



Coloring Our Lives

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

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**The Supreme Master Ching Hai
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In order to be complete within ourselves,
we have two things we must do.
First, we take care of our worldly duties.
Second, is to get enlightenment,
and then we will do the first duty
even better.

~ The Supreme Master Ching Hai



The happy, lively and colorful spirit within us has to come out. When we
work, we have to bring the power of vitality, life and happiness into this world.

~ The Supreme Master Ching Hai

Introduction

This book is a collection of answers from The Supreme Master Ching Hai to questions about life, birth and death, spiritual cultivation and the Truth, often asked by Truth seekers.

Yet all of these verbal answers are only second hand information. Master encourages us to get first hand information by finding the Supreme Power within us, and allowing that Power to take care of our lives and regulate all things.

A Little Message

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

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

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

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



The Supreme Master Ching Hai

Walk the Way of Love

Footsteps of a Living Enlightened Master

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

Supreme Master Ching Hai, as She has affectionately become known to those who have had the pleasure to meet or work with Her, lives a message that walks the way of love.

A renowned humanitarian, artist and spiritual visionary, Her love and assistance has extended beyond all cultural and racial boundaries to millions of people around the world, including the needy and homeless, institutions of medical research on AIDS and cancer, war veterans of the United States of America, the disadvantaged elderly, the physically and mentally handicapped, refugees, and victims of natural disasters such as, earthquakes, floods, typhoons and fires. Not only are human beings the blessed beneficiaries of Her kindness, animals from different species are also the recipients of Her boundless benevolence.

Through these works, we witness countless reminders of compassion which is the trademark of this caring lady and the in-

ternational foundation that has grown out of Her loving example. “Whatever we can share, we begin with sharing. Then we’ll feel a subtle change within ourselves - more love will be pouring into our consciousness, and then we will be aware of something. That is the beginning. We are here to learn, to learn to grow as well as to learn to use our power, our limitless power of love and creativity in order to make the world a better place wherever we happen to be.”

Her Early Years

Supreme Master Ching Hai was born in central Au Lac. During Her early years, She was often found helping hospital patients and the needy, as well as injured animals, in whichever way She could. As a young adult, She moved to Europe to study and continued there as a translator for the Red Cross. She soon discovered that pain and suffering exist in all cultures and in all corners of the globe, and Her search for the remedy to this became the foremost goal in Her life. She was happily married at the time to a German physician, and although it was an extremely difficult decision for both of them, Her husband agreed to a separation. She then embarked on what became a two-year journey in search for spiritual understanding.

Himalayan Pilgrimage

Finally, in the deepest reaches of the Himalayas in India, She found an enlightened Master who imparted to Her the Quan Yin Method, a meditation technique which contemplates on the inner Light and Sound. After a period of practice, She became fully enlightened.

Soon after Her return from the Himalayas, at the earnest

request of those around Her, Master Ching Hai shared the Quan Yin Method with others, encouraging them to look within to find their own greatness. People from all walks of life found that through the Quan Yin Method of meditation, they attained greater fulfillment, happiness, and peace in their daily lives. Before long, invitations arrived from the United States, Europe, Asia, Australia, Africa and South America as well as important organizations for Master Ching Hai to give lectures.

Beautify the World We Live in

As well as being a noble example of humanitarian aid, Master Ching Hai also encourages people to beautify the world we live in. Through meditating with the Quan Yin Method, Master Ching Hai has realized many spontaneous talents that She expresses through artistic paintings and creations, including an exquisite array of lighting lamps, music and poetry, and aesthetic jewelry and clothing designs, expressing the inner and outer beauty of the cultures and peoples She has met. In 1995, upon the demand of the public, Her clothing creations were toured on the international fashion circuit, including London, Paris, Milan, and New York. The income generated from Her artistic creations has enabled Supreme Master Ching Hai to create an independent source of funding for humanitarian activities, in support of Her noble mission of assisting God’s children in their times of need.

Recognition and Master’s Dream

Although She does not seek acknowledgement of any kind, in recognition of Her selfless assistance, Supreme Master Ching Hai has been given awards worldwide by government officials and pri-

vate organizations on numerous occasions. They include the World Peace Award, the World Spiritual Leadership Award, Award for Promotion of Human Rights, World Citizen Humanitarian Award, Award for Outstanding Public Service to Humankind. 2006 Gusi Peace Prize, Los Angeles Music Week Certificate of Commendation, and First Place Silver for the 27th Annual Telly Awards, 2006. In addition, October 25 and February 22 have been proclaimed as the Supreme Master Ching Hai Day in the United States. As former Mayor Frank Fasi of Honolulu states, “She is the light of a great person, an angel of mercy for all of us.”

Supreme Master Ching Hai is one of the truly dedicated people of this era helping others find and create a beautiful vision of our future. Many great people in history have had a dream, and in Her own words, so does Supreme Master Ching Hai:

“I dream that the whole world will become peaceful.

I dream that all the killing will stop.

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

I dream that all the nations will shake hands with each other,

protect each other and help each other.

I dream that our beautiful planet will not be destroyed.

It takes billion, billion and trillions of years to produce this planet

and it's so beautiful, so wonderful.

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

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Chapter 1

*Knowing God
Is the Purpose of Human Life*

The Purpose of Human Life

Spoken by Supreme Master Ching Hai
Brisbane, Australia, March 22, 1993 (VIDEO#338)
(Originally in English)

Q: *How can we know our purpose, be sure what our purpose is? When others ask, can we help them know their purpose in life? What work are we personally meant to do here?*

M: I have mentioned somewhere already that we are here to bless the world and to know our greatness. When we know our greatness, we are one with the whole universal cosmic power. And whoever comes in contact with us also has the blessing from this universal cosmic power. The Earth will get more developed as more people like us practice and bless the world quietly with our spiritual merit and wisdom. That's our purpose. Otherwise, what else do you think? Are we here just to eat two or three meals a day, have a few children, and then kaput? That's not the true purpose anyhow! It would not be logical for God to take so much trouble to create us, then put us here for a few decades and let us die in misery, sometimes with cancer, agony, disasters, earthquakes, and so on. This is not logical.

So, the purpose of human life is to know God. Knowing God means knowing our own greatness, knowing the whole cosmic power of which we ourselves are a part. Even when we say a part, it's a whole, you see. For example, if my finger is cut off, then it's only one finger. But when it is attached to my body, it becomes one of the parts of my body, it belongs to my body. Even though I say it's a part of my body, actually it is also the whole of my body. Therefore, we are part of the cosmic power, but we're also the whole, if we are connected again. The little gap in between is reconnected at the time of initiation. We turn

inward, we tune inward, we plug in, and then we are whole with the universe. Therefore, we bless anyone who comes around, without having to lay a hand on them or do anything to them. Anyone we sympathize with or share blood lines with, they are saved or are blessed in some form or another. It depends on their karma, and it depends on our love for them.

Why Are We Here?

Spoken by Supreme Master Ching Hai
Auckland, New Zealand, April 27, 2000 (VIDEO#686)
(Originally in English)

The Buddhist scriptures say that you are the Buddha and that the Buddha Nature is inside you. The Bible says that God lives within this temple. So who else is in there, except God? If we are the temple and God is the only one who lives in there, who are we then, except God? If we don't remember, that's fine, but we are still God.

So whatever we choose to do as the God of all gods that we are, we should respect. As the Father/Mother of all of these beings that we are, we should respect our own wishes and our choice to live and express our divine Selves in whichever way we want.

That's why Jesus told us that we should not judge people. Because we don't know the path that another being has chosen to walk. He or she does his/her thing so that she/he might come to know God in a different way. He or she might choose to be a seemingly bad person, a very lowly person or a very so-called immoral person. But that's his/her way of knowing the Divine. By choosing to be ungodly, that person will one day know that's not him/her. But they have to go back and learn the whole being again. Because if we always stay in Heaven and are Gods all the time, we wouldn't recognize ourselves as God. So we need to lower ourselves and come down to this physical

level so we can once again recognize our own greatness. That's our choice, and that's why we came here.

So the answer to our question about why we are here is: Because we want to know God. When we feel the time is up, that's the time we choose to remember ourselves again. That's the time we come to seek out spiritual friends, a spiritual group or maybe a spiritual teacher so that we can remember quickly; because we have forgotten how to remember and where to look. So some friend who has already remembered Himself/Herself may be able to help us. And then we recognize that we're nothing else but the Supreme Being, but God. We recognize the Supreme Being that's housed within this body.

But actually, He is not housed within the body. He houses our body. But then again, spiritual terminology is never a very exact science. So no matter how much a teacher tells us about God or how eloquently a spiritual friend might speak about the divine being within us, we cannot understand just by listening. So the spiritual teacher, guide or friend has to show us practically, not just theoretically.

For example, when Jesus came to our planet, He taught His disciples both ways: the theoretical way and the practical way. And that's why later, His immediate disciples could also do wonders, could also see Heaven, could also hear the Voice of God as the Word of the Creator, could also see the Light of Heaven, could ascend to Heaven and even see the angels or see the Father. The Father spoke to them, like the Father spoke to Moses. And the angels also spoke to them.

Likewise, we can do that. Because as great as Jesus' disciples were, we are also great. We and Jesus' disciples are the same because Jesus said to us that we are all children of God.

But because we have forgotten sometimes one or two friends have to come to remind us, but only when we are ready. Because if we aren't ready, no one can do much for us.

We Are Born to Practice the Quan Yin Method

Spoken by Supreme Master Ching Hai
Taipei, Formosa, March 6, 1988 (AUDIO#CG10/17)
(Originally in Chinese)

Q: *There are 84,000 methods in Buddhism. The Diamond Sutra says that all methods practice benevolence and they are all equal. However, in the Surangama Sutra, the Buddha said that sentient beings of the “Dharma Ending Period” should practice the Quan Yin Method. Is it because the Quan Yin Method is more suitable for sentient beings?*

M: Not only more suitable, but sentient beings should be practicing the Quan Yin Method in the first place. Let’s make this point clear. We are born as humans in order to practice the Quan Yin Method and if we do not, then we will not realize what we should do in our human lives. We miss this precious opportunity because we miss this vital point, and then we go somewhere to practice the 84,000 methods all over again. But when we finally reach the gate of the ultimate method and we are born again as human beings, we are reluctant to be detached. We refuse to practice even when we have met the enlightened Master, and we have to transmigrate again and again.

Human beings are born to practice the Quan Yin Method; it is our obligation to do so. We are born as humans for the purpose of attaining sainthood and the great Wisdom. Our final, most precious, and one and only chance is to be born as humans for the goal of attaining this great Wisdom and being liberated from the other 84,000 methods that bind sentient beings. However, because we don’t understand this truth, we don’t know

what we should do as humans. After practicing the Quan Yin Method, we slowly come to understand why we are born as humans and what our goal is. You may be skeptical right now but you give me no choice. Since you asked, I have to tell you about it. All the other 84,000 methods are useless; they only bind us within the Three Realms. They bring us blessed rewards, power, and supernatural powers, but still chain us within the Three Realms. The Quan Yin Method is the one and only method that will take us beyond the Three realms. This is incredible, which is why we rarely hear about it.



Spoken by Supreme Master Ching Hai
Hsiu, Formosa, September 3, 1989
(AUDIO#CE1A)
(Originally in Chinese)

Why do we practice the Quan Yin Method? It is because we want to understand everything in the universe. Beyond the physical light of this sun, there is a greater, brighter, and more beautiful Light. Beyond our worldly languages, there is a greater and more beautiful Language. When we have learned this Language, this Sound, we will understand all languages, including human languages, as well as those spoken by all sentient beings.