

*The
Lost
Memories*



THE SUPREME MASTER CHING HAI

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Biography of the Supreme Master Ching Hai

The Supreme Master Ching Hai was born in Central Au Lac (Vietnam). During Her adolescence, She studied in Europe where She also worked as a volunteer for the International Red Cross. Later, She married a German scientist and doctor and settled in Germany. After two years of marriage, and with Her husband's consent, Master Ching Hai left to pursue Her childhood dream of enlightenment. Thus began a time of arduous pilgrimages to many different countries that ended only when She met a perfect living Master in the Himalayas. From Her Teacher, Master Ching Hai received the divine transmission and learned a method of meditation on the Inner Light and Sound, which She later called the Quan Yin Method. After a period of diligent practice, She attained Perfect Enlightenment.

To satisfy the sincere longing of Truth seekers, the Supreme Master Ching Hai initiates people into the Quan Yin Method of meditation. Today, Her followers include people from different nationalities, religions, and cultural backgrounds. Her message of love and peace brings hope to people throughout the world, reminding them to live in Truth, Virtue, and Beauty.

Apart from setting a noble example, Supreme Master Ching Hai also encourages others to beautify the world through spiritual practice. Expressing Her inner joy through diverse media such as painting, poetry, jewelry and clothing designs, and musical compositions, Master Ching Hai seeks to enhance the outer as well as the inner beauty of all people with whom She comes in contact. Her artistic creations, displayed at exhibitions throughout the world, remind us of the inner spiritual realms. Her poems, published in national and international magazines and newspapers, have served as a source of inspiration for many renowned Aulacese and Hollywood musicians, who subsequently adapted the poems to music and performed the compositions to worldwide acclaim.

At a banquet honoring the Supreme Master Ching Hai in 1993, Mr. Frank Fasi, Mayor of the city of Honolulu, Hawaii proclaimed: "The Supreme Master Ching Hai brings love to places around the world still plagued with hatred. She brings hope where there 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."

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Note : *(Original in Aulacese - Translated by Author Herself)

Preface

The Lost Memories is a collection of romantic poetry written by the Supreme Master Ching Hai during the 1970s while She was living in Europe. This time for Her was one of love and loss, ecstasy and heartbreak, longing and satiation, searching and discovering.

The journey within this volume travels the road of Love, encompassing its spectrum – from effervescent passion to contemplative reflection. Each poem is filled with rich imagery and melody, resonating with the many thoughts, emotions and experiences common to us all. The longing for a loved one, sweet memories rekindled with each falling leaf, a lost bird finding its way home, the sound of raindrops – all are conveyed with utmost simplicity and tenderness.

Woven into the wide range of emotions is a consistent theme, one that forms a gentle backdrop for each poem: the silhouette of Divine Love, which has been the source of inspiration throughout Master Ching Hai's lifelong journey. This journey to embrace True Love not only invites a passionate delving into the depths of our life experience, it also provides the potent reminder that in our own Lost Memories lies the key to self-discovery and, ultimately, our self-realization.

We are deeply grateful to Supreme Master Ching Hai for allowing us to compile this collection from Her early years. While the obvious beauty of this poetry springs forth from the innocent heart of youth, its inner beauty takes equal form by sparking the spiritual yearning deep within all of us.

We hope that *The Lost Memories* helps you find peace and love on your journey.

^ *Editorial Staff*




Hans Frühling

To the musician in Sendlinger Tower

*He sat there, beautiful from toe to forehead!
Golden hair and eyes of tropical sea,
And last summer's tan, and rosa lips
And crystal voice, and guitar, and magic fingers!*

*Me, lying still, hypnotized in worship,
Drinking in every note of melody,
Feeling every inch of loveliness flowing through my blood,
O me, o mein, what a breathless beauty!*

*Du bist so schön, schön wie der Frühling!
Ich fühle mich wohl nur Dich an zu schauen
So ein wie du, ich kent oft nicht
Ich will die Zeit hier oh... stehen bleiben.*



*But I think I will have to flee
Before night falls and my heart weakens with fever!
For such a rare precious stone I shouldn't and can't possess:
It must be in the sunlight, and shine through the whole world!*

München
1980

*** Translation from German:

*You are so beautiful, beautiful like the spring!
Just looking at you makes me feel so elated.
I have never known such a refined one as you.
Oh how I wish that time would stand still!*

*For the
Afternoon
Walk*

*Thanks for the hours
Thanks for the days
Thanks for the seconds
Thanks for the nights.*

*All the times we spent together
Are still in my mind,
Mountains and rivers
Were our paradise!*

*We were with the fall
Beautiful golden wood
Picking raspberries
Happy like in childhood.*

*We were with nature
Walking miles along
Far away is the future
In horizon unknown.*

*How long will it last?
We're asking ourselves,
The answer is there
Somewhere I can't tell.*

München
January 9, 1979

Silent Love

*Passion burns within,
Glances vibrating,
Earthquakes under still autumn lake!
Winds cry and clouds sobbing,
... With the rain
All washed into nothingness!...*

Branenburg
1979





The Star of My Heart

You are like a star in the evening sky

So remote

Yet so bright!

How can I be the lucky neighboring cloud,

Embracing the galaxies with love?

Now I just look

From afar, at you — my beloved star,

Regretting that time flies so fast.

Whenever we are

Together

It seems the world

No longer exists.

*Can I forever keep it,
This wonderful fleeting moment?*

*Whenever I see you
My dream appears to be true,
But tomorrow brings fateful loneliness.
Even just for a split second
It's eternal yearning
For the heart.*

*Yesterday went fast!
Today flies!
Tomorrow — already
Prepared to say good-bye.*

*Where is the chance,
Where is the space,
For union and togetherness?
Oh God!
Pity the waiting time.
Why must one suffer
The longing in darkness!
Bring back to me
The one I so much love.*

*The whole universe
Awaits only this phenomenon;
You created so many stars,
Send me this one
From afar!
Amen*



Innocent Kind

Beloved!

Hold my hand.

Hear you not the trembling heartbeats?

The musique of Nature

Will play forever

For you and for me

By this side of the river

Tender

Do re mi

Branenburg
Fall, 1978

Since I've Loved You

*Since I've loved you,
This country's become
The most beautiful place on the planet!
The birds sing joyously
In my garden.
Why haven't I heard them
Before?*

*Since I've loved you,
In no other city do I want to be;
What's pollution and habitat density?
Who cares in the least?*

*Anywhere without you
Would be a desert
Anyhow.
How can I ever breathe
Even with all the quietude
And fresh air?*

*Now I know the best place
Is where
Your beloved and you share
Deep feelings and tenderness!*

*Though you are no longer by my side
I live here with hope!
— No choice anyway —
Wherever you are is my paradise!
Just to be nearer to you is enough.
I can't go away!
My feet and feelings are rooted
Like the trees and plants in my garden,
Cannot move by their own will.
Perhaps one day
Someone or something will replant them.*

*But for now
I can see that future is too remote!*

*Or?!...
I dare not think —
But perhaps you'll return
One glorious evening!*



Togetherness

*One day beside you,
Forest green and sky blue.
Clouds caress the mountains,
Autumn wind singing love poems...*

*Two days together,
Yet dreams of forever.
Take wings, yesterday-loneliness,
Tomorrow, fly with the birds!*

Branenburg
December 8, 1978

*In your silent manner I found myself,
In your quiet style is reborn my peace:
Many dark nights, soft and tranquil,
Your voice tender calms my madness!*

*O lover of grand amour!
From reincarnation and a thousand promises!
Do you still remember,
Our love lives before?...*

*Since
We
Knew
Each
Other*

*... There were boring love affairs, weary adventures,
While I was hurriedly sailing to true happiness.
So many times in the chaotic world
I was lost and perplexed.*

*But gone now are the stormy days:
Your love like spring water cools my burning heart!
It's over, the long voyage,
Here I've arrived to stay.*

Calmbach
1979

Wieder- Angst *

*Next weekend, I cannot see you.
Worried and lonesome,
I will nurse my soul!
Seems like we are at the end of autumn.
It will be two seasons,
Till summer comes!...*

München
Autumn 1979

* Worried Again

