

THE KEY OF
IMMEDIATE ENLIGHTENMENT
SPECIAL EDITION

THE SUPREME MASTER CHING HAI'S
1993 WORLD LECTURE TOUR
VOLUME 6

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.

The Spirit That Dwells Within

Spoken by The Supreme Master Ching Hai

May 8, 1993

The Third Olympic Gym

Seoul, Korea

(Originally in English)

Good afternoon, my brothers and sisters, I am very honored to be in your country again, and to get to know so many thousands of people. Today we will discuss the most important part of human beings. Your country is very prosperous, so we don't have to discuss politics or the economy anymore.

To be a complete human, we have to understand two parts. The first part is the physical dimension. We need food, clothing, and all kinds of attention in order to survive. This is just like a car. It needs fuel and care, and then it can run, but it needs a driver in order to run properly. The driver of this body is the most important; that's what we call the Buddha nature or the soul. Most of the time we take too much care of the physical and forget the spiritual, and therefore we have many problems in our lives. It is just like if we only take care of

the car and we do not take care of the driver. Now most of us feel unhappy and incomplete because we don't take care of the other half of our self. Even though we know that the most important is the spirit and not the body, we have neglected the spirit.

The spirit is what we call the Buddha nature, or the God nature, within us. We all know that after this spirit leaves the body, the body cannot function. Therefore, we should think again, and try to know how to take care of this spirit. The spirit is the owner of this house; everything, every activity, every thought, every inspiration, comes from this spirit. If we only take care of the physical dimension and forget the spirit, then of course we will be very unhappy because we lack something. And in order to be happy, we think we must have more possessions, more talents, more education, and a higher position, etc., but these things are also in the physical dimension. Even if we have more possessions or a higher position, they are still in the physical dimension. We are still taking care of the physical only; therefore, we are still not completely happy because the spirit is still hungry. Now, in order to find the so-called "nirvana" or the inner Kingdom of God, we have to take care of the spirit. And also, we have to know how to do it.

Why Immediate Enlightenment?

Some people asked me why “immediate enlightenment”? I said, “Because we don’t have time to wait.” Today, with the technical advancements and with economic demands, we cannot afford to take a long time for enlightenment. Also, immediate enlightenment has existed since time immemorial. In the ancient times, we didn’t have enough advanced communications in order to know where this “immediate enlightenment” could be found. But today, even if someone is enlightened in America or in India, we can know through the press, television, and many of the other communication systems. Therefore, we should take advantage of this age of technology and avail ourselves of this most precious opportunity.

Many people, after enlightenment, have found their own complete Self. That’s why they are always happy in any circumstance. Immediate enlightenment is possible because we already have the Buddha nature, or the Kingdom of God, within us. When we know where to look for it, it’s already there. But even if we know where to look, sometimes the force of illusion prevents us from finding our true Nature. If there is someone, who has already found it and shows us where to look for it, then we can find it very quickly. It is just like

in every science, we need someone who knows and shows us.

In the process of immediate enlightenment, we do not have to do any ascetic work. The Master, the one who has experience in this field, will help us in all ways, and even teach us how to go from this world to the higher dimensions. And this will cost nothing! The journey from here to Heaven is free because you already have it within yourself. That's why the Buddha said, *You have the Buddha inside yourself. Everyone has the Buddha nature within themselves.* And Jesus said, *The Kingdom of God is within you.* [Luke 17:21]

Why is it that we have the Buddha nature and the Kingdom of God, and we cannot find it? It is because we live in this world of the physical dimension, and the physical dimension has pressure and influence upon our knowledge. That's why we are under pressure and we cannot find our true Nature. Therefore, if there is someone who knows how to push away this pressure for a moment, then we can see it. Like in every study in this world, we need someone who has experience in this field. And when that person is willing to help us, it is very fortunate. I have found someone to help me, and who has trained me now to help you.

Most of the problems in this life are unsolved be-

cause we do not use our real wisdom. The moment we turn inside and use our real Intelligence, everything will become different. Just like when a driver sits in the car and operates the car, the car will run smoothly and correctly. And if the driver is not inside, and we try to push the car, we try to hit the car, we try to kick the car, everything, the car will not go very far. This world has not become Heaven because we have not used the heavenly power within each of us, and we have not become as advanced as the life in Heaven. It is our fault. Nevertheless, we can go to Heaven every day and learn some wisdom, and be trained again in our ability to help this world.

Cross the Border into the Heavenly Dimension

We are connected with the Kingdom of God, or the Buddha's Land, through our spirit. If we keep this connection every day, we will understand what great wisdom we possess. Then naturally, every problem in this life and everything that we could not solve before, we will begin to be able to solve. And we will live in a kind of Heaven while we are still on Earth. Even though we have not been able to turn the whole world into Heaven, we live in our own Heaven. When I say "Heaven,"

I mean the higher dimension, like Buddha's Land or the Kingdom of God. The border between this physical level and the heavenly dimension, we can cross. It's just like the border between two nations, and then when we cross it, we are in another country. Sometimes the border is so thin, like the width of a paper.

When I was invited by the United Nations in Geneva to make a speech, I lived in a small house next to the French border. When you walked with one leg on each side, you were in both countries. And many people just walk to France to buy vegetables and come back. They told me that in France the vegetables and other foods are cheaper than in Switzerland, in Geneva. Similarly, we can walk to Heaven and come back anytime if we have a passport. The "passport to Heaven" is invisible, and you are provided with it already within yourself. During the initiation, the Master, the experienced friend, will show you where it is.

Our real Self belongs to Heaven, belongs to nirvana. The Buddha said, The Buddha and all sentient beings are equal, and have the same qualities. The Buddha is the one who has found it, and we will find it. I am here to show you how to find your great Buddha nature, or the great Kingdom of God. Because it's already within you, it's already your possession, it's very easy to find. Many Koreans have already found

it; I have found it, so you will also find it. If we have found this thing called “Buddha nature,” we will never be wanting anything again. But we should be sincere. We should understand clearly that we are the ones who decide our destiny. We should know that if the Buddha said, *We can become Buddha; we will be Buddha.*

If you have already found your Buddha nature by yourself, then it’s fine, if you have not, then let me show you. It is so easy, and if we forget how to look into it, it’s a pity. The other day I wore two earrings, and one I put down and the other one is still here. [Master points to Her ear.] But I had been looking all over for that earring until later I found out that it’s here. [Master points to Her ear again.] When I looked in the mirror, I saw that it’s here. When you have initiation with an experienced Teacher, it’s like you are looking into a mirror that is very clear, and everything will show in it. You’ll see your own Buddha nature shining because it has been always there. That’s how easy it is.

Sometimes we hear that people take many years, many lifetimes, in order to become Buddha. It’s true, because we look in the wrong direction. If I look all over the place for one thousand years, I will never find my earring. Except when I look where it stays, then I’ll find it immediately. So to take a long time to get enlightenment, or to have enlightenment immediately,

is up to us. We can choose to go on with life, and try to find the Truth ourselves for many hundred thousands of years, or we can choose to have it right now.

We have read in many scriptures that the Buddha nature is bright, is beautiful, that the Kingdom of God is glorious, is eternal happiness. We have heard that the saints have seen lights, have heard the sound of God, have heard the sound of Buddha during their meditation. We have heard that the light from Heaven is sometimes brighter than a hundred thousand suns, but we have never experienced this. (Some of us have, yes.) So that's why we don't know what Heaven, what Buddha's Land, is. If we truly want to know what is spoken in the scriptures, we have to experience these similar things. We can do this through initiation, at the first instance of initiation, and we can experience that day by day. And then we will experience the greatness, the love for all beings that we've never known before in our life.

We will know the state of nirvana that the Buddha described as "desirelessness." And even if we have a lot of possessions, a high position in society, we are not attached to them. We still rule the whole nation, but we do not bind our heart in this work. We may even be more successful in worldly business and enterprise, but we will not have the tormented feeling and the

competitiveness that we used to have. We can have a lot of possessions, but we can just give them away if necessary. And if we live a very simple life without many possessions, we are still happy as if we are in Heaven. It is because we know that there are greater possessions in Heaven; we have attained the state of “desirelessness.” If we have attained that state already, it’s very good for us. If we have not, then we should learn, because with our limited brain knowledge, we cannot serve the world in a perfect way, and we cannot liberate ourselves after we leave this physical dimension.

Many of the saints in the past, the Masters in ancient times, are respected and worshiped by people because of this great wisdom, but every one of us has the same. The difference is that the Saints can use it, and we don’t use it. We can live next to Heaven, but we never go there, just like I lived next to the border of France, but I never walked across. Just across the street, but I never walked over because I was busy having to take care of the guests, having to take care of the initiates, and having to prepare to give a lecture for the United Nations. Similarly, we are living next to Heaven all the time, but we never walk across because we are too busy working every day. It is our good intention that we become busy because we want to take care of our family, we want to improve our nation, and we want to

establish peace in this world, but we have forgotten to use our great wisdom for these purposes. That's why we work very hard, eight hours, ten hours, but many times we do not achieve what we want to achieve. Just like we try to push the car, we pull the car, we try all kinds of wires and all kinds of strength, but we don't go very far because we forget to find the driver, the one just who sits in it and operates it.

I am here to find the driver for you, to prove to you that you are the driver of this car. Everything will become better in your life when you find your true Self. We will serve the family, the nation, and the world even much better. You would think that the enlightened person doesn't have to do anything, just sit in a cave and meditate all day, but it's not always true. If he has nothing to do, yes, he sits in a cave, but if some people need him to help, then he works. Before enlightenment I was not so busy like I am now; I didn't even earn so much money like I do now. I worked in the Red Cross and earned very little, and even then, I gave it to the world, to the temple, and all that. And I didn't know how to paint, I didn't know how to do interior designs, but now I can do all these, even though I never learned. It is because we have all the wisdom and talents within us, and whatever is necessary for our life and for the world, we will use them.

An enlightened person does not need too much money. Actually, I don't have to earn any money, but because people demand all around the world that I go to them and give lectures and all this, therefore I have to use the money to buy airplane tickets, for example. And many poor people and people who are the victims of earthquakes or volcanoes, sometimes they ask for help, and I use the money to help them. So what I mean is that whatever we do after enlightenment is for the public, for the good of mankind. Before enlightenment, sometimes we want to help mankind, but it is almost impossible, and after enlightenment, even if we do not intentionally try to help, we will be able to help. [Applause]

I will give you one more example. Someone is in prison, and the freedom area and the restricted areas are only separated by one door. But this one door makes a lot of difference. The people outside that door can go around, can do anything they want, but the people inside that door are very restricted and miserable. Whatever the people in prison do is within the prison. It doesn't matter how good their intentions or how talented the prisoners, they only work for the prison, and they cannot benefit the world. But the people outside, it doesn't matter what they do, they do it for the whole society, for the world, and they are free. The people in prison have to sweep the floor, to clean the toilets, etc.,

and they look just like the people in the outside world, but the motive and the benefits are entirely different. Similarly, if we are not yet enlightened, whatever we do is restricted in this world, and only for this world, and sometimes not even enough for the whole world. But after we are enlightened, we work for the whole cosmos, even though we do not have the ego or intention to do it. And when we are in the world, even though with the best intention, sometimes we cannot serve the world perfectly. Just like the person in prison, he works because he is forced to work. He gets paid very little or nothing, and whatever he earns he cannot use to help the fellow prisoners. Sometimes he cannot even help himself. Therefore, enlightenment is just like we walk out of a prison, and from then on, we can make use of all our talents, our intelligence, our best intentions, to serve the free world. And whatever we earn from outside, we can help the prisoners inside also.

Initiation is the opening of the door of prison, allowing us to walk out into a different dimension and then we are free forever! And of course, we take care that we don't commit a crime and come back in again. Therefore, we are advised to keep the five guidelines, and to eat a vegan diet. This vegan diet and the five guidelines cannot make us become a Buddha or God, but they help to protect us. For example, if a citizen keeps the law within the nation, keeping the law alone

does not make a citizen become the President of the country, but the one who transgresses the law has difficulty becoming the President. [Applause]

I will stop here, and if you have any questions, you are welcome to write them down.

Questions & Answers

Q: As I read in the small book, You said that if someone has initiation, five generations will get liberation. If someone is married, does it mean from the marriage side or the other?

M: It's their side.

Q: I wondered, there are several points that we should follow when we get initiation, and one of these is that you do not heal other people with your spiritual power. Yet Jesus Christ helped other people to cure their diseases. Why should we ignore the pain of other people?

M: When you become Jesus, you can heal, but not yet.

Q: Do you think it is possible to cure all kinds of mental diseases by meditation?

M: In some cases, when the person still can understand the teaching, yes.

Q: I wonder why we should not do meditation by controlling our breath.

M: The breath is still in the physical dimension, and if we use anything physical, we will only attain physical results.

Q: What do you think is the future of the Earth, and will human beings survive in the long run? What should we do to help?

M: The future of the world is in your hands. If all the people follow compassion, having a vegan diet, and keeping the five guidelines, or the ten commandments

in the Bible, and get to know the Kingdom of God, or the Buddha nature, right now, then the future of the world will be very bright, and like Heaven.

Q: Could you tell me the difference between Buddhism and Christianity?

M: There is not much difference. The Buddha has the five precepts; Christ has ten commandments that are more or less similar. The Buddha and Christianity both teach people to be good citizens of this world, and also at the same time, to get to know Heaven. But that's only possible when the Buddha and Christ were alive because they were experienced in this field. And now they are gone. We have to look for another. Just to read the theory is not enough. [Applause]

Q: Animals and vegetables are all alive, so why do you only ask us not to eat meat?

M: Okay, then you die! You eat nothing. It's fine. Is that okay?

The Buddha ate vegetarian, and Jesus Christ ate vegetarian, why not us? We practice meditation, wis-

dom, to help ourselves and to help our world, not to be a fanatic. Anything extreme is no good. And I tell you that when we cut a branch of a vegetable, they grow three, five branches more, but when you cut the animal's head, it doesn't grow three heads. So it's okay to eat vegetables. [Applause] You see all the trees beside the roads, they cut them and they grow very big. They won't die.

Q: Although we tried very hard to get enlightenment, still we don't get it. Why is that?

M: You don't know where to look for it. That's why I have to come here, such a long way from Europe, to show you. [Applause] That's why I had to try hard to get up now. It was a time change and I was very tired. I wanted to sleep before I came here.

Q: Could you explain the relationship between Buddha and the God who created the world?

M: God is only one, and Buddha and Christ are the messengers sent from God. And there are many others to suit the different needs of different times and different nations.

Q: Now I am practicing breathing control and I have a teacher, a guru, who taught me this. I happened to read Your book at the bookstore. Is this breathing control compatible with Your technique?

M: You should not mix too many methods. That will cause confusion to you physically and mentally. Besides, I told you that breathing is still in the physical dimension. We cannot use physical means to attain the nonphysical Heaven. Just like we cannot use a bicycle to cross the sky to the United States. We have to use an airplane.

Q: How many people in this world have the same kind of spiritual attainment as You, and how many are there in Korea?

M: In Korea, I don't know! [Laughter] And in the world, I have to go and ask. I have not made a research about it. And in Korea, I came only for the second time. You know better; you are Korean and you don't know, how do I know? [Applause]

True Renunciation

Q: I am now about to leave home to become a monk. Do You think it is a good way to follow?

M: If you are happy about it, yes. Make sure you don't become a monk because you want to run away from difficulties and the responsibilities of this world. Make sure your motive is as pure as the Buddha's motive. The Buddha left home to become a monk because He wanted to be free in order to find a Teacher. He was so restricted in the palace that He could not meet any enlightened Master, so He had to free Himself to wander all over in search of an enlightened Teacher. But if we have found one enlightened Master at our home, at our doorstep, we don't need to leave home. The "leave-home" purpose is only for that, so make sure you know what you do.

Q: What is the difference between the various inner changes that occur during your practice and the kundalini phenomena?

M: There are too many that I cannot tell you in five minutes, but you can have the same experience if you

want. I'll share with you at the time of initiation and you will know every day more and more.

Now, the second question concerning kundalini: kundalini is a force that is lying dormant at the end of the spine, and through some yogic exercises, it will be awakened. And it will give a lot of psychic power, magical power. But our Method includes everything, just like when we awaken the driver, the whole car functions.

Q: What kind of sound is the Quan Yin?

M: That is the direct teaching from Heaven. It's our true Nature.

Q: How can I love You more? The reason I ask You this question is because loving one's Guru perfectly is for me the same as loving all people.

M: This kind of love is not to be forced, or to be described in words or actions. It will come naturally.

Q: Now I am practicing the transcendental meditation taught by Maharishi Mahesh Yogi. What is the difference between T.M. and Quan Yin meditation?

M: There are many things different. First, we don't charge money like in T.M. I charge nothing for my teaching from now unto eternity. And second, they teach people to levitate the body, hopping around, and I teach people to "levitate" their soul, their wisdom, their real Self. [Applause] But I do not say this to encourage you to come to me because if you are happy there, you stay there. Everything has its purpose. Also, because you ask me, I have to answer; otherwise, I respect all kinds of teachers. They all give their best to mankind. So choose whatever you like best and whatever you think is most suitable for you.

Q: As far as I know, Shakyamuni Buddha also ate meat, so why do You not allow us to eat meat?

M: Shakyamuni never ate meat. He ate meat before He left home, but not after. The thing that He ate is a mushroom that is called "Pig's feet." In the small booklet, "Why we have to be vegan," I have explained very clearly, so please go home and read it.

Q: Shakyamuni is a human being who has Buddha nature. What is the difference between?

M: English, I can read. [Master takes the question from the M.C. and reads the question aloud.] “Is the human being the same as the Buddha nature? What is the difference?” There is no difference except that Shakyamuni knows that He has a Buddha nature, and other human beings do not know.

[Master reads the continuation of the question.] “Why don’t Shakyamuni and other saints appear in this world? Where are they now?”

If they appear now, we don’t see them because we have to see with the Buddha’s eye. They appear all the time. Many of my disciples see them and if you want to see them, after the initiation or at the initiation, maybe you see, also.

Q: According to Jesus, “God said, Don’t believe in other gods; only believe in Me.” Is this wrong?

M: No, God is only one. Jesus’ God, my God, your God, everyone’s God - only one!

Q: Why is it that this kind of very easy Method to get immediate enlightenment is introduced so late now?

M: Better than never. It's not late.

Q: You said that the state of the Buddha's spiritual level is not the highest one. What is the higher spiritual state, and what is the difference between the Buddha's state and the highest state?

M: No, Shakyamuni Buddha attained the highest level. But the name Buddha, when you call Him a "Buddha," it's not the highest name for Him. In this world we don't have a better name, so we call Him a Buddha. Buddha comes from the word "buddhi," and "buddhi" only means intellect. When you open the intellect, you become a Buddha. What I mean is, according to Sanskrit letters, Buddha is not the highest name for the most enlightened person. The Buddha is one with God, one with the most High, not only at the intellectual level. [Applause]

Q: Can dogs go to Heaven?

M: Yes, but not a very high Heaven. They go to dogs' Heaven. [Laughter & applause.] You worry about dogs even, and don't worry about yourselves.

Q: The Buddha nature is very near us, but why don't we enlighten easily?

M: Yes, it's very easy, immediately. Just come and I'll show you. I told you the story about the earring.

Q: I was even more interested in You since I heard that You are female, You are a woman. Almost all the saints and masters who attained enlightenment were males, and also the leadership positions in every sector are occupied by males. What is the reason for that? Is woman inferior to man?

M: No, a woman is not inferior to man. A woman can also become Buddha. In Christianity, there are many women saints: Santa Teresa, Santa Maria, Santa Monica, "Santa etc." [Laughter] And in Buddhism, for example, in the Lotus Sutra, there is a girl of eight years old who became Buddha. The first chapter of the Lotus Sutra - I don't know if it's the first or not. You go home and read it again. Have you read the Lotus Sutra?

[Audience: Yes] Is it correct what I say? [Audience: Yes] Yes, thank you. [Applause]

Most women are busy with children and taking care of the husband and the household. That's why even if they became enlightened, it's difficult for them to go around and preach, or the same with any occupation in this society. But nowadays we have woman President, woman Prime Minister, woman everything. Most women like to be at home because their bodies are not strong like men. I also like to stay at home, and my body is also not very strong, but I think I have to serve the world, so I forget my own comfort. [Applause]

Q: What does emptiness mean that the Buddha talked about?

M: Emptiness is a kind of nirvana, another word for nirvana. It means you are empty of all your desires. Even the desire for nirvana also vanishes because you are then the nirvana.

Q: Is there a difference attained in enlightenment between Zen practice and Quan Yin? Can we get the same kind of attainment?

M: Originally it was not different, but as the time went by, people lost the essence; therefore, it became different. And consequently, the level of attainment of enlightenment, of course, is different.

Q: If You die while I am still practicing, will it still have an effect if I practice the Quan Yin Method?

M: If the Master dies will the student still get the help? Yes, no problem, because the connection is already made and it will never break. The Master will continue to take care of the disciple after this world to many worlds, because the Master is not the body. The Master only takes the body in order to connect with the people in this physical world, because it needs to be physical. [Applause]

Q: Why do human beings exist in this world, and what kind of meaning does this world have?

M: When someone asked the Buddha this question, He did not answer, but do you want an answer from me? [Applause]

The human being exists in this world because

we stepped beyond the door into the physical dimension. And now if we want to go back to the non-existent world, then we step back. And we can step back through the process of initiation. That's why we need immediate enlightenment. It's okay that we stepped into this world because we can bless the world with the God power within ourselves. But now we are tired, so we should go Home. That's why some people want to go Home and some people don't want to. Those who don't want to go Home are not tired.

Q: Is there any way to get rid of our ego?

M: Ego. [Master sighs] The ego is nothing but the accumulation of many different ideas and habits from this world. When we know our true Nature, we will know the ego is false, and it will go alone.

Q: In Christianity, they believe in eternal life and resurrection. Jesus Christ said, *If you believe in me, you will live after you die. And when you live, you will never die.* What do you think of the eternal life? Does this mean we can keep our physical body forever?

M: No! The physical body, no; the soul body, yes.

This physical body is only the clothing for the Real Body. And it's the real body that lives forever. When a Master is alive, like Jesus or Buddha, when we believe the living Master, of course we will have eternal life because the Master will help to lead us into eternal life. The Master will show us, teach us what to do. But after the Master is gone, we have to look for another Master. Then we will have the same result.

Q: In Korean Buddhism, “immediate enlightenment” means perfect enlightenment. So Master, you said at initiation “immediate enlightenment” is possible; does this mean perfect enlightenment? If so, after initiation, why do we need to practice every day?

M: That is a misunderstanding. People who have enlightenment still practice until they reach the complete enlightenment. In Zen Buddhism, there are two kinds of enlightenment. One is gradual enlightenment and the other is sudden enlightenment. We offer the second, the immediate enlightenment. Enlightenment and perfect enlightenment are different, just like enrolling in college the first year and completing graduation are different. [Applause]

Q: No more questions.

M: Thank you for your love. [Applause]

The End

Above the Intellect

Spoken by The Supreme Master Ching Hai

May 15, 1993
Pusan Sajik Gymnasium
Pusan, Korea
(Originally in English)

Good afternoon, my brothers and sisters in Korea, I am very happy to be here again for a second time. [Applause] According to all the religious scriptures, we are all one; we are brothers and sisters. Therefore, each nation is only a different room in which we live, so I am glad to see my brothers and sisters today in a different room. The world is a big house and we have so many rooms, and because we are very busy with our daily lives, we do not have much chance to see each other. If everyone in this world realized that we are all brothers and sisters, then there should not be any discrimination and war.

In each nation, we should always take care that the moral standard is kept intact. There are many nations that are very civilized and developed, technology-wise, but they have forgotten or neglected to keep the moral standards. Therefore, there are many very regret-

ful events that happen in such nations. I am pleased to see that the Korean people keep their ethical tradition intact, even though Korea is a very developed and civilized society. I am so pleased that your nation has developed, and not at the cost of moral value. This is good for our generation, and the future generations. To be stable in ethical standards is not to be labeled as old fashioned. To be conservative and to be developed at the same time is possible. That is also due to the leadership of the country, also the open-minded spirit of the people who know how to unite together and support a good government. That is what makes a country peaceful and prosperous.

Since ancient times, many kings of nations were very wise and very compassionate, and many of them have been enlightened persons, enlightened saints. The more enlightened the king, the wiser he is, and the better he knows how to rule a nation. If you see that a nation is well established and morally stable, you can see that the king of that nation is very enlightened, very wise. If everyone in this world is enlightened, then we don't need to use any microphones or loudspeakers; we can communicate from inside.

The Universal Communication Center

There is one place, one center, in our being, which is the center of all communications. If everyone turns to that point, we will be in touch with each other from inside. That's why, in the heavenly dimension, people do not have to speak and they understand each other perfectly. That's why when you read in the Buddhist sutras, for example the Amitabha Sutra, it is stated that the beings in that Land don't have to use any language. In this world, we can also achieve this kind of inner communication to some extent. We will achieve this degree of perfection when we reach Buddhahood or Mastership after enlightenment, or after we practice for some time. It could take many months, it could take many years, or it could take many lifetimes. It depends on what kind of path we choose, and what kind of Master we have. When we have the fortune to pick up the best method, and a good Master, we can achieve that very quickly.

The true spiritual attainment is above the level of the intellect. Most of the people in our world are under the influence of emotion and intellect. If we are too much attached to this world, then we have not even achieved the level of intellect, and so we will see that many people are very rough, very violent, and have very

little love. Some people have also very little emotion. If they have too much emotion, then they are mostly on the first level beyond this world. If they have too much intellect, then they have somehow reached, more or less, the second level. Now, we have to pass through these two levels at least, to achieve the so-called spiritual understanding. We can reach that if we have a way pointed out by an experienced Teacher.

When we pass through, or break through, the two levels of emotion and intellect, we have no more influence from the human emotion and intellectual understanding. Then we will begin to be free from the karmic influence of our previous lives. We can do this through very hard meditation practice or very deep prayer, but it takes many, many years, maybe many lifetimes, and that is not even the highest level. But if we have a very good friend, a very experienced Teacher, then we can do it in one lifetime. It's just like there are schools that teach people to learn something in a slow way, and in some other schools teach people to learn things in the express way.

The Teaching of Heaven Comes Without Language

The Method that we offer today is the express one because the Teacher in this direction knows how to erase our karma. Our mind is just like a computer that records everything that we do, we think, and we collect. That's why we cannot forget whatever actions we have done whether good or bad, and this in turn, will determine the course of our life. That's what we call karma. In order to free ourselves from this recorded information, we have to know where to push the button to erase the whole thing. An experienced Teacher knows how to do it, and we can learn to do it also. These things are not like technical lessons. It's not visible to the senses of the body; therefore, we have to do it in a different way - a silent way.

When we take initiation, the Master will not speak anything, but you will see the light of Heaven, you will hear the teaching of the Buddha. The teaching of Heaven doesn't need language; it is the communication of the universe, which all beings can understand. In complete silence, we will communicate and understand each other perfectly. That is the way of Heaven.

The way of the world is to be done through different languages and relies on many different types of

technical equipment. Still, sometimes we have difficulty in understanding each other; therefore, we have war, we have conflicts, we have a lot of unsolved problems in this world. The only way to turn this world into Heaven is to do it the heavenly way - that is, to keep the heavenly way of life, the moral standard, like in the old times with all the wise kings and all the wise citizens, and to learn the teaching from Heaven and to live accordingly. There is a direct link to Heaven within us if we know where to push the right button, but because this button is invisible, we have difficulty in finding it. The Master is someone who knows where it is and can show us how to do it.

There are many ways to reach Heaven, but there is one accurate way and quickest way. Heaven and nirvana can be obtained while we are working in this world; therefore, most of our fellow practitioners are just ordinary beings. In our bodies, in ourselves, there are many different places for different uses, and there is one place for the connection with the Buddha's Land or Heaven. There are no physical instruments, or ways in this world, that can touch that place; the only way to be able to open it is through heavenly power. That's why Heaven has to send some beings from time to time to help us remember how to do it.

We are actually always in touch with Heaven, but

because of too much karma, we are unable to see it. Therefore, someone who has acquired this power can help us to open this. Someone who has learned how to do it, we call that person a “Teacher” or “Master.” The Master is the one who should never take anything from this world, but who always has to give.

The Master Opens the Royal Telephone Line to Heaven

This place within us is the only one place with which we can establish our contact with the higher dimensions, and only the Master knows it. If we push just a slightly different place, the result is different. Just like in our home, we have a telephone, and each set of numbers has different connections, and only one is connected with the president. If we don't have someone from the presidential palace, we would not be able to find out this number and we would not be able to talk directly with the president. Even though everyone has the same telephone apparatus and the number of the president is also within these telephone numbers, not everyone is able to talk directly with the ruler of the nation - only a few. If we know a good friend of the president or good

officers, maybe we can do it. Similarly, we can only get in touch with Heaven when we know someone who knows Heaven. When I say “Heaven,” please understand that it is also Buddha’s Land or nirvana. Nirvana is the name for Heaven in Sanskrit. Of course, there are different levels of heavens, and through the guidance of a good Teacher, we can pass through different heavens and go to the highest place.

I am willing to give you all the help that you require so that you can reach the Heaven that you desire. And this is unconditional; you will never be obliged to anything before, between, or after. I do this because some of you are very earnest, very sincere, and want to go back to where you belong - that is, the Kingdom of God. I do this because many of you desire that the world will become a better place for our many generations to come. I do this because the world citizens desire that our world have no more wars, have more peace, more prosperity, and more love between each other. And also, because this is the best service that I can give to you, my brothers and sisters. I’m just like a travel agent who helps you to emigrate to another country, when you are not satisfied with the native country, or when you would like to go abroad to learn something different, something new, from another nation, in order to go back and serve your country. The only difference is that our agency charges no fee what-

soever - never, ever, ever.

We have to go to Heaven daily in order to learn something from Heaven; we cannot learn it here. With the things we learn from Heaven, we can benefit our life, and we can benefit the world in which we live. We can learn from Heaven by using the direct line that will be reestablished at the time of initiation. When we use this line, we can always understand and know what is the best for the world, and what is the best in the universe. Just like we have a university in our world, we have also a university in the universe, and in the heavenly university we can learn many things that are not available in this world. That's why, since ancient times, the sage is very wise, and he knows many things.

We can become modern sages if we know how to learn the secret of the universe. And that is what we call "enlightenment." Enlightenment can be gained immediately, or it can be gained slowly. "Slowly" is when you follow any kind of method, or anything, and you try many efforts to reach this enlightenment - slowly, because we don't know where the button is to push. We can get this enlightenment immediately if we have an experienced friend who helps us to push the right button. Just like if we know the number of our friend, we can always dial it and we can always get in touch. But if we don't know the correct number, or we forget

one or two numbers, we always try different ways but it's not easy to get the correct line to our friend. Maybe we do it hundreds or thousands of times, and then accidentally we will find the number, but it's very difficult and tiring. Meanwhile we pay a lot of money for wrong numbers, and exhaust ourselves. Also, enlightenment has many different degrees, from the lower to the higher, and with faith and devotion, we will be able to reach the highest, even in this lifetime. This is not very difficult when someone knows how to do it.

If you truly would like to go back to Heaven where we came from, if you truly want to change the world into a better place, then enlightenment is the thing that is very necessary. Most of us work only with the knowledge of the computer brain, but not with the knowledge of Heaven. That's why we work very hard, we earn a little, and our world is not as ideal as we want it to be. So the conclusion is that many of us would like to offer the best to this world, as well as to the whole universe, and to improve ourselves. We are here to offer service to these noble people, those who cannot be satisfied only with material possessions but who would like to have something higher, more noble, from the higher dimensions, or from the Kingdom of God.

Because there are so many thousands of people here, I will stop my speech now. If you have any more

questions, you will have the time. I will answer all of them. Thank you for your attention. [Applause]

Questions & Answers

Q: Is Your enlightenment the same as Shakyamuni Buddha?

M: Yes, we can get the same enlightenment as the Buddha at the time of initiation. When the Buddha first got enlightenment, He saw the stars from Heaven inside. Did you read this? [Audience: Yes] At the time of initiation, you can see also the same thing, but that is only the beginning. There are many other higher experiences than just the stars. All these we can have through the practice of the Quan Yin Method.

All the Buddhas, all the saints, practiced this Method since ancient time, and everyone who practices this can become a Buddha, sooner or later. That's why the Buddha said, I have become the Buddha, and you will become the Buddha. He did not say that He is the only Buddha. If you learn the same method, you will achieve the same results. Just like everyone who learns in the medical college will become a medical doctor. Don't

look down upon yourselves because you are Buddhas.

Q: You said in Your book that one of the Five Guidelines is not to kill any sentient beings, but I am a farmer and when I cultivate something, I have to use chemicals or some drugs to kill the bugs. What will I do with the insects or bugs like worms?

M: The law of the universe is that we should not kill because that will have karmic effects on us, but in this case of necessity, you just have to do what your duty requires. And when we meditate, this small karma will be cleansed. That's why, even after enlightenment, we still have to continue to meditate; otherwise, we would just get initiation and not need to do anything. Because you have to take care of the people's health, you have to do this kind of thing; it's not because you are very fierce or not compassionate. The insects are very small, so the karma is not much, and if we meditate, this karma will be nullified. Otherwise, when we walk, when we breathe, when we wash our hands, everything is killing. Even if we eat vegan, we also have karma, but very, very little.

Q: Do you believe that Jesus is the son of God, or

just the messenger from God? Another question is, can all Christians get liberation and go to Heaven?

M: Yes, Jesus was one of the messengers from God. When Jesus was alive, whoever believes Him, whoever follows Him, will go to Heaven, and go to Heaven permanently, because when the Master was alive, there is a power from Heaven through the Master. That's why Jesus said, *I am the light and the way of the world, as long as I am in the world.* [John 9:5] He did not say, "I am forever the light and the way, even if I am not in the world."

Q: Would You explain the state of enlightenment?

M: As I said already, enlightenment has many different levels. If we reach a lower level, we already feel very nice and very free. When we reach the highest state of enlightenment, we will feel completely free and completely without desires.

Q: Could You explain about the beginning of mankind, and their evolution?

M: It's a long story; we don't have time to explain

it today. But I have explained it sometimes in different cassettes, so maybe you go out and look for them, or I suggest you get enlightenment, and find out yourself. Firsthand experience is better than secondhand.

Q: What is the most important Sutra in Buddhism?

M: Every one of them is important if you understand what is inside. Otherwise, they are just empty words, and they make no difference to you.

Initiation Burns All Karma Except Fate Karma

Q: If we get initiation, You said that You just remove all previous karma. Is it true, and how is it possible for You to remove all the karma?

M: It is true, and it's possible! I have explained it to you. It's just like someone who knows how to erase information in a computer; it's just a question of expertise.

Q: Why do you leave the karma of this life?

M: Because otherwise, you will die immediately! And it's no use being enlightened if we die immediately. We have to use the enlightenment to help the world, to help mankind, before we leave the world, and to repay the kindness of our brothers and sisters. Without them we could not grow up, without them we have no food, no clothes, no cars, no airplanes, etc.

Q: What is Heaven and what is hell?

M: There are different energies generated from all beings in the universe, and different energies create different dimensions. Good thoughts generate energy, and the good energy creates Heaven. Bad thoughts, bad actions, etc., generate bad energy, and that bad energy creates the so-called "hell." That's why we are requested to keep the five guidelines, and to live a life of loving compassion, to be a vegan. The more good energy like this, the more Heaven, and the less hell. Heaven and hell are all our own making.

Q: Why do we have to get the initiation if we want to get enlightenment? Can You teach us in public about

how to get enlightenment?

M: Yes, I'll teach you during initiation. Initiation is only a name for when you sit there and learn how to do it, just like you enroll your name in the university and start your study. I cannot tell you in language because the initiation is done in silence. Only the soul understands, your Buddha nature will understand, and the Buddha nature or the soul does not need language. Whatever I tell you now in language is just an introduction to this silent teaching; just like whatever I tell you about water is not water itself. Enlightenment is never done through language.

Q: What is the origin of the mind?

M: We came from a very high level, from Heaven or nirvana, and when we came down here, we went through many different levels of consciousness. When we passed through the second level, counting up from this Earth, there we picked up the mind. The mind originated from the second level of consciousness. Therefore, I told you, if we want to be enlightened, we have to pass through even the mind; we have to pass beyond the mind level.

The computer and the person who handles the

computer are different. During the so-called initiation, I do not talk because the Buddha speaks to the Buddha. The person speaks to the person and doesn't speak to the computer. The computer doesn't need to know it. The computer only knows what we type inside. The computer cannot register anything between the two persons, and the computer cannot negotiate a business. So we negotiate Buddha-business only with wisdom. All the languages are useless. They are only useful in this mundane world, but not useful in the Buddha level.

Q: How did You get enlightenment and why did You leave home to be a monk?

M: That's my personal problem. It doesn't concern you. What concerns you is how you will get enlightenment and when? You ask too many useless questions. [Applause]

Q: You said Jesus and Shakyamuni Buddha are one, and also Christianity and Buddhism are the same, but why do they teach different things?

M: They don't teach different things, but you understand differently. After enlightenment, I promise

that you will understand the same thing from the different religions.

Now for the basics, for example the Buddha taught the five precepts and sometimes the ten precepts, beginning with you don't kill, you don't tell lies, you don't steal, you don't harm your neighbor, you don't have extra sexual relationships, etc. And the Christians have the ten commandments: thou shall not kill, thou shall not steal, thou shall not tell lies, thou shall not have the neighbor's wife, etc., similar things.

Basically, good religions teach people to be good citizens of this world, and to find Heaven at the same time. So if we follow the teaching, and we can find Heaven at the same times, then we are truly religious, we are truly Christians, we are truly Buddhists. Otherwise, if we continue to debate over religious theory it doesn't do us any good.

Q: Do You know another planet that has other sentient beings like human beings?

M: Yes, many, numerous, too many to count, as many as the sands of the Ganges River.

Q: You are already in the state like the Buddha, the fully enlightened state, and if I get the initiation, would You promise You will take me to that level?

M: Sure. [Applause]

Q: There are so many spiritual leaders in the world. What is the difference between getting initiation from other spiritual leaders and getting the initiation from You?

M: If any so-called teacher can give you the signs of Heaven immediately, like you see the Lights of Heaven, you see heavenly Mansions, you hear the teaching from Heaven, like sound, like the music from Heaven, then that teacher can help you; if not, then come to me.

Q: As far as I know, Hui-Neng got instant enlightenment by the Diamond Sutra, not by the Quan Yin Method. What's the difference?

M: As long as you know him, you don't need enlightenment!