has such a universal body which serves the whole world, not only one or two governments, and selflessly, and sometimes sacrifices even their precious lives for the peace of the world - for instance, like the peace army in Cambodia or in some many other not very stable countries. This demands sometimes the sacrifice of personal comfort and safety, and even lives. And let's hope that in the future, all the world will heed the advice and the direction of the United Nations, and that we will live in a more loving atmosphere of brotherhood. And of

course, the meditation practice that is headed by the group would be a great benefit.

As I have said, since ancient times, all the wise kings ruled with love and wisdom and never with force. So it is very, very good, that the personnel in the United Nations do meditation together. That is very, very touching to know. And if you would like to try some other kind of meditation, of course we are willing to offer it and with no conditions, no binding, no charge whatsoever - just with love, to serve the world through you, to let God serve through us.

Because the time is not very long, I think I'll let you ask me any questions you wish to.

(Throughout the question and answer session, Master used English, Chinese and French alternatively to answer questions asked in different languages.)

Questions & Answers

Q: About the vegan diet, what if somebody has

the willingness to follow it and unconsciously or not knowingly eats meat? How would that affect him?

M: That probably would give you a little bit of a stomachache but you meditate a little bit more that day, and that would be no problem. We can't always avoid these problems. The vegan diet is only to propagate more loving kindness, which already exists in us, to polish it more, to bring it to full extent to all beings, including our younger brothers and sisters. That is just to show our love and also to polish our compassion, but if we do something unconsciously, why no one can blame us. God would not.

Q: I would like to know what initiation means.

M: Initiation means that you are very sincerely longing to know our Kingdom of God within, our own greatness, our inherent wisdom. And if you want to know that, then we arrange for it. We have it inside; you just forgot and don't know where to switch the button. And because the button is not visible, it has to be done invisibly within us. At the time of initiation, the experienced friend, or open, guide, will help you to push open that button. And from then on, you enter into the circle of sainthood, and you know your wis-

dom. When the button is pushed there is some signal - like bright light coming through, or heavenly music. Those are the signals of the opening of the Kingdom of God within you. You already have it, the Master or the Teacher doesn't give you anything, just helps you to rediscover it. That is the initiation.

Q: You've done a lot of work recently for the refugees of the world. How about the drug problem of today? What kind of visible aid can we give?

M: Drugs begin with ignorance and frustration of the young people of our age. Many of the so-called holy organizations sometimes have failed in satisfying their needs for a higher meaning of life, more than just the material, because the material world today we don't lack. Therefore they're charmed, they're seduced, into taking drugs because, in taking drugs, sometimes they can have hallucinations and feel comforted for a very short time. But little do they realize the very grave consequence after that. Therefore meditation is the best way to relieve all this suffering of people when they want to know God; they want to know happiness inside. Our happiness through meditation, through the light and music of Heaven, is everlasting. And it always improves, and there is always more and

more happiness, and never any consequences like from a drug. If we can propagate more the benefits of meditation, then the drug affect on people will be less and they will understand where to turn for a longer lasting happiness.

Q: I'd just like to come back to the subject of enlightenment and initiation, which I see You put the word "immediate" in front of it.

M: Where is it? [Master looks at the sign behind Her.] My disciples make trouble for me again.

Q: Immediate enlightenment. . .

M: Immediate enlightenment means "immediate."

Q: But the initiation periods in ancient Egypt, for instance, were at least seven years. And usually initiation is regarded as a rather long process by which one earns enlightenment.

M: Yes, true.

Q: I know it suits our modern life to say "blip" and we can now be enlightened, but I wonder what the process is?

M: In the ancient times, it's not easy to find a master even. And if you find one, he tests you for long years, tests very long. Like Milarepa of Tibet, his master tested him for four years, with a lot of scolding and beating sometimes. But today if you do that, the master will be put in jail. [Laughter] It's not allowed anymore. And besides, in our world, with a very fast and advanced way of life, we can't just cling onto that kind of method of testing disciples. Today we have to tune in with the modern pace of the society. Of course, it makes more trouble for the so-called Teacher because he has no time to ground the disciple, or make him earn what is very precious. But what do you think? If a master does that, how much longer will it take until we will be enlightened? It takes a long time.

The enlightenment is very fast, but the process of seven years is to test the disciples and to ground them in moral discipline. That is very good also, but because of that, in ancient times, not many people were enlightened. And because of ignorance, they crucified Jesus. Not many people know what is enlightenment and what meditation practice is. It is so new and so strange; therefore, today many masters make it open to the public. That is at the sacrifice of the master's time, expense, and a lot of effort to bring the disciple into a fast moral standard and a very high level of enlightenment. It's a different time.

Enlightenment doesn't mean you are completely enlightened. You have a taste of enlightenment so that you are encouraged to go further with it. In the olden times, the masters didn't do that. They let you first work and really suffer for it. And then you appreciate it more.

Q: Could You define or describe enlightenment, as You understand it?

M: There are two levels within our existence; one is the so-called ignorant, the other enlightenment. And when we step through the border, we come into enlightenment. Enlightenment implies light. So when you sit in quietness, through the help of the experienced Teacher, you have light, you see light floating through you. Then you feel elevated. You feel changed. You enter into a different dimension, and once you enter there and register, you never come back again. You still work in the world; still do your business, fulfill your duty as a housewife, a husband, or United Nations personnel, but inside you are contacted with a higher world. And it's not only light that we see, we see beautiful heavenly mansions, which like Jesus said, *In my Father's house, there are many mansions.* [John 14:2]

We can visit, we can see sometimes, ancient Masters and learn from their wisdom in order to put this

into use for our daily service to the world. And that is why we work more effectively, with less effort but more results, because we are wiser; we learn from the Masters. These Masters never die; they just ascend into a higher level of existence. And if we ascend to their level, we meet them also. We can learn from them. That is a better way than just to learn from limited scriptures or Bibles, which sometimes we don't understand the meaning of anyhow.

Q: To my best knowledge, the monk Kung Ching died in 1986 at the age of 96, and through his life, sometimes he meditated as long as four months without eating anything or drinking anything.

M: Right, that is possible.

Q: And this thing happened four times through his life. Before he passed away, he said, "I will be reincarnated and come back. Next time when I come back, I will be in the province of Quay Hsi, China." Could You comment on that?

M: Well, that is his business. Why do you ask me?
[Laughter]

Q: How can it be that he comes back in Quay Hsi, why not Quay Tung?

M: Well, he likes Quay Hsi better, you see. [Laughter] That is his choice. Some saints do come back at will. Once we enter the circle of sainthood and mount into a different level, a higher level, we can choose to reincarnate wherever we want. But sometimes they choose to reincarnate in a place where they have more affinity with the people. That is all.

Q: [Spoken in Chinese]

M: She asked if I could teach her something that is faster, because she has meditated for many years and didn't feel much effect. So I said, "Yes, sure. You come to my house after your work and I'll teach you." That's what it was, okay? No problem. Tonight!

Q: What is Your view of life after death?

M: Well, you ask me too early. [Laughter]

Q: Everything either is finished or is there something that is going on and how would it be going on?

M: We die every day during meditation. Many people do not know what dying is because they don't die every day. When we meditate, sometimes we die. We die but we come back again because our silver cord is not broken yet, as it would be at the time of death. So we die, we go to different worlds; we leave this physical world for a while, maybe sometimes for some hours, or months like the monk Kung Ching, but we come back again.

That is the process of death. Just like you walk from this room outside the door, any time; there is no problem. But that is to the ones who are virtuous, who live up to the will of Heaven, who meditate, and who contact the Kingdom of God within. Then they die just like walking through the door to a better room, a more glorious world. But to those who are heavily burdened, who do not fear God, and who do things which are not according to God's loving Law, then they have a lot to fear. At the time of death, they suffer tremendous pain. And also they sometimes sink to a little lower existence, which is more terrifying, more suffering, and that's what we call hell. For us, no problem, we die every day.

Q: I wonder if You could give us a few basic points

of Your teachings. I noticed You have written a few books, and I just want to know very briefly what are the basic points of Your teachings, or Your theory? What should one do to become enlightened? What should one believe in? Those basic points.

M: Our teaching doesn't advocate any particular religion, but you stay with your own religion. We just help you at the time of initiation to make contact with your faith. For example, you believe in God and we help you to see God. If you believe in Buddha, fine, you'll see the Buddha. And you can learn from God or Buddha directly, through the nonverbal teaching from Heaven. We don't have to use language; therefore, at the time of initiation, I don't talk. We just sit quietly and then in silence, you will be enlightened because your Nature is enlightenment.

Q: Having read Your doctrine about meditation and enlightenment, and the various levels of existence You have described, it sounds a bit frightening.

M: Which level?

Q: I don't know which level. There are many levels that You have mentioned. When one meditates, how does one overcome this kind of fear, when you go into different levels?

M: The first, or maybe some lower level, is frightening but the other ones are not. Maybe you read the first one, no? The first level is called the astral level. There are many tricks there because it is a lower level. It is still a level of illusion and maya, and hells exist there also. Of course, you might traverse it and then maybe you encounter some kind of unfriendly beings but the Master is there. That's why - to protect you, to pass through this unfriendly region and to go higher. No problem. Many of my fellow practitioners are very happy; they are not frightened. Very, very beautiful, very excellent in feeling. You will feel renewed, like you are charged, full of energy. You will be like a new-born person. You will not be frightened.

Q: I would like to ask if You have been attacked by the negative energies causing interference in Your work?

M: I have been attacked also by some of these so-called negative energies. But when they encounter the light, which surrounds a practitioner, like myself for example, then they melt like noodles, or like nothing. So I have never been harmed. I never fight back, just naturally they stopped. They just melted.

One of the practitioners, after she became a disciple, told me she was a kind of Taoist. She had practiced until she could manifest a knife that long, [Master demonstrates with Her hands], a knife, but an invisible knife. And whomever she directed that knife to is assured of death. She directed that knife to me while I was lecturing somewhere, without telling anyone. It is invisible; it is a form of light, sharp, about that long. [Master holds out Her hands] But when it came to me, the light that surrounded me just melted that knife, and she surrendered. Now she has become a disciple. We have that even on tape. She confessed that after becoming a disciple; otherwise, no one would know and I would never talk about it.

Q: Have You had contact with the wisdom center in our planet, like Shambala, or things like this?

M: There are many people in the past with whom we can have contact. It is no problem. For my disciples, it is already much easier. All of my disciples, my fellow practitioners, can contact them also. And they see Jesus, Buddha, sometimes even already at the time of initiation.

Q: What do You think about the phenomenon of UFO's on our planet?

M: They are from the other planets that are more advanced in technology. In our universe, there are many planets like that. Sometimes they make UFO's for sale. Maybe in the future, we can buy one. Yes, it's not a joke.

Q: I don't understand why we say God is good, yet there is so much suffering in the world?

M: This is not God's fault. It is our fault. We see things with different eyes. We should see with the "true eye," and we will see the true goodness of God. For me, the world is perfect, and no suffering, nothing. But for you, there is suffering; therefore, I'm here to tell you to go into a world of non-suffering. You will see differently. Just like a cat, if you put him in front of the television, he doesn't see movement. Or the owl, in the daytime the sun shines brilliantly, but he never knows there is a sun and he says there is no sun, no sun. But for us, there is a sun because we have different eyes.

Q: Yes, so when the people near You are suffer-

ing morally and physically, You don't see this anymore with Your third eye?

M: If I don't want to see the evolution of this world, then I see nothing. But because of those who suffer, I come down and see the world as they see it to help them. If I want to help them, of course I have to come down to their level and understand, and help them to go up. It's just like you help a child to learn ABC's, even though you have a Ph.D.

Q: But can we help the suffering of the world directly by meditation?

M: Yes, somehow we help, but everyone must be enlightened himself in order to get out of the suffering; otherwise, it is no use. It helps, of course. Just like you are a professor in the university, and of course you help your child to be more intelligent by helping him with the homework. But he, himself, must be a Ph.D. later in order to know how to work, how to earn money, how to have a high position in the world. So it helps a little bit, but each one must be enlightened. Otherwise, one Buddha enlightened would be enough. One Jesus would be enough.

Q: How did You go through the separation from

Your family?

M: With my husband? It was terrible. It was terrible. I don't want to do it again. He waited for me six years, my husband, and then remarried. And now I cannot go back and do anything. So it stays like that. It is fine. It was painful - not easy, no. It was not easy, but I was crazy for God. My husband was crazy for me, and I was crazy for God. So I chose God more than a husband but because I was not enlightened. I was not enlightened. That's why I did it. You don't have to.

To be enlightened, you don't need to run away from your family. You don't need the Himalayas, nothing. If you have a Teacher at your home, you don't need to go. I did not have a Teacher at that time, I wasn't enlightened, and I didn't know where to go to find a Master, so I had to leave home. I wanted to run around to look for a Master. And after that, my husband remarried, and my love, also my passion, died down somehow, so we stay like this.

Q: Did You have any children?

M: No, not with him. We were married two years only. No child with him. We didn't have any.

Q: Can children practice Your method?

M: The children, when they are six years old, if they are with initiated parents, can be initiated into half of the Method. When they are twelve, if they have parents who also practice, they can be fully initiated. If they don't have parents who are initiated, they have to wait until 16 years old.

Q: Do the parents decide on the initiation of children?

M: The children must want it. We respect young and old. And I always tell people never to force other people into initiation or any kind of practice if they are not ready.

I think we have to conclude our meeting, and I have to thank God for allowing such a noble meeting to take place through the kindness and egoless service of Madam, the President of the Meditation Group. Yes, "Coordinator" is the same name. In New York, they call that the President of the Yoga Society. So, I'm very touched by her efforts, kindness, and generosity. And it is because of her invitation, the invitation of the United Nations that I even made the trip to Europe this year, which I hesitated to do for a long time even though I

have long been invited. So it's a kind of a push. The United Nations invitation is good for the whole of Europe. You see that — how good the United Nations is. Thank you very much. [Applause]

I wish that you continue with your noble work; that will be beautiful for the world. And because I know today that you skipped your lunch, we've made some Aulacese food for everyone who would like to eat.

The End

Perceive the Truth by Inner Wisdom

Spoken by The Supreme Master Ching Hai

April 21, 1993

Geneva University

Geneva, Switzerland

(Originally in English)

I'm very honored to be in the most beautiful and peaceful country on the Earth planet. It's been a long time since I left Europe; I nearly forgot how beautiful it is here. I nearly forgot how clean Switzerland is and how beautiful the people in Switzerland are. It is nice to remind myself again. And I even forgot that the weather is so nice in Europe, and there are so many flowers. I had a walk this morning and admired all the flowerbeds around Geneva. And it is so beautiful! The Swiss people truly know how to please their visitors.

Before I arrived, I was escorted by two cars with the attendants and in the two cars were the personnel of the U.N. One of them told me that every document that comes out from the U.N. is in six languages. I said, "Wow!" When our documents come out, maybe it will take sixty languages because we have many disciples, many fellow practitioners, around the world.

It is because of the invitation from the United Nations that I've come here. We actually have to thank the people of the United Nations who invited me, who gave me an excuse and a reason to overcome all my fears of traveling, my fears of cigarette smoking in the airplane, and to include Switzerland in our journey. And since I am here, I would like to present to you the best, the fastest, and the easiest way to reach your highest virtue, your most beautiful virtues inside. Since our theme is "Truth, beauty, and goodness," we will be dwelling on these virtues.

Truth Is Perceived Through the Inner Wisdom

Truth is what we perceive through the inner wisdom. It is not always what we think or what we receive through intellectual or literary teachings. All the scriptures are the introduction to the Truth, just as the menus in a restaurant are the introduction to the real food. After we reach the Truth inside, we have both virtues and beauty. All that we want to cultivate for a great gentleman, we will find after we have realized the Truth. And there's nothing that we can describe about the Truth, except that when we perceive It, we will be changed into oneness with this Truth. Then we will be

living a life of Truth, beauty and virtues, the life of Jesus, the life of Buddha, the life of Lao Tzu and all the other great Masters since ancient times.

There is something by which we can recognize when we know we have perceived the Truth inside: when we see with the inner eye the brilliant light from Heaven and when we hear the heavenly music through the inner hearing faculty. But we might think, “What kind of body inside us has an eye and ears?” If we operate on this body, there are only internal organs but no eyes and no ears inside. It is our true Self who actually needs no ears to hear nor eyes to see.

Man is the greatest creation in the whole universe, greater than the angels. When we are virtuous and enlightened, there are angels who will surround us, protect us, and serve us. As you remember, when Jesus was born, there were angels who came to greet Him. If we have the inner eye, or what we call the wisdom eye, open we can see the saints surrounded by different beings, including the angels. And if we practice the enlightenment way, we will also be surrounded by angels of different levels.

Spirituality and Science Do Not Breed Conflict

With Each Other

Within us, there is the Kingdom of God, there is God Himself, and because God has made man in His own image, we have the Almighty Power. The reason why we do not have access to this power is because we have forgotten how to use it. The saints, like Jesus and Buddha, are those who have remembered how to utilize this greatest power within ourselves. Within this power, there lie beauty, virtues and the almighty ability to do a thousand and one things at once. But at that time, a person doesn't need to do anything because he has transcended the level of mundane activity and entered into a level of the Almighty Network.

Recently, some scientists also have discovered and mentioned that man has many different layers of consciousness. When he sleeps, he is at a different level and when he enters into deeper sleep, he is on a different level. When he enters deeply into the recesses of our wisdom, he will be able to do many other things without effort. They call these levels something like alpha, beta, delta levels, etc. I guess you have heard of these, have you? [Audience: Yes] Yes.

Actually, spirituality and science do not breed conflict with one another, but complement each other. Just

like 2,600 years before, the Buddha said that in one glass of water there were billions of beings. That was before we had a system of hygiene or microscopes in order to discover these invisible beings in the water. Therefore, the saints do not need to study biology or chemistry in order to understand the universe. What takes scientists many decades or sometimes many hundreds of years to discover, the saints know in one lifetime or in a few hours of meditation. What made these saints great, we also have; we have it inside us. And if we take the effort to discover it, we will be as great. But actually it doesn't take any effort at all. When we practice the meditation of our system, it is effortless.

There are many kinds of so-called meditation practices, which sometimes involve a lot of work and asceticism and very special surroundings, and also a very, very special diet. For example, some yogis can only drink milk and eat nuts and fruits during their meditation practice. Otherwise, maybe the side effects can be very undesirable. But with our system, we do not need any kind of asceticism. The requirement to refrain from taking meat is only from a compassionate point of view so that we may see the fish when they swim in the sea; we can see the chickens or the rabbits running around.

When I was in Formosa, there were one rabbit and

one chicken that came to my residence. And we three got on with each other very well. The rabbit used to come into my kitchen and steal my vegetables. But afterwards, when he saw the chicken eat some dry noodles, he also began to eat noodles; he didn't eat vegetables anymore. When the chicken ate some bread, he also liked to eat the bread. If we take the time to learn from the animals, they are fantastic. And even the rabbit changed his behavior just because he loved the chicken. He always ran around chasing after the chicken. He wanted to kiss her all the time. Therefore, maybe he ate the bread and the noodles just to please the chicken. If the rabbit can do that, we can too. It means that we can change our habitual way of eating to please the Lord, who is our most beloved and who lives within our hearts. Because whatever we do, we know it. We know it because of the Lord within us.

The Lord Is the Source of All Love

Our wisdom is the source of all learning, of all intelligence in the world. The Lord is the source of all love - be it mundane, fatherly, or between man and woman. Therefore, when we seek this wisdom, we will have all intelligence; when we seek this love, all de-

sires are quenched and we will never seek for anything more. All beauties and virtues will come to us and stay. All love will be filled within our being and will stay without any effort because we are love, we are wisdom, we are beauty. Sometimes when we have the opportunity to ascend into a higher level of existence, we will see how beautiful we are - more beautiful than any make-up in the world could offer. (But don't tell that to the Christian Dior Company.) [Laughter] When we are in this world, we can still use make-up just to pass our time, just to beautify this world, just like when we plant flowers in the parks, botanical gardens, or on the streets to please ourselves and others.

I normally very seldom go out sightseeing anywhere. But when I came here, I went out immediately because it's so clean, so beautiful, and there are flowers everywhere. I wanted to do some painting but I was so busy looking at the flowers and the time passed so fast that I didn't do anything. You are very lucky people who stay in Switzerland. When I get older and have no more teeth, I will come and stay here. When I have no more excuses to travel, maybe if God's willing, I will come and stay here.

To Be the Representative of Truth, Wisdom,

And Beauty

The beauty outside, we can accomplish with many materials, like flowers, clothing, make-up, decorations, etc., and the inner beauty, we can decorate with virtues, goodness, and wisdom. If we only have the outer beauty, we lack half of it. We should be the representatives of Truth, wisdom, and beauty on the inside and outside. The peace and love that we most often talk about and seek, we have within ourselves. After we attain wisdom inside, we won't even talk about peace and love anymore; we will just be peace and love. And then wherever we go, whichever location we live in, we will represent and radiate this kind of inner beauty. It doesn't matter how or what the outer appearance is, people will still feel that we are the most beautiful beings, the most peaceful, and loving.

That is the reason why we sometimes see that many people flock to some so-called Masters in India or elsewhere to sit at their feet. It's because of the inner beauty, wisdom, and love from their Master. The Master might look very old and wrinkled through the eyes of the world; not attractive, but still, the inner attraction is irresistible. This inner beauty we possess and we can rediscover it again through a simple effortless technique. When we call it a technique, it is not really

fair because there is no technique in the Kingdom of God. It is just our own wisdom that has awakened and wants to find its own Source.

Rediscovery of The Wish-Fulfilling Gem

When the disciple is ready, the Master will help. Perhaps we can say there is a little invisible button inside ourselves that has to be pushed at the time of initiation, as per request. And then everything will be opened, just like “open sesame.” In the olden days, people used different parables to describe the opening of the inner eye, the wisdom eye. They called it the rediscovery of the wish-fulfilling gem, or opening the gate to Heaven, or the key to Heaven, etc.

Since I’m already here in Switzerland and have brought the key with me, if you would like to use it, you are welcome to borrow it. And once it’s open, you will have immediate enlightenment, a taste of enlightenment. Maybe it’s not the complete one, but it’s a taste of it. Then we will see the light from Heaven; we will see Heaven and we will hear the direct teaching from God, but not in six languages like the United Nations, only in one language - the language without language,

the music of Heaven. And in silence, we will hear it. So at the time of initiation, we don't need to speak with each other, and in silence, God will reveal Himself. God is our true Self, filled with wisdom, beauty, and virtues. These are the true qualities of man.

We have the choice of living a life of an ordinary being or to be a saint, to be separated from the Creator or to be one with God, to be ignorant of our greatness or to recognize that we are the top of creation. The choice is absolutely ours, and it takes only one split second to change. That's why we call it immediate enlightenment. Once we step beyond that gate, we go forever upward. But if we stay around in this life and death circle, we are forever inside. Heaven and Earth are less than one hair apart. Therefore, the suffering in this world and all the unfulfilled feelings are not God's fault or God's intentions; it is our own choice.

Wisdom and True Love Are Memories of Heaven

If we like to remain in the water and get cold and wet, that is our problem. But if we want to step on the shore and inside a warm and welcoming home, it's our right. This body is just a kind of clothing and actually

we wear too many clothes, one on top of the other, and still we do not feel very pleased. These bodily and fleshly clothes we can leave any time to ascend into a different dimension where the glory we have no language to describe, and the life eternal and happiness forever, we have no way to imagine. We have seen many paintings about angels and the heavenly Kingdom but they are lousy copies. Sometimes when we ascend to Heaven, we can't even look because it is so brilliant.

The colors of this world, however beautiful, can never paint the true picture of the Kingdom of God. And all the jewels in this world, diamonds and all that, are nothing in the higher world. In the higher kingdom, diamonds are truly diamonds, perhaps used for making UFO's, or to pave a road, or to make a wall. The beings there do not need them to decorate themselves. They are furnished with every dignified, beautiful, virtuous and glorious raiment. It is because of these glorious memories of Heaven that when we come into this world, we love jewels, beautiful clothing and beautiful mansions, etc. It is because of our memory of the true love of Heaven that when we come here, we seek love within each other, that we love each other as man and woman, as parents and children, and as friends. Also, it is because of our memories of our wisdom that we love to study in this world, that we want to have a higher degree of education.

That's why when the sage finds the true wisdom, the true love, and the true beauty inside, he is completely satisfied. The sage may even marry, or have children or possessions, or may have jewels and all the beautiful things in the world, or he might not want them. Both are equally all right with him. And the sage may possess two or three Ph.D.'s or not, that's also equally unimportant to him because the sage knows the true Source of all that we want to seek.

All the unhappiness and craving in this world come from dissatisfaction because we do not know the real thing. If each one is enlightened and rediscovers his own greatness, there would be no more crime in this world. All the greed and all the possessiveness come from the memory that we had all things in Heaven before we came down to this world. Therefore, to end all this, we should go back to where we belong, not by condemning ourselves or our neighbors, but by knowing that we have all things within ourselves, also by helping our fellow men to reach the same level of consciousness.

The Memories of The Prince of Heaven

If a prince was lost in a jungle and then found his way back to the palace, even before he reached the palace, he would already feel happy. He would not demand anything from the farmers. Even if the farmers gave him something, he might or he might not accept it, but he knows he is going back to the kingdom. Even if the farmers gave the prince the most precious things, still they could not satisfy the prince. Similarly, when someone is enlightened and has rediscovered his own greatness, his own glorious being inside, he is satisfied for all time. That is the best way to correct all our shortcomings and to fulfill all our desires because all shortcomings come from the longing for our birthright, our real possessions inside.

Just like the prince who always wants this and that and others and is never satisfied in a farmer's house because he is not used to that way of life. It's not that the prince is very hard to please or that the farmer is not hospitable, not polite enough; it's just that life is different for both of them. Even if the farmer tries his best, he cannot please the prince, and even if the prince is very compassionate and very polite, he couldn't lie to himself and say, "I am happy in the farmer's house." It is the same situation with us. We are the princes of

Heaven; that is why we are forever unhappy here - until the time comes for us to realize that our Home is not in this world. Then we will find a guide to lead us back to where we came from, a guide who has already gone Home and come back again; one who knows the road very well. We call that a teacher, a friend, a colleague, or whatever we like to, but that person is experienced. That's all there is to the initiation, to the enlightenment and to our situation on this Earth.

Since I am already here in your country, I would like to present to you a gift before I go, just like a good guest would do. It is the gift of eternal virtue, eternal happiness, and eternal beauty. When you wear it, you will be forever beautiful; you will be forever wise, forever virtuous, and whatever you wish for will be there. That is the way of a great man, the way of the saints since time immemorial.

Questions & Answers

Q: If we were all in the world of the beyond, why are we here on Earth?

M: We are all part of the whole chain from Heaven

to Earth. We are the link from Heaven to Earth. We are the invisible and visible; therefore, we are better than the angels. The angels only have an invisible aspect so they cannot bless the Earth directly. We can, but only if we remember the great blessing power inside. That's why man is in the highest, most precious position in the whole universe. All the angels have to bow to us; that is, if we are virtuous and wise.

Q: You mention that everything that happens to us that's painful is our own choice. What about illness?

M: It's also our own choice. Because we choose to live an ephemeral life, we have forgotten the eternal life aspect of ourselves. But even if it is not true, our body is just from the material of this world. It's just like a car; it gets damaged sometimes and goes out of order. So it's no big deal being sick.

Q: Master, why did You say that our life is not here? Why would God send us here?

M: I said our true home is not here but we came here to bless the world, to bring God's power upon this planet. Only, after some time we have forgotten our

greatest position and then we identify ourselves with our habits, our thinking, and our material collections from this world. That is why we need to be reminded again. And once we want to remember, we will. Then all the questions will become clear to us and we will know why we are here, and at the same time we will know where we belong. Then all the searching will come to an end and you will be sitting here answering the questions and not asking the questions.

Q: Isn't it true that the Kingdom is already here, that we don't have to die to reach it?

M: Right, we can see the Kingdom while living, but for that we die also. We die daily and come back daily. We die many times a day and resurrect many times a day. That is the life of the enlightened beings. They live in both worlds at the same time.

Q: Why have we left paradise?

M: Well, we wanted to do something. We were not contented being happy and enjoying the bliss in Heaven while other created beings were suffering. Also, maybe we wanted to come here to play, just like sometimes we

go to see the theater or the circus, even though in our house we have enough “circuses.”

What Buddha Taught Is the Same As What Jesus Taught

Q: How can the idea of Christianity and reincarnation be compatible?

M: Jesus had no time to explain everything. Buddha had 49 years, so He could talk a lot. But also the Bible has been censored in some parts according to the “Dead Sea Scrolls”; it [Dead Sea Scrolls] supposedly was written during the time the Master was still alive. And some of the later generations probably left out some parts that they did not understand or did not agree with. But also, we see that some of the information leaked into the Bible. For instance, when people asked Jesus if He was the reincarnation of Elijah or the Masters before Him, He didn’t say “Yes” and He didn’t say, “No.” If it were not true, He would have said, “No, there is no reincarnation.” So we have to be alert while reading the Bible in order to find good information for ourselves.

Q: Why was Jesus crucified?

M: How do I know? I was not there! You are much older than I am, you must know better. [Laughter]

Anyhow, it is stated in the Bible that it was due to political competition, economical possessiveness, and the vicious ignorance of the masses at that time. In the olden times, to find an enlightened Master or to be enlightened was extremely, extremely difficult. Even today most Masters do not travel. Even if the Master travels and comes to you, maybe you'd think, "What? It is so cheap! Why have you come to offer this for free? Maybe you are no good!" They risk criticism from the masses and risk losing their reputation and dignity. Before Jesus, no one openly taught people.

According to the information I know, Jesus belonged to the Essene Brotherhood of that time, who were extremely secretive in their spreading of the doctrine. Anyone who wanted to enter had to go through a lot of tests and introductions from many members, and had to take a vow not to reveal the secret to the public. Jesus broke that vow in order to serve the masses through His boundless love and sacrifice. Therefore, the majority of the people did not know what a liv-

ing Master was and what enlightenment meant, so they crucified Him. It was a lack of education at that time.

Q: In the Bible, it is said that God is a jealous God.

M: No!

Q: Why do You associate Buddha with God?

M: So, do you think God is jealous? What do you think? God cannot have that quality. Is that what you think? God only has love, right? Jealousy is a human quality, and we pick it up only because of the circumstances here on Earth. We are not even born with jealousy, but when another child comes and snatches our toys, then we begin to have that quality.

Buddha is the Son of God. Buddha was one with God. Whatever Buddha taught is just like what Jesus taught: love, compassion, and wisdom. Therefore if we say God is jealous, we have no grounds really. Even though the Bible states it in one sentence, who guarantees that the Bible was written by God? We have to go and ask God Himself whether He is jealous or not. With the Method I will teach you, you can go to Him

and ask Hirm directly. But when I go to Heaven, I see God, Buddha, and Jesus, all drinking tea together, no problem. [Laughter] I can only tell you from my experience and from the experiences of our disciples that God is not jealous.

A Person Of Enlightenment Stands On The Middle Path

Q: I feel I am on the path of spirituality, but I feel like my energy is out of balance. How can I stabilize my aura?

M: That's why enlightenment is necessary. A person of enlightenment stands on the middle path. With the real enlightenment and with the real meditation, we can balance both the negative and positive, and make use of both. And then there is no kind of struggling or feeling of energies competing.

Q: Was Prophet Mohammed also a Master?

M: Well, He also taught people wisdom, love, compassion, and if His disciples at that time adhered to that, then He was a Master. We have to judge the tree by its fruit also; if He fulfilled this category, of course He was a Master.

Q: How many lives do we need until we can free ourselves from our karmic bondage?

M: One life, with our way, and you will never come back again. Only if you want to, you can.

Q: Isn't it difficult to meditate such a long time, two hours per day, in our time with work, earning money, and so forth? Isn't it a long way?

M: Yes, it's difficult, but if you want it, you will pay the price. We work eight to ten hours a day just to feed our bodies that last about sixty years. And if we work two and a half hours for eternal life, it's worth it, isn't it? For me, to work in the world eight or ten hours is even more difficult. You are the true renunciant. You renounce Heaven and practice asceticism for ten hours every day, and you don't complain. [Applause] You're better than all the yogis in the Himalayas.

I always marvel at how people in this world endure, and how they sacrifice for a short life span, that's even full of sickness, unhappiness, and misfortune, sometimes. Whereby, to step into Heaven is so easy, full of love, bliss, and happiness every day. And we can even have the worldly life at the same time, without forsaking it, only at the cost of two hours and a half. Just throw away the beefsteak, that's all! And many people don't want it. And they worship all the yogis who do nothing but enjoy only the bliss of God. So I think I worship you.

Q: Do You agree with the scientific theory of the origin of the Earth which is the big bang theory?

M: Yes, I agree, but scientists only explain it in the material and physical aspects. They have not discovered the real essence, the invisible force, behind the big bang. It also helps to understand the spiritual aspect of creation.

The Master Power Can Minimize Our Suffering

Q: Can You explain God?

M: No!

Q: What is the purpose of hell? And how many dimensions are there?

M: Does he want to go to hell or what? [Master asks MC] Many people go there anyhow because the road is very wide and easy to drive on. There are no traffic lights, no traffic jam hours. [Laughter]

There are many dimensions, many levels, to reach the Kingdom of God. And on the first level, there is hell. Sometimes you see hell on Earth also, during war-time, during famine, during big disasters, or when there is disease, and also within the family when it's not in harmony. Hell is just a kind of big hospital, where all kinds of surgeons and instruments are necessary in order to purify some illness of the psychic being, such as excess hatred, excess greed, excess ignorance, etc. And after the maladies have been corrected, then the being will be wholesome and be reborn again as human.

Q: How can one accept the death of one's child?

M: It is difficult. But again it's our choice; our choice to recognize that before we were born, there was no child born to us; our choice to realize that life is eternal. We must have the courage to face whatever happens in this world instead of wallowing in our misery. So, that is our choice. It's very difficult to choose, but very noble when we choose the life of courage and intelligence.

Q: Can we change our fate?

M: Fate is the result of past actions; therefore, it is difficult to change. It is similar to when we cut into our flesh and the blood comes out. We can minimize it; we can lubricate it, but we cannot change it completely. Nevertheless, the initiation will help us to purify, to burn out, all the past karmas and just leave the karma of this life for us to go on. And even then, the Master power will minimize our suffering when necessary, when we cannot bear it. That is the only way we can alter fate, and alter it forever.

Q: How can we use the knowledge that we have

learned in a past life in this life?

M: Well, the present time is more important than the past. If in the present life, we are enlightened, we are initiated by a Master, the future is no more a problem, and the past is also disconnected. Otherwise, we have so many lives on Earth and so many past records that we can't correct them all.

Tao Is The Great Self

Q: What is Tao?

M: Tao is what you call the Kingdom of God, the Buddha nature, the great Self, and the Wisdom.

Q: Is sexuality a way to free the energy that we have inside of us? Like in Tantra?

M: No, it's just a release of some physical pent-up energy because the physical energy has nothing to do with the spiritual energy. Just like the engine of a car has nothing to do with the driver. But sexuality is

also a copy of heavenly pleasure; therefore, we like it because we remember the ecstasy of Heaven. And that's just about the nearest thing we can find in this material world to comfort our souls while we have to live here. But when we find heavenly bliss and we can compare them, then sexuality loses so much charm and it doesn't bind us that much.

Q: Master, do You believe in the nirvana of Buddhism and how can we achieve this?

M: This Method will lead you to nirvana. Nirvana is a Sanskrit name for the Kingdom of God. It means the state of desirelessness. "Nirvana" - no desire. Only when we enter the Kingdom of God, will we have no desire.

Q: Is Your Method any different from transcendental meditation?

M: Yes, we don't teach people to hop around. [Laughter] Maybe that is the difference. Also we don't charge money for anything we teach. Otherwise, whatever you prefer to practice is okay. Whatever you are happy with, that is your way. Don't ask me to criticize

or to compare things. It is no good for our neighbors.

Q: In Your opinion, why was it necessary for Christ to multiply the fish, if You say that we should be vegan?

M: Because the people who came were not vegan.

And also, I'll tell you what, maybe He didn't eat fish; maybe it wasn't fish. Most of the time we hear He broke the bread and He blessed the figs. But you know sometimes, like in our vegan diet, some people make many things that we call fish, pork, or dried beef, but actually they are all vegan. They can even make it look like a chicken or a fish, just to be artistic, or maybe to satisfy their longing for fish and meat.

When you go out to the health food store, you see a lot of vegan ham and sausages and pate and all that. Normally we would say, "Okay, fetch me a vegan ham," but sometimes we are lazy and we say, "Fetch me the ham." Yes, so maybe here is a language problem. I do not believe Jesus ate fish. According to the treasury that was written during the time the Master was alive, it states that He belonged to the Essene lineage, and the Essene lineage was completely vegan.

Q: Why don't we feel the same compassion for the vegetable? In fact, why do we have to kill for eating?

M: Okay, so we'll get initiation and die together! Eat nothing out of compassion.

It is okay to be a vegan, to eat vegetables. Do you remember in the Bible? In the Old Testament, on the first page, God said, *I made all the fruits and vegetables in the field and they shall be your food.* [Gen. 1:29] We can't refuse God's gift, can we? So we take them. The legumes, when you cut them, they will grow more branches. That's the difference. If you don't cut them, sometimes they die, and they don't grow! It is out of compassion to cut them and make them grow more abundantly. That's their way of survival. So the legumes, the vegetables, represent life. When you cut the head or the shoulder of a pig, it dies. It doesn't grow one more pig or three more pigs. So that represents death. We eat life to get life. Don't worry. We can eat vegetables. [Applause]

Oh, but you are so compassionate! I only ask you to leave the beefsteak and you even want to leave the carrots. Fantastic! If only everyone was like that, the world would have no more war.