

The Key of
Immediate
Enlightenment
Questions & Answers 2

The Supreme Master Ching Hai
International Association Publishing Co., Ltd.

Contents

Walk the Way of Love.....	10
Foreword	14
1. Chapter A	15
Ahimsa	16
Age & Spiritual Practice	17
Alcoholism	19
Ancestor Worship	22
Clearing the Atmosphere	23
Attachments	24
2. Chapter B	26
Blessed by the Living Master	27
Blessing Power as Differentiated from Magical Power	28
Bodily Sensations in Samadhi	29
Bodily Illness Differentiated from Karmic Illness	30
Bodily Movements during Meditation Practice	31
3. Chapter C	33
Chi Kung Practice	34
Illness in Children	35
Child Care	37
The Company We Keep	39
Convenient Method & Inner visions	43
Inner vision & the Convenient Method	44
4. Chapter D	45
Death of the Living Master.....	46
The True Meaning of Devotion	47
Disasters and Catastrophic Illnesses	49

Disasters and Negative Energy	52	How to Overcome Fear	106
Dreams	53	Overcoming Fears and Worry	107
Bad Dreams	54	Fortune Telling	108
The Horror of Drugs	55	Free Will	109
Confusion of Artists	58	Live for the Present	114
5. Chapter E	62	About Predictions for the Year 2000	116
The Aggression Quality in the Practitioner	63	7. Chapter G	119
Ambition	66	Attributes of God	120
Anger and Hatred	67	Another Form of Love	122
Competition	70	God's Will or My Will	124
Emotions in a Completely Enlightened Person	71	8. Chapter H	126
How to End the Feelings of Greed and Ambition	73	Habits	127
Ego or True Self	74	Helping Others	129
There Is No Ego, Really!.....	75	Happiness	130
Ways to Eliminate the Ego	79	Heaven	131
Dedicate Actions to the Master to Reduce the Ego	80	9. Chapter I	133
Employment and the Spiritual Life	81	Illness Cleans the Fixed Karma	134
Professions and Spiritual Practice	82	Living in an Illusionary World	135
Defend What Is Right and Just.....	86	Initiates Who Drop Out of Spiritual Practice	136
Enlightenment and Fate	90	Initiation and the Vegetarian Diet	137
Enlightenment and the Time Factor	91	Initiation When Physical Master Is Absent	138
Encounter a Master by Accident, also Get Enlightenment	92	Inability to See Inner Master during Meditation	139
Disturbance by Entities during Meditation	94	Inner Realizations	140
Entities: The Killing Karma	95	Intimacy with Non- initiate	142
Environment for Spiritual Practice	100	Immediate Enlightenment	143
Evil in Humankind	101	10. Chapter K	144
6. Chapter F	102	Karma and Problems in Life	145
Roots of Fears and Anxieties	103	Karma and the Environment	146
Fear of Letting Go of the Ego	104	Karma of a Couple	148
Overcome the Fear during Meditation	105		

Cause of Actions	149	Correct Practice of Quan Yin Meditation	197
Karma and Prayer	150	Practical Benefits of the Quan Yin Method	199
11. Chapter L	151	Actually, There Is No Method	200
Levels and Light	152	True Meditation	201
Live a Noble Life	154	Silencing the Mind	202
The Difference between Love and Attachment	155	Watching Master's Videos:	
Love Others Wholeheartedly	156	The Best Method to Calm the Mind	203
12. Chapter M	158	Make Up for the Mistakes	204
Master Knows Everything	159	How to Make Our Motives Selfless	205
Master	161	13. Chapter N	207
Emotions of the Living Master	162	What Is in a Name?	208
Definition of Master	163	14. Chapter O	209
Why Do Masters Need Initiation	164	Building Courage and Rising above Obstacles	210
Master's Physical Form	168	Obstacles in Meditation	212
Thoughts of a Master	169	15. Chapter P	215
Trust in the Master	170	Past Lives	216
True Master Differentiated from False Master	171	Prayer: How to Ask God	218
Prior Master	174	Prayer before Meditation	219
Recognize the Role of Maya	178	16. Chapter Q	220
Meditation Experience Prior to Initiation	182	Quan Yin	221
Leaving the Body: The Transmigration Tunnel	183	17. Chapter S	223
Leaving the Body: Dying Daily	184	Our Real Self Knows Everything	224
Why No Light?	186	Science and Spirituality	225
Meditation Methods	187	Seeing the Inner Master	226
Getting Used to the Higher Vibrations	189	Seeking God	227
Numbness during Meditation	193	Selfless Service and Meditation	229
Regularity in Meditation	194	Sexual Energy	230
Fruits of Meditation Practice	195	Sexual Thoughts	234
The Quan Yin Method:		Merits & Sin	235
An Astounding Yet Marvelous Starting Point.....	196		

How Does Sound Purify Us?.....	236
Attitude toward Spiritual Practice	238
Levels of Spiritual Practice	239
Progress in Spiritual Practice	241
Time for Spiritual Practice	247
Keys to Spiritual Progress	248
18. Chapter T	249
No More Transmigration	250
The Karma Has Disappeared!	252
Speak in a Positive Way	254
Will Positive Thinking Change Our Karma?	255
Trinity	258
19. Chapter V	261
Vegetarian Diet: Determination Is Better than Anything ...	262
Visions	264
God	265
20. Chapter W	266
War and God	267
Develop the Wisdom Eye to Understand the World	274
21. Chapter Y	275
Yin-Yang	276
Index	279
Initiation: The Quan Yin Method	288
Introduction to Our Publications	290
Supreme Master Television.....	294
How to Contact Us	295
Pearls of Wisdom (25, 61, 65, 78, 110-113, 125, 172, 177, 192, 198, 214, 217, 243, 256-257, 260, 268, 277)	
Aphorisms (64, 78, 100, 103, 112, 128, 130, 153-54, 160, 163, 176, 251)	

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.

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 international 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 private 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."

Chapter A

Foreword

At this time in our Homeward journey, we are very fortunate to have the exact recordings of the discourses of a Living Master, The Supreme Master Ching Hai. Many of these audio and videotaped recordings originally made in English, Chinese, Aulacese, French, and German have been transcribed word for word and made available in printed form.

Questions and Answers 2 is the second book in the English series comprising the Master's responses to questions posed by initiated practitioners and Truth seekers from around the world. It has been said that Masters speak according to the need of the time and not what They want to speak; They speak books and scriptures. Master Ching Hai's responses to the urgent issues catalogued in this new book are a testimony to the truth of this statement and Her lyrical phrases and poetic words mostly remain as originally expressed.

In this book, the designation "M" indicates that the answer was given personally by Master Ching Hai and is a direct quotation by the Master. A reference for the quotation is provided. An "A" designation is an answer given by Master's representative, a Quan Yin messenger. Although not personally spoken by the Master, the answer was reviewed and received the Master's personal approval for publication.



Time is running out! We must be really sincere in our spiritual practice. You can see that the climate is constantly changing, and people are coming and going; no one can exist forever.
~ The Supreme Master Ching Hai

Ahimsa

Spoken by Supreme Master Ching Hai
Hawaii, U.S.A., September 4, 1994 (VIDEO#443)
(Originally in English)

Q: *Master, I was thinking about how You said not to kill sentient beings. Does that include pests, bugs, termites, and mosquitoes?*

M: Well, we have to do what we need to do for environmental care, but then, we will have to pay for that. But they are small bugs; they are not a bigger form of life, so when we meditate for them, they will be all right. The important thing is not the act of killing. The most important thing is the violence in your heart that must be terminated. Some people don't actually kill with their hands but they kill with their thoughts. That is even more important than the act of killing. So, what we try to minimize is the violence in our hearts, the tendency to want to destroy other beings.

But if we have to do it for environmental hygiene, we must do it. And pray for them in our meditation. But it is best when we can avoid it — like we keep our place very clean so that ants and other insects won't come around. And if you spray around so that they will leave, they will not die. There are some ways to avoid killing. You have to take care of that. The less killing, the better, even the small insects, but sometimes they are too harmful for the children and babies, and then the mother has to do it, because after all, human life is more precious. We don't do it because we are bad or malicious; it's just the situation.

Age & Spiritual Practice

Answered by Quan Yin messenger
(Originally in Chinese)

Q: *Is it all right for elderly people to practice the Quan Yin Method?*

A: Age has no definite effect on the results of spiritual practice. However, in order to practice the Quan Yin Method of meditation, one must receive transmission of the Method by being initiated by Master. At the time of initiation, Master will erase all the accumulated karma of many lifetimes. If an elderly person's karma changes too quickly, one's behavior, speech, and thoughts may be unable to withstand the sudden impact of Master's blessing power.

Furthermore, it may be difficult for an elderly person to pacify the mind in order to practice because of having eaten a purely vegetarian diet for only a very short period of time, or never before. Also, an older person's body may tire easily or he may not be able to concentrate well enough to do the required meditation, causing frustration. Therefore, people who start their practice at an older age indeed do have more difficulties than younger people.

However, this doesn't mean that elderly people cannot practice. The merciful Master has provided us with the Convenient Method to satisfy the needs of those who sincerely long for liberation in this lifetime, but are unable to receive initiation. Master takes care of all who truly believe in Her omnipresent power whether or not they are fully initiated. In fact, some non-initiated persons have better experiences than initiated ones because their minds are kind and pure, and they completely trust in Master. For instance, a non-initiated person in Mainland China witnessed the soul elevation of his five generations just

by sincerely practicing the Convenient Method. Therefore, elderly people should not be disheartened. Faith is the foundation of all meritorious methods!

Alcoholism

Spoken by Supreme Master Ching Hai
London, U.K., August 24, 1997 (VIDEO#593)
(Originally in English)

Q: *What causes the problem of alcoholism? What causes it to arise in the alcoholic's spirit?*

M: There are many causes. First of all, a lot of people are weak and they cannot resist the temptation to run away from problems. Instead of facing their problems, they run away. People run away from problems in different ways. Some people choose alcohol; some people choose to literally run away from the scene of the problem, or from the person that they think is causing them problems or embarrassment. Instead of solving problems by talking with each other, they run away. They use any excuse, or go to another house, visit other friends, or do anything to run away instead of talking. Or instead of making the person understand why he or she is angry, they just run away.

And other people cannot talk and cannot run away because they have no chance, no choice, or are too lazy to run away, and then they consume alcohol. Running away in the mind, pretending to be deaf and dumb to the world, they make a mess of themselves. And then they make themselves worse, so people don't even bother with them or talk to them, and they just pretend to be dead. This is a way of running away from problems. These people are weak. That's all. This is a sign of weakness.

Because we are all God's children, we are used to heavenly bliss over there in Heaven, and when we come here, nothing is to our liking. Everything is so terrible; everything is so hard on us. And then when we have a few more problems, we can't bear it any more and we try to run away. We try to recover

the peace that we once had in Heaven and so we use all kinds of substitutes in order to shut out the problem. That's alcoholism. And then they turn to alcohol, drugs, women, gambling, or whatever. And sometimes if they are weak, bad spirits, ghosts, also possess them and make them drink. If they don't believe in God too much or if they're too prone to negative, dark thinking too much, then they will attract the dark elements.

When I talk about spirits, it doesn't necessarily mean ghosts. There are bad elements everywhere, as well as good elements. If we clean ourselves and become good, and our energy is good, then we attract more good energy, more positive elements and they surround us everywhere. And if we are bad or dark, then we attract more dark elements in the atmosphere of the surroundings. Do you know where the dark elements come from, and where the good elements come from? — From human society. When people think badly, they create the dark elements, dark energy, and woe to us if we become dark and susceptible to this kind of dark element; we say that we are possessed by bad spirits.

If we are cleansed and pure, and we raise our thinking and spirit to a noble level, then we attract more noble energy, noble elements, from a noble group of people whose thoughts are noble and elegant and beautiful. Then we attract that. So, say, if the people who are dark, who give in to the pressures of life and want to run away, don't elevate themselves, then they will attract this kind of bad energy from people who generate bad thoughts. Everything we think and say generates energy, and it hangs around in the air everywhere. And whoever belongs to that group catches that kind of thing.

So, with the people who are alcoholics, sometimes it is like that. Or gambling addicts, they are like that. But don't blame the spirits for anything. Blame yourselves. We have to choose. That's why I say, "Choose your lifestyle." You have

to choose whatever you want to be. You have to choose it with all your might or else you are weakened. And then all the bad energy will overpower you, and you can't get up anymore. Once you are down, it's difficult to get up. Choose your way of life. The way you have chosen is good already, so just continue to make it better and better. Then you will just attract better and better energy. That's why your life has started to become better. It's not due to me; it's due to you. You've chosen a better way of life. You chose to walk in the sun, so you see the sun. If you choose to stay in a dark room, you will see darkness. It's all your doing. I am not doing anything.