



Living in the
Golden Age

The Realization of Health

Returning to the Natural and Righteous Way of Living

The Supreme Master Ching Hai

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*Returning to the Natural and
Righteous Way of Living*



Collected Excerpts from the Lectures of
The Supreme Master Ching Hai

L i v i n g i n t h e G o l d e n A g e

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BRIEF BIOGRAPHY OF SUPREME MASTER CHING HAI

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 have 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, and fires.

Through these works, we witness countless reminders of compassion, which is the trademark of this caring lady and the international organization that has grown out of Her loving example.

The Supreme Master Ching Hai was born in central Au Lac. During Her early years, She was often found providing help and comfort to hospital patients and the needy. Above all, a burning spiritual quest since childhood led Her to different paths of God devotion. 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 for these ills 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 them both, Her husband agreed to a separation. She then embarked on a journey in search of spiritual understanding.

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 that contemplates 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 began sharing the Quan Yin Method, encouraging others 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 beseeching Master Ching Hai to present public lectures arrived from the Americas, Europe, Asia, Australia and Africa, as well as the United Nations.

As well as being a noble example of humanitarian aid, Master Ching Hai also encourages people to beautify the world we live in. Through practicing the Quan Yin Method, Master Ching Hai has realized many latent talents that She expresses through paintings and other creations, including an exquisite

array of lighting lamps, music, poetry and aesthetic jewelry and dress designs. These works of art depict the inner and outer beauty of the cultures and peoples She has encountered. In 1995, by public demand, Her clothing creations were exhibited in the international fashion centers of London, Paris, Milan and New York. Sales from Her artistic endeavors have enabled Master Ching Hai to create an independent source of funding for humanitarian activities, highlighting Her noble love for all the children of God and our responsibility to those less fortunate.

Although She does not seek acknowledgment of any kind, in recognition of Her selfless assistance, The Supreme Master Ching Hai has received numerous awards from government officials 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, and the Award for Outstanding Public Service to Humankind. As former Mayor Frank Fasi of Honolulu states, “She brings love around the world where there is hate. She brings hope where is despair. And She brings understanding where there is misunderstanding. She is the light of a great person, an angel of mercy for all of us.”

The Supreme Master Ching Hai is one of the truly dedicated individuals of this era, helping others to find and create a beautiful vision of the future. Many of history’s great figures have had dreams, as does The 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 took billions of years to produce this planet
and it’s so beautiful, so wonderful,*

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



CONTENTS

Brief Biography of Supreme Master Ching Hai 3


Foreword 16



1 THE HUMAN BODY AND HEALTH FROM THE UNIVERSAL PERSPECTIVE 19

1-1 DEVELOP THE WHOLE POTENTIAL OF YOUR BODY, MIND AND SPIRIT – TUNE IN TO THE VAST RESERVOIR OF COSMIC ENERGY 20

1-2 HEALTH, LONGEVITY, AND A LIFE BASED ON THE PRECEPTS 24

 A Parable – The Key to Longevity in Three Villages 24
Our Life Span Has Become Shorter with Each Reincarnation 26

Keeping the Precepts Makes You Healthier 29

Treat Every Being As We Ourselves Would Like to Be Treated ... 31

1-3 CIVILIZATIONS OF OTHER WORLDS AND KNOWLEDGE ABOUT LIVING 32

The Revelation of Mars 32

Searching for Missing Secrets about a Wholesome Way of Life ... 33

2 A DIET OF LOVE AND A LIFE OF HEALTH 39

2-1 WHAT SHOULD WE EAT? 40

Eat First-Hand Things 40

Inspiration from the Giant Salamanders 40



From Biological Attachment to the Magnetic Fields of Foods	44
Food's Impact from the Energy Perspective	47
We Can Actually Live a Better Life!	48
2-2 THE IDEAL DIET FOR HUMANS	50
Vegan Policy	50
This World Belongs to All Beings	50
Let Your Compassion Grow	51
Health and Nutrition	52
The Vegan Structure of the Human Body	52
Is There Anything Stronger Than an Elephant?	53
Up-to-Date Nutrition Theory	54
To Save and Make Peace	55
Spiritual Benefits	55
A Solution to Hunger	57
Why Jesus Multiplied the Fish	59
2-3 MILK AND DAIRY PRODUCTS	60
Is It OK to Consume Milk?	60
Milk and allergies	60
Accelerated bone/calcium loss /Plant-based milk is healthier	61
Torturing cows is inhumane	61
Questions and answers on the nomadic Mongolian way of living	63
2-4 LOVE FOOD THAT SATISFIES BOTH MENTALLY AND PHYSICALLY	64
What You Eat Affects Your Meditation, Mood, Personality and Value of Life....	64
The Magical Power of Love	65
Love Turns Plants from Withered to Healthy	65
Food Devoid of Love Leads to Discontentment	67

Fresh Taste Comes from Organic Cultivation + Love	71
Vitamin "Faith"	73
The Tonic for Spirit and Mind	75
Nourished by Spiritual Grace	75
A Great Being's Magnetic Field, Virtue and Love	76
Prayer and Offerings Produce Supreme Benefits	78
The Bhagavad Gita: Offer Everything to God	78
Taking Meals While Traveling – Pray Diligently Before You Eat	80
2-5 HELPFUL TIPS	81
Avoid Talking When You Eat	81
Home Remedies	83
A Simple Cure for Diarrhea	83
To Relieve Pain Use Warm Water and Massage with Sesame Oil	84
If Your Ears Are Warm Your Whole Body Feels Better	85
Home Hygiene	86
Effective Ways to Prevent Mosquito Bites – Mosquito Nets and Window Screens	86
Safe and Effective Insect Repellent	88
An Effective and Safe Disinfectant for All Sentient Beings	89

3 HEALING WITHOUT MEDICINE – UNDERSTANDING ILLNESS AND SELF-HEALING ... 91

3-1 REALIZING THE NATURE OF BECOMING ILL	92
Illnesses Arise from Our Thoughts	92
The Coalescence and Eruption of Vicious Thoughts	92
"Like Attracts Like" Leads to Illness	94
Poke a Hole in It and Illnesses Invade the Body's Layer of Protective Energy.....	95

Becoming Ill Is Like First Poking a Hole in the Body's Outer Layer	95
Maintain a Clear Consciousness to Sense the Invasion of Illnesses ...	97
The Realization of Getting Sick	100
Becoming Ill Is Our Own Choice	100
The Great Power to Heal All Diseases	100
Inheritance and the Law of Retribution	101
Endure and Lubricate Illnesses by Being Enlightened	102
View Your Past Life Clearly to Heal Deeply Rooted Illnesses	102
How to Distinguish between “Bodily Illnesses” and “Karmic Illness”? ...	103
Work for Yourself Until You Understand What You Are!	104
3-2 THE WAY TO RAISE ONE'S IMMUNITY AND PROMOTE SELF-HEALING	105
Three Ways to Protect the Body's Defense System – Think Positively, Speak Positively and Act Positively	105
Thought Changes One's Inner Energy	105
Think Positively, Speak Positively and Act Positively	106
The Thought Experiment of an Indian King	108
An Aura Experiment by Dr. Kaths	109
The Color of Breathing – Outgoing Air Turns from White to Black	109
Where Does the Miraculous Responsiveness of the Temple Come From?	111
Tell the Cells of Your Body to Laugh	112
Cool Doctors	114
Good News for the Obese	114
Cool Doctors	115
A Weak Mind Leads to Body Weakness	117
The More We Give the More Energy Comes In	118
The Heal-Alls – Meditation and Loving Others	119
Thought Power and Faith-prayer	120



Thinking Is Powerful Only When You're Focused	120
Let the Cells Listen to the Mind's Commands	122
Believe in What You Pray For	122
Reach the Deepest Recesses of Our Store of Grace	123
3-3 THE BEST ANTIDOTE FOR AN EPIDEMIC IN THE GOLDEN AGE	123
The Best Antidote for an Epidemic in the Golden Age	123
Get Back to the Natural and Righteous Way of Living	125
Open Up the Protective Power Within	126
3-4 THE WAY OF THE MEDICAL KING DOCTOR	128
“Life Has a Limit, But Knowledge Is Without Limit”	128
Knowledge of Medical Secrets Lies Within Us	129
The Direct Line of Study	131
4 HOW TO CONFRONT SUFFERING CAUSED BY ILLNESS IN YOURSELF AND YOUR LOVED ONES	133
4-1 ACCEPT YOUR ILLNESS, CURE IT AND PRAY DEEPLY	134
Check First What Kind of Sickness It Is	134
Encouragement for a Brother with Epilepsy	135
Difficulty Is the Cost of Living	135
Put All Your Energy into Finding Your Real Self	140
Comforting a Wife Suffering Over Her Husband's Terrible Skin Disease	142
Maintain a Positive Outlook and the Conditions Will Follow	144
4-2 KNOW-HOW ABOUT BREAKING ADDICTIONS IN TWENTY-ONE DAYS	145



Breaking Through Habits	145
Breaking Addictions in Twenty-one Days	146
The Cause of Alcoholism	149
The Horror of Drugs	152
4-3 MENTAL DISTURBANCES AND EMOTIONAL MANAGEMENT...	156
Responses to a Psychiatrist's Doubts	156
Reasons for Mental Disturbances	157
Can Mentally Depressed People Practice Meditation?	158
Effective Emotional Management – The Proper Release of Anger	159
Spoil Yourself and Stand Up First	161
4-4 THE REAL MEANING OF SUFFERING	163
How Disaster or Illness Comes About	163
Why Small Children Who Are Innocent Can Still Suffer	164
The Choice of a Soul	166
The Real Meaning of Suffering	166
4-5 ADVICE AND ANSWERS ABOUT HEALING	167
Advice to Medical Personnel	167
How to Avoid Absorbing Negative Energy	167
Be Loving and Pray Inside	168
Interactions among Spiritual Cultivation, Dreams, and Healing	169
The Energy of Crystals	172
Meditation Is the Great Purifier	174
The After-Effects of Spiritual Healing	175
Regressing into the Past Is Not High Level Healing	176
God's Blessings Flow through Me to Heal Others	178



5 THE SELF-HEALING QUALITY OF THE LIGHT AND SOUND MEDITATION	179
5-1 HEALTH KNOWLEDGE ORIGINATES FROM MEDITATION	180
Science and Beyond – A Scientist Who Studied “Emptiness” – Tesla ...	180
A Glance at the Way of Healing Beyond the Physical World	182
Medical Knowledge Originates from a Higher Level of Consciousness	184
5-2 THE SELF-HEALING QUALITY OF THE LIGHT AND SOUND MEDITATION	185
The Origin of Resounding Temple Bells and the Real Meaning of “Quan Yin”	185
Elevate Yourself to Experience the Light and Sound	187
How the Sound Purifies the Body, Mind and Spirit	188
Just Like Water Cleanses the Body	188
Renewing Each Cell of the Body	191
I Can Only Invite You to Experience Them	192
5-3 HOW ONE FEELS WHILE ENLIGHTENED	194
As If a Mountain Has Fallen from Our Shoulders	194
Illness Seems to Ignore the Enlightened	194
The Best Way to Cure Illnesses	195
A Time to Relax	196
Ignore the Body During Meditation	199





6 OPTIMISTIC PROSPECTS – BEING HEALTHY WITH THE EARTH 201

6-1 ALERT – EVEN A LITTLE DAMAGE AFFECTS THE WHOLE 202

The Essential Ways to Complete Health in Body, Mind and Spirit 202

The Chain of Effects Caused by Environmental Destruction – Worry Over the World Prompted by “Legalizing Abortion” 209

Those in Power Should Encourage People to Become Vegans 215

6-2 THE WAY TO BECOME HEALTHY ALONG WITH THE EARTH 218

Be Frugal and Cherish Resources – Master’s Reminder 218

Cut Down on Power Consumption 218

Using Ginger Frugally and Cherish All 220

Begin with Individuals and Small Actions 223

Love the World and Enjoy Nature 223

Pitch Your Tent on Soft Leaves 225

We All Have to Protect the Natural Environment 227

Preserve Trees and the Things We Enjoy 227



Daily Chronic Destruction Is No Less Risky Than Wars 229

Would Allah, Buddha or Jesus Be Greenies? 231

6-3 MODERN TECHNOLOGIES, MEDICINES AND METHODS CAN END SUFFERING NOW 232

Raising Awareness of the Love Within Besides Being Vegan 232

Wisdom and Enlightenment Are the Roots of the Solution 234

Technologies, Medicines and Methods That Can End Suffering 238

The Message of the Film *Phenomena* 238

Please Be Nice to Geniuses and Extraordinary People 240

APPENDIX 243

Governments Should Educate Citizens to the Hazards of Meat, Alcohol and Tobacco 244

The Unacceptable Toll of Meat, Alcohol and Cigarette Consumption on Human Life 260

Alternative Living 266-267

Creating a Compassionate and Vegan Global Village 266-267

Health Info. on the Web 267

Vegetarian and Vegan Elite of the World 268

References 272

Our Publications 281

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 wishes, 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.