

THE KEY OF
IMMEDIATE ENLIGHTENMENT
SPECIAL EDITION

THE SUPREME MASTER CHING HAI'S
1993 WORLD LECTURE TOUR
VOLUME III
HAWAII & MEXICO

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On Master Ching Hai's World Lecture Tour

In early March 1993, The Supreme Master Ching Hai, in an effort to bring the message of liberation to souls longing for their Homeland, undertook the arduous task of a worldwide tour. The lectures, discourses, interviews, and responses to innumerable questions posed by seekers around the world spanned a period of three and one-half months and included 16 countries from the Orient to the Occident and back to the Orient. People of all races, religions, and nationalities gathered to hear a living Master speak of an ancient Method by which one may escape from this world of birth, sickness, old age, and death, and describe the beauty of another world that is our true Home.

Thousands of people, yearning for deliverance from the cycle of eight-four, were initiated by our benevolent Master into Quan Yin Method and thereby secured not only their own release but also that of their five generations. These six volumes consist of literal transcriptions of interviews and discourses presented by Master Ching Hai at venues that included university campuses, public auditoriums, outdoor gatherings, historical sites and hotel conference facilities, in cities around the globe. Most of the lectures were given in the English language, but in Germany, Austria, and France, Master Ching Hai spoke in the native languages of those countries.

A small group of practitioners accompanied Her on the tour to assist with the multitude of tasks that are required to deliver lectures to thousands of people in cities around the world. To those of us who privileged to be a part of this tour, we could only regard Master with amazement, as city after city, country after country, with no respite between the crowded lecture venues, She attended to the spiritual needs of thousands of people. This petite Person with a delicate physical body, yet possessing incredible energy and stamina, maintained such an extraordinary pace that we had difficulty in keeping up. There is no doubt that only someone connected to the Universal Powerhouse could possibly have endured the physical hardships and successfully overcome the obstacles that a tour of this magnitude generates. Master has said, "When I teach the Method, it is not my body that speaks, but it is the Buddha (God or the Master power) within."

This report is presented by the News Group that accompanied Master Ching Hai during the sixteen weeks and hundreds of thousands of miles. She traveled in 1993 to bring a message of hope to the masses of people who were praying for liberation. It was in response to those anguished pleas and the repeated requests of longing disciples around the world that Master Ching Hai undertook this lecture tour, because in Her eyes, as She has so often said, there is no need to teach anyone anything. Everything is perfect the way it is. The lectures presented herein and spoken by Her were recorded, transcribed, and sometimes translated from other languages and then edited for publication. We recommend that you listen to or watch the original audio or videotapes. You will get a much richer experience of Her presence from these sources than from the written words. Of course, the most complete experience is to see Her in person.

First Stop on Master Ching Hai's 1993 World Lecture Tour

News Group Report Surabaya, Indonesia

Indonesia, the first stop on Master Ching Hai's World Lecture Tour, is located in southeastern Asia and comprises more than 3,000 islands that stretch along the equator from the Malaysian mainland to New Guinea. Master's destination was Surabaya, capital of the East Java province. Surabaya, the country's second largest city with an estimated population of around 2.5 million persons, is a commercial and industrial center, as well as a major naval base.

More than 4,000 believers assembled at the lecture venue several hours before Master's arrival. The admiring crowd, having swarmed around the hall and book kiosks, was anxiously awaiting the appearance of Heaven's perfect Being. Upon first catching sight of our beautiful Master, many people, unable to restrain themselves, rushed forward to shake Her hands or simply to get a closer look. The atmosphere was brimming with excitement and goodwill as Master made Her way through the crowded assembly, silently blessing everyone with Her presence.

Unique Method to Impart Dharma

Due to bureaucratic obstacles that included masses of paper work, we were unable to obtain official permits to use the microphone system. Consequently, Master was unable to speak to the audience. With cancellation of the lecture part of the program, it

appeared that the negative power had succeeded in thwarting Her plans for bringing word of the Truth to the people of Indonesia – but She was not to be beaten so easily.

Master's resourcefulness turned this "speechless dharma gathering" into a tremendous success. Lacking the use of microphones, Master distributed blessed food, and as the people came forward to receive it, they were also rewarded with blessing from Her eyes. Master's smiling countenance and elegant manner even transformed the terse and stern demeanor of the uniformed, military police to one of friendliness. Indeed, it was a strange sight to see these men with distinguished medals adorning their formal uniforms helping our lovely Master distribute cookies and candy to the people of Surabaya. This "silent dharma gathering" created a local sensation and made Master almost a household personality in Indonesia.

The local press, very attentive to Master's second visit to Indonesia, competed with each other by printing long columns reporting news of Her activities. The "Surya Morning News" ran daily articles describing Master's philosophy of vegetarianism, Her love for all beings, as well as the Quan Yin Method of meditation. A particularly interesting article revealed that Master is regarded by many of the Indonesian practitioners as "Mei Shin." Mei Shin is a very beautiful Mongolian female swordsman who is known for having a noble character and helping other beings.

During an interview, a magazine reporter asked, "After yesterday's incidents when the program had to be canceled, do You still want to come to Indonesia? Or maybe You are depressed and would never come to Indonesia again?" Master serenely replied, "I do not know this feeling. My lifestyle and activities are decided by Divine Will. If I have to come here again, I would not decline the

assignment of God." Many people expressed the hope that Master would return to give a lecture, while others prepared to travel to Formosa to learn the Quan Yin Method of practice. Still others made plans to attend a lecture at one of the upcoming World Tour stops. The success of Master's visit in Surabaya makes it evident that no matter how adverse the conditions may be, our Master deftly transforms them to Her advantage. Through this unparalleled dharma gathering, Master broadly and deeply sowed the seeds of Truth in Indonesia.

Fearless Spirit, Courageous Lesson

At the group meditation for initiated practitioners, held later that evening, Master told us that this special form of teaching was God's arrangement. In order to judge real success or failure, one must see use the wisdom eye to see it properly. When sharing the message of Truth, it is not always necessary to speak verbally that which one wants to convey. Looking into the eyes of a fully enlightened Master has the same kind of blessing effect and can impart the same lesson. In addition, everyone had obtained a sample booklet that contains the names, addresses, and telephone numbers of the Contact Persons. Those seekers who are sincerely looking for a method of spiritual practice will come to us naturally. Master pointed out that the occurrence of pressure conditions is God's way of helping us to develop a fearless spirit and to learn lessons of courage. Only with an optimistic outlook and positive love can we conquer the negative force.

Master also humorously commented that the large troop of military police assigned to protect Her was lined up in the fashion of a welcoming guard formation appropriate for the arrival of a head of state. Although very regal, it was a bit too formal for our

Master's humble tastes. While in Indonesia, Master also met with the American and Japanese Consul Generals. Everyone enjoyed the very lighthearted conversation during a delicious vegetarian meal. News of the meeting was reported in all the major newspapers of Surabaya.

Second Stop on Master Ching Hai's 1993 World Lecture Tour

News Group Report Singapore

From Surabaya, Master's itinerary led Her northward to Singapore. Officially known as the Republic of Singapore, it is located in southeastern Asia and has a standard of living that is one of the highest in Asia. The entire island is densely populated and almost completely urbanized. With its tropical climate and delicious vegetarian ice-cream, the members of the touring group very much looked forward to the stop in Singapore.

Miracles Abound Before The Lecture

Master Ching Hai's visit to Singapore in March 1993 must have been, at least partially, in response to the most ardent wishes of the Singaporean initiates. For more than a year, they had been requesting that She visit their country. On the night preceding the announcement of Her intended visit, a local initiate dreamed that Master appeared in a bright yellow light, and said, "I will come." She did not understand the meaning of the dream until the following evening when a call from Formosa announced that Singapore

was to be the second stopover on Master's 1993 World Tour. Upon hearing the news, she, along with the other Singapore initiates, was overcome with joy.

Since notification was received only a few weeks prior to the visit, there was precious little time for preparation. Local initiates quickly organized into teams, each with a specific task, including publications, transportation, purchasing, administration, etc. In addition to the efforts of the local initiates, a score of Formosan disciples arrived to assist in a variety of tasks that included distribution of pamphlets and putting announcement posters. The rush to finish everything in time was incredible, and would not have been possible without Master's grace. For example, many thousands of free sample booklets and leaflets that normally would have taken several months to print were done in only a few weeks. In addition, the cost of printing was less than half the normal printing costs. In Singapore, official permits for all public talks are required and usually take many weeks for final approval. In this instance, a permit was obtained almost immediately and without the "usual bureaucratic turtle delay" as Master phrased it. In fact, the permit was obtained only hours before the start of the lecture.

Master Gives Illuminating Talk At The Airport

On the day of Master's arrival in Singapore, a large gathering of initiates greeted Her at the airport. Graciously, She gave an impromptu talk that was brimming with praises for the airline, the cleanliness of Singapore, and the economic progress of its government. Master remarked that this progress is indicative of the spiritual level of the local population. After Her talk, as Master was bestowing blessing on the assembled initiates, She suddenly addressed a

little girl by name that had not personally met Master before. Although the parents of the child were both initiates, they were literally awestruck at this overt demonstration of Master's omniscience.

Thousands Listen to Dharma Talk

In addition to Master's public talks, She kindly met with initiates whenever She had the opportunity. In group meditations held the days prior to and following the public discourses, Master read Chapters from the "Tao Te Ching," and then carefully interpreted the ancient teachings so that we could learn to apply them today in our spiritual practice. She taught that through selfless action we would find fulfillment because when we serve others, we are in touch with our Inner wisdom. Master graciously answered our queries, and even gave special permission for some children of initiates to undergo half-initiation following the public lecture.

The public discourses were very well received and thousands of people crowded into the Singapore Conference Hall for each of the lectures. Master primarily spoke English, so a simultaneous Mandarin translation was provided. The audiences were very responsive and plied Master with numerous questions, including some very personal ones. Master answered all manner of questions clearly and concisely and frequently interjected her responses with humor and good-natured joking. Following both lectures, Master held initiation sessions for the Convenient and Quan Yin Methods of meditation.

Many inexplicable incidents that were nothing short of the miraculous occurred during Master's stay in Singapore. For example, although the M.C. had an extremely sore throat, he somehow found his voice for the lecture sessions, but lost it again immediately

after the talks were concluded. In another incident, a boat was chartered to take Master and some initiates for a cruise around the southern islands. With no prior planning, initiates who were immediately available were asked to join the cruise. After our randomly chosen group had boarded the boat, it was found that the boat had restrictions as to the number of passengers allowed. But it turned out that the boat was actually licensed to carry the exact number of passengers that were in our group!

The following two discourses are the dharma teachings that Supreme Master Ching Hai presented to the people of Singapore on March 8 and March 9, 1993. These inspired and beautifully delivered discourses brought the message of Truth to the thousands of seekers who filled the Singapore Conference Hall.

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 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 world. In 2008, she received 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.”

“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

Third Stop on Master Ching Hai's

1993 World Lecture Tour

News Group Report Australia

From Singapore, Master made the trek down-under to Australia, the only continent completely occupied by a single nation, the commonwealth of Australia. The nation is subdivided into five states and two territories. When we arrived in March 1993, it was summertime and our first stop was Melbourne. The capital city of the state of Victoria, Melbourne is on the southeastern tip of Australia on Port Phillip Bay.

Preparations in Melbourne

When the news of Master's forthcoming lecture in Australia reached the Melbourne initiates, they were both surprised and elated and could hardly believe their good fortune. In preparation for the event, initiates vied for the privilege of offering Master the use of their houses and cars during Her stay, and the atmosphere became charged with the intensity of the discussions. The seriousness and stamina of the Touring group that came to Melbourne a week prior to Master's arrival won the admiration of the local initiates. This was the first time that the Melbourne initiates had worked unce-

asingly day and night to accomplish a unified objective, but with Master's blessing, they did not feel at all tired.

Master's arrival at the airport was a festive occasion. It was their first meeting for most of the Melbourne initiates, and whole families, young and old alike, dressed in their best clothes and hoping to make a favorable impression, eagerly greeted their most Beloved. Small children presented their drawings as Master happily admired and analyzed their contents. With intimate talks and shared laughter, happiness filled the air, and the gathering of Master and disciples resembled the joyful reunion of a family long separated.

Amazing Experiences In Melbourne

The night of the lecture, Dallas Brooks Hall was overflowing with Truth-seekers, most of whom were local Australians. Not a single seat remained empty. One man, who later became an initiate, said that when Master walked past him that evening, he felt that She was Light and so very pure, like the fairy who never ate any human food. One person saw golden light radiating from Master's whole body while another saw light flowing from Her palms.

A man described his experiences in the weeks

preceding the lecture when he had received a sample booklet. He had placed it on his desk with no intention of reading it. Several days later, he tried to place a phone call to a friend, but dialing a wrong number, he heard a voice on the line tell him, "You should get initiation from this Master whom you have now met."

At that very moment, he happened to be holding Master's sample booklet. He studied the teachings and later attended the program and received initiation.

In Her lecture, Master sagely pointed out that the origin of all our desires, anxieties, and frustrations is ignorance of our inner God Power, and when we are in contact with that inner Wisdom, all happiness will just naturally be drawn to us. During the Questions and Answer session, Master replied with simple explanations, often substantiating Her teaching with scientific facts and quotations from the scriptures. The Melbourne congregation enthusiastically received these teachings and that evening many lonely souls found the answers for which they had been so desperately searching.

*Fourth Stop on Master Ching Hai's
1993 World Lecture Tour*

News Group Report From the Hawaiian Island

The longing of sentient beings hastened Master's steps and bidding farewell to Australia, we soon landed in the New World. Awakening souls were calling earnestly for their spiritual Mother and as the Light of Truth emerged from the clouds over Hawaii, the darkness that had prevailed for centuries would soon disappear.

Hawaii, admitted into statehood of the United States in 1959, consists of eight major islands and many small islets located in the Pacific Ocean, about 2,000 miles southeast of San Francisco, California. Called the "Aloha" state, the beautiful beaches and tropical weather attract many tourists from around the world to these small Pacific islands. Those tourists who had the good fortune to be vacationing in Hawaii during the time of Master's visit were blessed with a rare opportunity to meet a perfect living Master and to hear Her speak of the ancient wisdom.

Honolulu

It was an unforgettable moment, 10:30 PM, March 24, 1993. A crowd of hundreds surrounded the exits of the Honolulu International Airport. As soon as Master came into sight, the crowd cheered with delight and well wishes and the atmosphere came alive with the thrill of seeing their beloved Teacher. The next morning, the National Republican Asian

Assembly who had invited Master to speak to their council, in conjunction with other Hawaii notables, held a reception “Fa Hwa” vegetarian banquet for Master as the guest of honor. Distinguished guests attending the reception included the Mayor of Honolulu, Mr. Frank Fasi, Secretary of State, Chen Hung Kwang, members of the state Senate and city councils, along with many Hawaiian celebrities, and eminent guests from diverse walks of life.

The Chinese Radio Station in Honolulu interviewed Master at the luncheon while the “Washington Chinese News” reported full-length details of the gala. The luncheon was a festive occasion and thoroughly enjoyed by all. A reporter wrote, “Master Ching Hai spoke to the gathering sincerely and humorously with quick wit and unsurpassed wisdom. Her cordial and witty words were often interrupted by spontaneous applause from the appreciative onlookers.” She was, as always, the epitome of grace and loveliness – truly our ideal.

Every weekend for the few months preceding and also during Master’s visit, Hawaii television channel 22 broadcasted videotapes of Master’s lecture. Because of the television exposure, many people, who had become acquainted with Master and Her teachings, attended the lecture and subsequently received initiation. A noted Hawaiian singer who saw Master’s lecture on Channel 22 was longing very much to be initiated into the Quan Yin Method. Unfortunately, he was performing in Los Angeles when Master visited Hawaii, but Master always takes care of those who are sincere. Eventually, he met Master in Los Angeles and received initiation there.

An amazing incident occurred on the first day of Master's lecture series. En route to the Hawaii Cultural Plaza, Master suddenly told the driver to go faster. Everyone was wondering about the reason since we had ample time before the scheduled lecture and there seemed to be no cause for hurry. It happened that a man in the audience, who could not stay for the lecture because he had to catch a ship, longed and prayed to see Master just one. Hearing his plea, Master responded by telling the driver to speed to the venue. As a result of this blessed encounter, the man was later initiated by Master in Korea.

On March 27 and March 28, 1993, Master delivered consecutive lectures in Honolulu. The venues were filled to overflowing with Truth seekers from all walks of life and all religions: libertines, devoted Christians, refined ladies and gentlemen, bearded hippies, new age seekers, rock singers, prominent politicians, senior citizens, and children. About half of the audience was American and the other half consisted of Chinese and Taiwanese. Master began Her lecture with a few humorous remarks, then spoke about the way to lead a happy life through enlightenment. Master's natural and easy style brought frequent laughter and applause, and her profound wisdom captivated the Hawaiian audience.

Some Hawaiian were so enraptured by Master's discourses that they flew to the next destination on the lecture tour to attend additional sessions. A man from Australia who missed the opportunity for initiation in Hawaii and instead learned the convenient Method, observed the spiritual spheres and heard the inner sound continuously, even when walking,

sitting, or lying down. Later, he flew to Hong Kong and there he received full initiation. Many disciples followed Master to the remainder of the stops on Her world tour so that they could continue to attend Her lectures and be in her holy company. To be in the presence of an enlightened Master is quite elevating, for the atmosphere is charged with love, and by radiation one who is receptive absorbs this love and feels blissful.

Be Practical and Spiritual

Spoken by The Supreme Master Ching Hai

March 27, 1993

Hawaii Cultural Plaza

Honolulu, Hawaii

(Originally in English)

Aloha! [Audience: Aloha!] I love Hawaii. Everyone loves Hawaii, especially when they can afford to have a nice and quiet room on a private beach. My disciples, in keeping with the latest trend of recession, rented a room for me next to the highway, so I love Hawaii even more. [Laughter] It costs double if you rent a room across the other side of the beach, they told me. It's good that I have known about all this before I was born, or Buddha has known, so He reduced my size to fit in this small room and also with the environment. So I hope that you, the other tourists, got a better room, more quiet. After the first day, I have tried to recess the voice of the highway and blend it into the waves at the front door. Anyhow, I make a change between both of them. When I'm fed up with the cars, the traffic noise, I go to the front door and hear the noise of the waves and see the flashlights from the fishermen. They are not supposed to do it, but they do.

How is everyone? This room is a little bit small because our honorable Mr. Chen intended to have this room only for the Chinese audience. I don't know where you came from — the white ones. [Master and audience laugh.] I apologize for the inconvenience, but tomorrow I have heard that we'll have a bigger room. I have heard. I have not seen it yet. I didn't see this room either until now. I heard that there are only three hundred, and now it looks like double or more, and more downstairs watching the video.

The Chinese from overseas have been well looked after materially by the government of Hawaii. We have a good government here. You can see that by the cleanliness of the environment and by the happiness and relaxed atmosphere of the people here. Therefore, I guess, materially, we lack nothing or not very much in Hawaii. The same is true for the Au Lac community, who are very happily settled here. And on their behalf, the Chinese and the Au Lac people, we thank the government of Hawaii. Also, we thank the Mayor of Honolulu for giving us such a big honor yesterday by being with us in a vegetarian restaurant. Maybe it was the first vegetarian meal of his life but he ate it so joyfully. And he had two or three plates of it, big ones, so I guess it must have been very tasty for him.

In that case you may also try it yourselves. We

have some good vegetarian/veang restaurants here in Hawaii. One or how many? That's the only one? Then we have to introduce some. [MC: It was just opened for Master.] Opened for me? I don't eat that much. Today I ate only one sandwich. That was my only meal today, and most of the time, it is similar in this direction. Recession, you see. [Laughter] I have to be in the trend.

The Buddha says that if you want to save sentient beings, if you want to talk to them, you have to integrate with them. So I integrate in all ways, even with a sandwich. I don't eat that much. It's not that I don't want to go to a restaurant. I do not feel it's very necessary to go to crowded places. Very seldom, except when I have to serve you in this way, do I go out. Even if I have nothing to do or nowhere to go, I just stay in my room. I didn't even walk out of my room today. All day long and night, I stay in my room and meditate or read books, holy books of the different religions. I'm studying hard just like you.

Even though this room is very small, we feel the unity of all races. And this is very good; this is a typical atmosphere in Hawaii. No one minds the neighbor, what he looks like, and what color his skin is, or what kind of job he has. Each one minds his own business and lives with each other, happily and in harmony,

and this is very good. But I feel especially so much warmth and love for the Chinese. Everywhere I go it is the Chinese that have given me a lot of honor and welcome, even when they don't know me at all. Sometimes we have no time to look for a room or hotel, or our initiate's house is too small to accommodate the people who come to see me privately sometimes, then the Chinese just pack their belongings, go to a hotel themselves, and leave the whole house for us. Many places, it is like this.

Therefore, I intended today to speak Chinese. I was invited here by the Chinese community, and I felt very obliged to talk in Chinese. I feel like speaking Chinese, not an obligation, but then it was reported to me that there are too many white faces here. You are not angry with me, no? Or, you can call me "yellow face" in return. [Laughter] We have to have some humor; otherwise you will get too sleepy when I speak something very boring to you. So they said to me, "So many English speaking." They didn't say, "white faces," actually, but sometimes they talk like this. The Chinese people don't speak much English. They cannot say sometimes "American," they say "Amelican," so they have to say, "white face" so that I understand who is who. And there are so many English-speaking people here that we do not have enough earphones for the English language, so we have to arrange it for the Chi-

nese. I said, “Okay, but then give the Chinese people priority with the earphones and let them sit next to me, and the Aulacese can sit elsewhere.”

Ancient Teachers and Ethical Traditions

I will be finished with the Chinese very soon, don't worry, and then we go to Heaven. It's just that I feel it's very fair to introduce to you a very fine race of people. The Asian people, or most of them, are very fine anyhow, but because the Chinese are all over the place, we just have to know them better. Everywhere they go they bring business prosperity and also high moral standards, family love, and royalty to that country, or to the environment where they live, because they have a very age-old, ancient, ethical tradition.

And because since long ago they have been used to Lao Tzu, Confucius, and Chuang Tzu, and all the ancient teachings of the old Masters, so at least in their subconscious, or in their way of life, they have kept to a very good line of tradition. Therefore, God has blessed them with high intelligence and diligence that makes them successful in every place they go, and which makes them a target of envy for everyone else,

to our regret. Anyhow, everywhere I see that if a nation treats the Chinese immigrants well, then that country is well. And the Aulacese, also.

They are very beautiful inside; therefore, they dress beautifully outside. In the Ching dynasty and the old traditions, they dressed like in a fairy tale. Why is that? Because in ancient times, their people practiced the meditation method and they could get in touch with Heaven. They saw all the fairies in Heaven and they described them in paintings, in art works, etc., and so they imitated these people and dressed themselves just like them. Even the Chinese Quan Yin Bodhisattva dressed beautifully with ornaments here and there, glittering and all that. Even the Chinese Buddhas have to be beautiful, not just a very ascetic Buddha. They prefer a beautiful Buddha. Probably that's why the Quan Yin Bodhisattva descended to Earth fully ornamented, beautifully dressed, and elegant; otherwise, the Chinese probably would not have accepted her. [Master & audience laugh.]

They love beauty, precious stones, and things like that. Their handicrafts are very beautiful, so much so that they are famous throughout the whole world. Why do I introduce you so much about these things? It is to let us compare, to let us know why the Chinese people are successful, intelligent, and diligent. It is because

they are a little bit highly developed inside. (I'm not saying outside.) I don't know, maybe outside, also.

You ask me why the Chinese in Mainland China or the Aulacese have had to suffer in the past. It is because of their mission. They have to bring light and beauty into the world, therefore, the negative force has been trying to control them, but it won't be for long. As you know already, the light has dawned in their land and it won't be very long before they're free to express again what they're supposed to do. And the Au Lac people also love beauty. Every Au Lac person can sing, even though they sing not very well sometimes, but they can sing. All of them love singing and they love beauty. The way they dress is beautiful. The Chinese and Aulacese are beautifully dressed. It is because those who love artistic things and beauty have something artistic and beautiful inside them. It's a little bit higher consciousness. That's why they had to suffer for a while, because the positive and the negative always struggle to have the upper hand.

Wherever they go, these two nationalities will bring beauty and goodness into the land that they live in. That I have seen with my own eyes while traveling around the world and by being in communication with the Chinese or Aulacese community. Of course, when they go into different lands, then they wear just the same as

other people to be integrated. But deep down in their being, they have this appreciation for beauty, for everything that is of higher taste and good quality. You know their china. The whole world loves their china, and the whole world loves their silk and handicrafts, earrings, and all that. Even though we have all the precious gems in different countries, the handicrafts, the way they handle the gems and make them into beautiful objects are different, very different. And the way a Chinese lady dressed in, for example, the Ching dynasty, in the royal or the aristocratic dress, is even so different from in, perhaps, the Occidental countries. Everything they do is more refined and more elegant. It is because they have some inheritance in them. It is something inside that they have derived from their ancestors.

Many of our disciples, if they are Chinese, then they would practice very fast and their level goes very high. And Aulacese, also. But if it should be some other nationality, it may be a little bit more difficult than with the Chinese or the Aulacese. And that is from my experience; please don't be offended. Maybe you have to prove it to me today that you are better. But many of our disciples are from different countries also, but perhaps they're not so used to the so-called "oriental," way of meditation. But actually, this is not oriental. This is continental; this is international.

A Balance of Orient and Occident is Needed

Our life, if it should be fulfilled, then it must be two-sided. There are some things in the Chinese that are lacking; there is something that we have in the Occident that the Orient doesn't have - the practical side. Therefore, the Occidental people have progressed more in mechanical and electronic ways, and have many other civilized instruments or inventions. And also their way of life is more hygienic, more organized, and more in order. Therefore, if both of them, the Occident and the Orient mixed together and learned from each other, it would be fantastic. The Chinese should learn the practical side of the European and American people, etc., and vice versa. That is why God has placed the Chinese all over the Earth, and the Aulacese as well. They are both very similar in their way of life, taste of beauty, and everything else.

If we are too spiritual and not practical, then we seem to lack some color in life. For example, in India, many people practice meditation and they are very holy, but the practical side of India is very much lacking. And that is, I guess, one of the many reasons why the Occidental people stepped back a little bit when they saw this outward manifestation of an impractical side of a so-called holy life. But we don't have to be impractical to be holy.

Holy actually should mean “whole,” to be “wholesome,” a “whole” being; then we must have everything. We should develop all sides, all the way round. Then we should, as well, take care of our business, be successful in life, but be wise and holy inside at the same time. Only then, I think, do we truly fulfill the purpose of a human being — that is, to know ourselves and to beautify the world that we are residing in, however short. Otherwise, if we just take care of the spiritual side, then we may be too out of touch with the world, and we may not care so much for the beauty of this wonderful planet which took billions, trillions of billions of years to come into existence. And it took trillions more years to become peopled and as beautiful as it is today. Despite all the damage that has been caused by wars, by natural catastrophes, our world is still very beautiful, especially Hawaii. I have not forgotten your land.

It would be a pity if we neglect this, even though ephemeral or illusionary, environment, but as long as we live in it, and our children will continue to live in it, I think we should beautify it. Therefore the women are putting on makeup, sticking some flowers into their hair, and wearing their best clothes whenever they can or whenever they're out with other people. That is because of the natural tendency of love for Truth, beauty, and goodness in us. And men also love beauty in their

way and express their beauty in their own way. But because men don't need to makeup to look beautiful, therefore they don't do it. [Laughter]

People say women are the beautiful sex, but I think men are more beautiful because they never need any make up. And all the women run after them - since ancient time. It was Eve, who seduced Adam, not the other way around, according to what I understand. I may be wrong, correct me please. [Laughter] Yes, and even then she succeeded only in half of it. He swallowed only half of the apple, or maybe he only swallowed halfway, and it got stuck there. [Laughter] That's why I think many women are restless and worry about their husband's faithfulness. She feels somehow she can't control him or possess him completely - 50 percent, only. That is the instinct in us, I guess.

The Two Duties of Human Beings

In order to be complete within ourselves, we have two ways of doing things. First, we take care of our worldly duty, and that we all do. Perhaps we have not done so wholeheartedly, or we have not realized that work is also a blessing and that we could do away with our give and take with the karmic relations between us and other people in this world. And it also helps us to

be strong in body and mind, since we have to use them for work. It's an excuse for us to let this machine run constantly. Just like a car, if we put it in a garage too long, it will be in trouble. We have to run it now and again even if we don't use it. So the first duty, all of us more or less do already, maybe not very willingly at first, but after we finish the second duty, the enlightenment, we will do the first duty even better.

Enlightenment is not a duty or a privilege of Himalayan saints or Indian sadhus alone. It is everyone's privilege. And it is available even to children from six years old. Our fellow practitioners range from six to sixty, and sometimes over that. Sometimes children of five and a half, or five and nine months, or eleven months and a half, five years old and 11 months and a half came and bargained with me. They said, "Please Master, I have only half a month more and I become six years old. Can I be initiated?" Now, who taught them all these things? It is their own inner God nature that wants to find rest in its own resource. And many of the senior citizens sometimes are over the age of initiation (because of maybe having difficulty taking a vegan diet, or not knowing if they can sit for so long, etc., so we have a limited age for people), but then some of them come also and bargain with me and tell me all kinds of excuses to kind of force us to give them initiation. Sometimes we make exceptions for different people.

What is it that makes a difference between a so-called enlightened person and a not-enlightened person? An enlightened person sees life in a different way. He's more relaxed, happy, and he knows what is in him. He knows what is the great power that makes all things move, that makes one love the other, that makes the Earth so lively, and makes life happier for him. That is the supreme Master power within each one of us, and when we awaken That and use That only, then all other negative, depressing traces of our habits, or collective memory from the past, will fade away. Just like a garden when we plant so many flowers and useful things, then the weeds will become less and less, and also we pluck out the unwanted weeds.

Take a Free Vacation Every Day

If we only are active and center our life in only activities, then we miss one important part; that is the wonderful inactivities, which make the activities more wonderful. It's just like when we have to go once a year for a long vacation. It is because our spirit, our body, our mind needs a rest in order that when we come back to our job, we are more efficient and more willing to do it. Similarly, if we take a rest every day after our work, then of course, logically, we can work more efficiently the next day. That's what makes us happy. No need to

talk about Heaven or anything else. Logically speaking, we do not need to wait one year to take a one-month vacation. Our body will already be too exhausted, and our mind will be too tired to enjoy even that period of rest. And we rush out to Hawaii, rent a room, maybe next to the highway, like me, [Laughter] and enjoy all the traffic noise, the gas smell and all that. And then we rush in, book the airplane ticket, and sometimes we don't get it, and then we rush here, rush there, just to be on the beach and get a quick tan, otherwise people don't know we're on holiday.

That used to be the trend in Europe sometimes, when I was there about twenty or so years ago. The people that come into the office with the brownish skin, we know they have money. We know they can afford to go to Costa Brava - Costa a lot of money to get there. Then when we go back to work, sometimes we are not even recuperated from so much rushing. The husband has to drive long hours to take the wife and children to the beach and take them back, and take them to the coffeehouse and teahouse, and what not. And then after the holiday, he is more exhausted than before he left — some of them, not all, but most cases are like that. The poor husband goes on holiday. Maybe you know better than I do.

We do not need to wait until our body is exhausted,

our mind is already abused, very worked-out, in order to go on vacation. We could do it every day by sitting in meditation. And we don't need to do that in one go, two and one-half hours, even. We can do it half an hour here, half an hour there. We can do it at lunch break, on the bus, while we are sitting on a train, an airplane, on the beach while we are enjoying the sea, in the park while our dog is running around or the children are seesawing.

Meditation is not a mystical way of life that we have to dig a cave in our cellar and make a Himalayas out of it. We could sit anywhere, any time, in a quiet room, even in a bathroom if we don't have any other quiet room. Yes, we do that in some places, or sit in a clothes closet. I did that sometimes before when I was with a crowd of people, or in a big temple with gongs and bells all the time, or in a very busy city. It doesn't matter; wherever we are, we can meditate. It's very, very easy; that's why children can do it.

And we don't need to even cross legs like this. (I'm supposed to sit cross-legged, otherwise, you will think, "What kind of Master is that? Couldn't even cross her legs!") [Laughter] Well, I don't have to. Most of the time when I meditate, I don't need to cross my legs. But it is a tradition from ancient times because in ancient times we didn't have tables or chairs. And most

of the Indian people cross their legs even when they do business transactions. Most of the meditations came from India and China where people sit on the floor and that is a habit, but we don't need to do that. We could just sit like you sit now and if you know how to meditate, just close your eyes and do your thing. Do your meditation anywhere at all and no one will even suspect that you are a holy person. And that's the best part about it. If people know that we are holy, sometimes we get into trouble. I get into trouble all the time. After I have been discovered that I can do some meditation then everyone wants to learn.

The activities of life can go on without any question at all, and they must go on, but if we have only activities and no stillness, then logically speaking, we are not in balance. That's why most of us experience a so-called unhappy feeling in life, unsatisfied. We don't give ourselves the time to rest. We think we sleep and that is resting. That's fine. That's also resting, but it's not enough because we are unconscious, like dead; whereby if we meditate, we are consciously aware of our greatness, of our communion with the greatest Source of the universe. We are a part of it and we're connected together with the whole universal power. That's why we will be strong, patient, and wise. Then we can do many wonders, and people will look at us and think, "Wow! He can work miracles." But it is not

true. It is the universal power that is at work while connecting us with it. It's just like a radio or television network. If we tune in, if we have an apparatus, and we are connected with the whole television network, we can see the program from thousands of miles away. It's not our TV set that has this program. It is the program from the main station.

Ignorance of Our Real Self is the Only Sin

Similarly, when we join in the saintly order, the universal circle, we are one of them. We're strong, we are united with the whole, and then we are no longer lonely. We no longer have to use our individual limited power to do our daily work. Even our daily work will be taken care of and watched over, helped, and blessed by this universal power. And if we don't use it, it is a very great loss to our life. It is the greatest mistake that we ever can commit. That is a very unpardonable thing that we have done or are doing unto ourselves. No other enemies, however cruel, however vicious, could be more cruel to us than if we don't know our greatest power which lies within us, all the time waiting to be awakened, waiting to be of service.

What makes a sage different from us? It is because he knows how to use that power. What makes Jesus

and Buddha objects of worship for thousands of years? It is because They knew what They have, and They made use of this treasure, of this greatest power within Themselves. That is the power that makes all the kings even renounce their kingdoms, made the Buddha walk out from His throne and never want to go back. That is what made Jesus able to raise the dead, heal the blind, etc. We all can do that, no problem. If I can do it, you can. You're bigger than I am. You can do bigger things.

A room is valuable not only because it has beautiful walls and a secure roof, but because of its emptiness inside. That's why we can sit here, we can put flowers, we can put valuable objects inside, choice things for our pleasure. Similarly, we have to make our room empty. We have to know the great emptiness inside, and then we can have our choice ideas, choice wishes. Everything will come true if we sit and rest for a period of our busy daily life to discover the greatest treasure within, which makes the richest person in this world look like a poor beggar. We will have the whole universe at hand and we desire nothing at all anymore. Even though we still work, we still earn money, but then just to share it with the world, or just to complete our duty as a worldly citizen while we're in this world. We do without any desire for reward or any attachment to the success or failure that we already try our best in our enterprises to achieve.

There was a great master that you know, Paramahansa Yogananda, he said, when we sleep, we are like God, like an angel. We do nothing; we're so pure and so innocent. That is because in sleep we are in touch with our supreme power within. We are, at that time, one with the Supreme Master inside. We do that unconsciously, but even then, after we wake up, we feel better. We work all day long, and if we could rest for a few hours even, five hours, we feel already much better. Why? It is because we rest in the Source of all happiness and healing power, of wisdom; therefore, we are innocent like a baby. Everyone sleeps innocently. And when he sleeps, he looks just like a child. Even when he has just been murdering someone or making some very tragic mistakes like that in his life, when he sleeps, he just looks like a baby because he's back again to his loving wise Source.

Now can you imagine if we do that consciously every day, then we are more conscious of that greatest Master power which is inside of us. We can accomplish more in life with less effort, and of course naturally we will be happier. When we sleep, we have desire for nothing and we hate no one, because we are at the Source of all wish-fulfilling power. Similarly, if we consciously, while awake, get in touch with this power, then of course we are more conscious while awake, while doing things in this world, and we have less and

less desire, less and less hatred, should we even have hatred subtly residing in our heart. That is only very logical, and nothing mystical, nothing difficult, nothing that we should argue about it. If we do something, of course we have to know the logic of it. We can't just blindly follow someone, or some method, or some theory, and then worship the guru or whatever. No need to worship anyone as a guru, as a Supreme Master. We have this Supreme Master inside, and we have to know it, and that is the only thing to do.

If we only work and work and have no rest, of course, then we become more restless and we become less efficient in our work, because we get fed up, bored with one-sided life. But if we work and rest at the same time, like most of our fellow practitioners do, of course we will be happier. Two or three hours of meditation are equal to many months of rest. In that time of communion with God or that Supreme Master power, which is our original Self, we recharge all the energy that has been lost during the daytime. It's more than when we sleep, because when we sleep we don't know anything. Of course, when we sleep, we don't need to be meditating or anything because we're already God-like, angel-like. The trouble is that when we awaken, then everything starts. All the hatred comes back to us or comes toward us. Every interrelationship between us and other people starts to breed troubles or unhappi-

ness, and then, because we are not sleeping at that time, we experience fully the consequences, the effects, of all these happenings around us. The only solution to deal with this is that we are consciously aware of that God presence, God power, which we're unconsciously aware of while we are sleeping. Therefore, we meditate.

Meditation is the answer; meditation is sleeping while we are awake. Sleep without sleeping. Then we will find all the answers that we need to know about life and death, and how to deal with our daily life, our family relationships, our financial business, and we do not fear even the end of the world. We do not fear recession, we do not fear having no job, because at that time we will know how to work according to situations without standing there stamping our feet, or waiting for something that is not in our share. We will be happy, and we can have a resolution to every problem that faces us every day, and we will be happy in all circumstances. Many sicknesses, many sorrows, will just leave us and all the worldly desires will also gradually say "good-bye." This is the only solution to every problem.

The problem does not lie only in having unemployment or having a subway not yet built in Hawaii, but the problem lies within our own discontentment

because we do not know what to do next in the new circumstances. And every day sometimes new circumstances come without asking, without our welcome. So we have to be always prepared. And how to deal with them, how to be prepared - that we know with the meditation. We know every day, consciously or subconsciously, how to deal with every situation in life, and that's why it is the key to happiness.

That is why we will be happy and surefooted, and we will never feel disturbed or wanting. In the Bible, it says, *The Lord is my shepherd; I shall not want.* [Ps 23:1] That means we have no desire whatsoever once we know the Lord, once we have the Lord as our shepherd. But do we know the Lord? We do not. That is why we have want.

We would like to offer you a technique to know the Lord and the offer is from a very simple and pure motive. We do that with our own finances, our own time, and our own willingness and love for you and for the world. We want to prevent the end of the world. We want to prevent wars and hatred between nations, between brothers and sisters. We want us, including myself, to live a heavenly life while we are here. That is the only motive that motivates us to come here, apart from the invitation from the Chinese community here, and the longing of the Aulacese disciples.

I think I will leave some time for your questions, and I will talk further. Thank you for your undivided attention and love. [Applause]

Questions & Answers

Q: Would the practice of Tai Chi Chuan be dangerous in mixing with the Quan Yin Method? Some people consider Tai Chi a breathing technique.

M: No, it's okay. It's a kind of exercise.

Q: Where in Honolulu can one learn vegan cooking?

M: You can go to the restaurant that I have been to yesterday. What's the name of that Buddhist Vegan Restaurant? You can look it up in the newspapers or the yellow pages. I do not know about the roads in Hawaii. Also, you can come to our Meditation Center and our disciples will try to "cook" you well.

Q: How do you deal with hatred in your dreams?

M: In the dream, you do not need to deal with it. It is only a dream. The problem is when we have hatred

in this big dream, the real dream that we have every day, then we should deal with it. Every time we have this hatred for someone, we immediately realize it and withdraw it; that is very simple. We can't avoid hatred feelings sometimes. It is due to the so-called karmic consequences of last life or everyday life, but we root it out immediately the moment it appears. That is the only thing to do.

The Purpose of Life

Q: What is my divine purpose in this life?

M: It is to know that you are God, to know that you are one with the Father, and use that to bless the world, and bless yourself with happiness. That is your divine purpose, and it is the divine purpose of every human being in our world.

Q: How can I receive enlightenment and be like You?

M: Like me? What do I have that you have to imitate? It is very easy. Whatever I can do, you can do better. Just get initiation and we'll show you how. You may be even better than I. I am just nothing.

Q: How can I achieve joy and peace in my heart?

M: Get enlightenment. Get initiation.

Q: Master Ching Hai, should we supplement our vegan diet with vitamins if we feel the need, minus the gelatin capsule, of course?

M: This is too extreme. It is okay if, now and again, you swallow one milligram of gelatin. Don't be too extreme. The point of being vegan is first to rekindle our compassion for all beings and minimize our violent nature which is inherent within us from life after life battling and struggling with nature and the environment for survival. If we can't help it on some occasion, it is fine; meditate more just to clean whatever little guilt you have inside, and that's okay. But there are many capsules made with fruit gelatin; it is not irreplaceable.

Q: Do you take vitamin supplements?

M: Yes, sometimes when I'm so tired, I don't eat much, and I have to go on tour, one place after another,

seeing different people all the time, I have to do some repairing to this car so that it goes. [Laughter]

Q: How can you meditate without your mind wandering?

M: It takes some practice. Just like at first you learn English and you babble some Chinese inside [Laughter] or Aloha language, but after a while you just select what you want to speak. When you want to speak Aloha language, then you do it, and when you want to deliberately speak English, you just flow English out. That's a matter of practice. We practice meditation and after some time we're so used to it - the effortless tendency to let go, we become ego-less, and the grace of God will pull us up. And we have to do nothing, just become very easy, just like when we're so tired that we just sleep without any intervention of our mind or action at all.

Q: How do we know about the Lord?

M: The Lord is within us. There is a way to know

the Lord. I told you already. We will show it to you. I have seen the Lord. I can show you how to see Hirm. At the time of initiation you will see Hirm.

Q: You mentioned that there is still much beauty left in this world. What do You perceive will be the fate of this beauty with the current increases in population and environmental degradation?

M: You can't say that Hawaii is very ugly, can you? It is still beautiful and clean, therefore many people pay a lot of money to come here and run around on the streets and on the beach, just to enjoy the beauty that exists in Hawaii. There are many other places in the world still preserved in their beauty similar to Hawaii. So we cannot say that the whole is completely in disorder.

Of course, the more we preserve it, the more we beautify it, the better. The root problem is that many of us are not enlightened. We do things blindly, sometimes even with good intentions, but blind; therefore, we destroy many of our beautiful parts of the world. We should sit still for some part of our life and think over, reorganize, our way of life. We can only do that with enlightenment; otherwise, it is very difficult to

rescue our world from the surface.

Q: How can I overcome my inner anxiety so that I can concentrate? Anxiety keeps me from focusing with a single mind and my thoughts are scattered.

M: The inner anxiety comes also from the outer environment. We have fear because of recession, because of the unemployment rate, and because of the insecure atmosphere of our world. Also, we have anxiety because of the seed of worry we planted within us many lives ago, and in order to root that out, we must clear it from the time immemorial. That seed, we have to burn out, and that we can only do by the Light of God at the time of enlightenment. That is why enlightenment is necessary for everything - for the past, the present, and the future.

That is why our fellow practitioners have no fear just like this gentleman, he says he fears no death. Death is the most dreadful thing for most of us. Still, we practitioners no more fear death because we die daily. We can experience going out of the body and coming back, going to different heavens and coming back. Therefore, we fear death no more because we know dying is just coming and going, just like we step

out of the door and come back in the room again.

Q: Regardless of religious “labels” is there a universal Truth to know?

M: Yes, that’s why I do not tell you to change your religious beliefs, occupation, or way of life. I tell you just to know the Truth. The Truth is inherent in all underlying religious principles.

Q: Is there a destination we should arrive at?

M: That is the Kingdom of God, nirvana. But there is no such thing as a stagnant station that if you jump up, then you can get caught under the roof or something. Our human language is very limited and powerless to express the powerful and limitless.

Q: Is existence serious?

M: What is all this “existence serious”? If you slap yourself and it hurts, you know it’s serious. [Laughter]

Q: Am I in danger of not continuing to survive?

M: Why should you not continue to survive? I didn't tell you to die immediately after initiation! [Laughter] I am still here, sorry, and all my disciples are still here. We don't go anywhere. We stay here and get liberated from all of our desires, our hatreds, and our unwanted bad habits. You are liberated already while living.

Q: Will I survive spiritually if I do not follow a specific course toward enlightenment?

M: It depends. If you keep a very virtuous life, then of course, your spirit is uplifted somewhat, to some degree. But if you would like complete knowledge of this Supreme Master power within yourself, then it is better to take an experienced friend to help you. It is faster, less adventurous, and more successful. Just like in every walk of life, every business or new study, you need an experienced friend or teacher to teach you.

God is Light and Sound

Q: Please speak of the Light and Sound of God.

M: The Light and Sound of God come when we are in deep communion with Hirm, when we sincerely want to be back to where we came from. It comes like a flashing, like lightning, like thousands of suns, like colorful rainbows, like beautiful electric shocks. It thrills your whole body; it thrills every nerve, every cell in your body, and renews your body, spirit, and mind. It makes you become like a newborn baby. You are innocent, but intelligent; you are patient, but very wise, very active, very fast reacting.

And the sound is just a kind of condensed light, more concentrated, more powerful. If you sit in meditation after initiation, or sometimes when you are in very deep prayer, it can happen that the sound vibration comes like thousands of musical instruments at one time, but it does not deafen your ears at all. It does not hurt your eyes when you see thousands of suns inside. It does not hurt your ears when you hear a thousand kinds of violins or a great orchestra from Heaven playing a tune. That uplifts you to the heavenly abodes and lets you experience different dimensions of the universe. It lets you know a different power, which is beginning to

emerge within your own being.

That's just about all I can simply explain to you, otherwise, these things are not related to human experience at all. We have never experienced such things in human terms or human existence; therefore, it's difficult to tell you in words. I can just only invite you to experience it. That's why all of our disciples are so happy and so faithful, not to me, but to the teaching that I have brought to them, to the guidance that I have provided to them. If they look very devoted to me, it is because my teaching helps them. It truly awakens their own power; therefore, they are grateful to me, not to this person at all.

Q: Does the negative force get stronger as you get closer to your Lord?

M: No, it's not true. The closer we get, the less negativity, just like the higher we go, we are further from the gravity.

Q: Should I or anyone pray to You when enlightenment is inside us always?

M: All right, you don't have to. Find your own enlightenment; I will be happy and congratulate you

if you can find it. If you see the light of God, experience your own power of wisdom, and hear the sound of heavenly music that lifts you to the sky, to the different civilizations, to the different levels of consciousness, then it is okay; you do not have to come to me at all. I am just speaking to those who don't have them and who do not know how to have them. So we freely help you - no condition, no charge, no binding.

Q: What is Your method of meditation?

M: I'll tell you at the time of initiation. It takes some time.

Q: Jesus Himself said, *I am the Truth, the light, and the way. No man can come to the Father except by me.* He also said that He was the son of God. What are Your views about His statement?

M: He stated the truth, while He was alive. He said, *I am the light, the Truth, and the way.* [John 14:6] Also, He added, *as long as I am in the world.* [John 9:5] Don't cut His tongue in half and just take a half for your convenience. As long as I am in the world, I am the light, the Truth, and the only way; every living Master says that. The Buddha said the same thing.

We Offer Two Methods of Meditation

Q: How do we learn how to meditate?

M: We'll show you. There are two kinds of meditation. The first one is complete, what we call the initiation process; we take full responsibility to help you until you reach your highest destination — visibly and invisibly, until the end of the world.

The initiation, you must take more seriously. You must truly want to go back to the Kingdom of God and to get to know it in this lifetime, get to know it completely, and be liberated from everything. It takes two and a half hours a day for meditation, at least, but then you can meditate five minutes here, ten minutes there - anywhere you can anytime you have free time. Or when you do some laboring work, you can always meditate. When you just sit there on a coffee break, you meditate. When you sit in a restaurant while you're waiting for your meal, you meditate. Everywhere.

The initiated people throw away the beefsteak and they put the tofu in its place. That's all.

At the initiation, we will immediately give you the taste of the sound of Heaven. It lifts you up, and

also you will see the light accordingly — according to your sincerity, you see dimmer light or greater light. Immediately, at the time of initiation, after we've told you how to sit and just relax yourself, etc., then you'll get that. But after the initiation — tofu instead of beefsteak, and many other kinds of vegan hams, etc., or soy cheese. You can eat nuts; you can drink soy milk.

In Hawaii, it is very easy to meditate. There are beautiful nuts here. Nuts are very wholesome, very nutritious. Some yogis in India only eat nuts and milk, but in our practice it's not dangerous and does not require a very strict diet. It's just vegan because of compassion, also for health, so that your body will be more able to withstand the greatest force when you tap inside. It also minimizes the side effects while meditating because it is a long road.

Q: This is a long question. Many Christian ministers describe this period in our life, 1993 through the year of 2000 . . .

M: Give it to me, I will read it. [Laughter] Wow! It's truly a long question. He wrote a book here! [Laughter]

Many Christian ministers describe this period in our life, 1993 to 2000, as being full of troubles such as earthquakes, volcanic eruptions, droughts, famine, storms, and hurricanes, worse than we have had, also, children killing children and their parents or their other family members, an increase in criminal behavior, wars and rebellions. What is your insight about these predictions and events?

Do I need insight for these events? We can have it outside in the newspapers. Newspapers, radios, televisions, and all these often broadcast this news. This is, of course, a very sad event. But this is the last warning from the Heavenly Hierarchy so that the children from the Earth will turn backward into their own safety, into the heavenly security that God has already attached with us before sending us down. This is our “life-preserver” already attached within our being to save us in any catastrophe, any circumstances, bringing us back immediately to life. If we do not rely on this lifesaving power that is within us, then no one, not even God, can help us. That’s why we are running around the world and we keep telling you the message of how to save yourselves - at our own cost, our own time, and our own inconvenience, in the hope that our brothers and sisters will believe in our sincerity, and at least try it and help themselves.

Q: What do You recommend for healing cancer, specifically breast cancer?

M: Please ask the doctors, I am not professed in medical research. But nowadays, many inventions have helped in this field and many people are cured. Also, people say that a wholesome diet, like raw fruits and raw vegetables for some period of time, cures cancer physically, in the physical level. And also some people recommend that sesame seed and whole meal brown rice, chewed 100 times every mouthful, could cure cancer. Many people have tried them and many people have succeeded. Many of our disciples get initiation, practice the Quan Yin Method, and cure themselves without sesame or raw vegan food, even. It's up to you to choose, or ask the doctors for the alternatives.

Q: With all the gurus and spiritual teachings available in this modern age, including other past teachings and also the light and sound, how does one recognize with absolute certainty a perfect master?

M: That's your personal preference, just like when you see which girl you like best. [Laughter] It's your own choice. You must know instantly which one you like best. I can't help you. I am not advertising for my-

self either. If there are so many Masters, so much better for us - you can shop around. But be certain to buy something quickly before all the shops close. [Laughter]

Q: If one has severe food allergies, for example, unable to tolerate beans, tofu, dairy products, and can eat only grains, vegetables, fruits, fish, how can one maintain a strict vegan diet? Is this a karmic problem?

M: There is no need for tofu. I am just saying it because they feed me tofu every day in Formosa. I am fed up with it, so I want to transfer some of my karmic debt. Otherwise, I tell you the truth, I was in India for several years and even in the Himalayas, we don't have any tofu. They just eat whatever is there. They cook lentils and mung beans, which are staple foods in India, and just eat mung bean soup with rice every day. And they are okay; you know the Indian people are healthy. No tofu is found in India, very rare. Tofu is a delicacy in India. Tofu is a product of China.

Q: Is it really possible to clean up our karma for liberation in one lifetime, even with very heavy, bad karma?

M: Yes, it's possible. That's what we're here for. If you're not weary and burdened with so much karma, then you don't even need us. If you are already an angel, if you are already free of everything, then what is the path for? What's the method for? Don't worry about your karma; it's the past.

This room has been dark before we came. Maybe all day long, or many days it's dark, and many nights it's dark. When we turn on the light, immediately there is no more darkness. The light of Heaven will cleanse all the darkness for eons, billions, trillions of years within our souls, so don't worry. That's why Jesus said, *Come to me, all you who are heavy laden and weary, and I will quicken you.* [Matt 11:28] I will help you.

Q: What is the universally used name for God?

M: [Master spells] G-O-D. [Laughter]

Q: Can Jesus forgive sins?

M: He can while He was here, just like any doctor can cure our disease while he's alive - that's his job.

Q: Does the sin of the father follow the son?

M: To some degree, yes. We call that collective karma, meaning the collective retribution within the family. But on top of that, each one has his or her individual collection of bad deeds or good results from good deeds. Karma means both good and bad actions and bad and good results - not only bad ones; most people use it in the negative sense.

Q: Will initiation help me to keep the five guidelines? At first, sometimes it is difficult; what if I fail?

M: It will help you if you are sincere. If you fail, then try again. We can't just immediately walk when we are born, but at least we try. And we try, and we try many times, and now you are walking all over Hawaii, [Laughter] from these first failing steps.

Q: Is there a life beyond death?

M: What do you think? What do you think I am babbling all these hours for? [Laughter] If there is no life after death, I would be swimming on the beach every day, [Laughter] sitting pretty in my tent at home, and saving all my money and buying three or four private airplanes by now. If there is no life after death,

what for am I working so hard?

Q: Tell us about reincarnation.

M: This I have told many times, but of course I have to start from scratch because many of you are new. Reincarnation is just like retarded children who can't catch up with the ordinary class, or an advanced class, and have to stay behind or go to an even lower class for retarded children.

If we get enlightenment in this lifetime, then we have upgraded ourselves to the saintly class, the Buddha [fully enlightened being] class, so we don't have to be reborn again as human beings. If we want to, and then we become a teacher, just like we already passed the exams and we come back to be the teacher of high school. We are also in the high school with every student, but we are the teacher.

Q: Do you believe in Jesus Christ?

M: Do I believe in Him - what do you think, yes or no? [Audience: Yes] Yes, of course. He wants a silly answer. [Laughter]

Q: What are the similarities between Buddhism and other religions, and what are the differences?

M: There are no differences. The differences are that the Buddhist canons are plentiful — thousands of them, due to good collection and the long life of the Buddha. And the Bible, there is only one because Jesus lived only three and half years to do His mission, for example. Other religions, it depends on how people collect the teachings of the old Masters that they become long or short, big or small volumes.

But all and all, the underlying principle is that there are two ways to life. First, the ordinary life on the physical level, we have to fulfill our duty wherever we are, whatever job we take, and do it wholeheartedly — loving our family, etc. On the higher level, we have to know our highest ability, which is lying dormant inside. Knowing that power, we can live in Heaven while journeying on this Earth simultaneously. Also, knowing this power, we can do our jobs better on Earth; we can be good guests on Earth and live a richer life while we are here. All religions teach us that — nothing more.

Q: How many levels of consciousness are there? How can you find out which level you are on?

M: Before we reach the highest level of Truth, we have to go through five levels of consciousness. We can know that by recognizing the intensity of light that we see inside. And also by the scenery, the heavenly abodes that we see inside, we can recognize which level. Another way of recognizing it is through the sound. Each level of consciousness vibrates at a different oscillation, and then by knowing which sound is corresponding to which level, we can more or less testify to our own achievement.

After some time you become an expert; you don't even bother about that. A person just opens his mouth and you can judge him, even from his talk or from his way of doing things, of his work even, you can judge that person. Not to criticize or to do anything, it is just that if we should want to know that person's level, we know it immediately, without having to look inside to search for his light or his sound inside his being. And we can judge our level of achievement inside by our own outward actions, like we become more loving, more tolerant, more dedicated to the course of human beings at large; we become more patient, just more enjoying. This we can know by daily observing.

Desirelessness Comes From Contact with Our Source

Q: You say meditation will lessen your desires of want, but no matter how happy my mind may be I still have many wants. Can You explain why?

M: Do you meditate — the person who writes? Maybe you don't meditate the way to meditate. I can't be responsible for that. [Laughter]

When I say, meditate, I mean the Quan Yin Method of meditation because we are in contact directly with our own Source of all happiness, of all wish-fulfilling power. Then and there you will be happier and have no want. Ask my disciples. But of course, some of them get it slower because their level is different, but some get it quicker. Eventually all desires will just go. We don't reject things; desirelessness doesn't mean detesting everything in this life. It's not true! We like things; we love things. We take care of things, but we are not attached to things. Should things not be there at our request, we're not bothered. That is the desirelessness state.

But it doesn't mean you don't want to go and make

money — no, no, no! Go and make it! [Laughter] Be as successful as you want to be; work for it. Use your wisdom inside to be more successful even. Earn as much money as you deserve and want; if you can't use all of it give it to me. I can make use of it. [Laughter] I'll give it to the Philippine volcanic victims. I'll give it to the Au Lac refugees who have no clothes, no bedding, no mosquito nets. I'll give to the poor in Formosa, or in many other places.

We have many uses for the money, so don't be a failure! Work for the money if you want it. Buy everything you need; whatever is left over, give it to the Vatican, to the temple, to me, or to the poor. No, don't give it to me. I will not accept your money. I am just kidding. But should you not know what to do with it, I'll tell you what to do. That's all. But you use your money yourself. I don't accept any donations.

Q: Why must one become a strict vegan to experience enlightenment?

M: No, you don't have to. You can experience enlightenment without a vegan diet, but to be completely enlightened and to keep the state of happiness at all times, we should grant happiness to all beings as well

in a complete way. Give them no fear, give them no threatening atmosphere wherever you walk, and then you'll experience free feelings and a very, very loving atmosphere always around you. That is the more complete enlightenment.

Being vegan alone doesn't bring you enlightenment, and doesn't make you become a Buddha. All the cows, the buffaloes, and the horses — they're all vegetarian. [Laughter] But that is the great way to help us to achieve complete enlightenment. Because a Buddha without complete compassion is lacking. That's all.

Q: Is there another living Master now who teaches the same method?

M: Why are you so interested in other Masters? Am I not good looking enough for you? You hurt my feelings, you know? You don't know how to be good to a woman? [Laughter]

Okay, there will be plenty, go and look for yourself. Go to the Himalayas. It's fine with me. The bird has already come into your house, you don't catch it, and you keep looking for the bird in the sky. What for? [Laughter] Yes, laugh. Have a good laugh at yourself.

Q: Would You tell us more about the true teachings of Jesus compared to the Christian teachings today?

M: The two are right. The Christ's teachings in His time and the Christian teachings at this time are right. Both are right. Maybe the present teaching of Christianity is missing or has been censored in some part, but this I dare not say, in case I'll be in trouble. The other teachings of Jesus while He was alive may be more and recorded. According to the Dead Sea Scrolls that I have read, (supposed to be very ancient, recorded even while Jesus was alive) some things are missing in the Bible.

But on the whole, the teaching of Christianity today is okay. The only missing part is that Jesus is not there. That's the greatest missing part. Now we replace it with a direct line to Jesus. Should you want to see Him, you can see Him; you can talk to Him; you can learn directly from Him because He never died. If the church or any other organization in the Christian body can help you to get in touch with Jesus and get a direct line to God's telephone number, then it's more correct, more fulfilling, more complete. If not, then we can supply this missing part for you. That's all.

Q: What ideas of meditation should you input into your mind, any specific ones, to be in touch with the universe?

M: If you would like to learn, of course, we will teach you later. You stay behind, and I will ask some of my disciples to teach you more properly. Otherwise, you just pray very deeply, very sincerely, while you pray, anywhere, not only in the church, but also in your house. Anywhere you go you must always try to remember God, the greatest power within us, and pray very deeply. Close your eyes or open your eyes, but pray very deeply and then that is also a kind of meditation. Now and again or often, according to your sincerity, you will get the response from the Supreme Master power that is within you.

Q: We all need good water and air. Leaders in industrial countries pollute all over the world. How can their awareness and actions be changed?

M: Tell them to go and get initiation. Otherwise, there is no use talking and debating all the time at the intellectual level. Most of our intellectual understanding is very stubborn, clinging to our own view and not considering others. That is why all these things happen,

which is very sad. I think all the people should get initiation, get enlightenment, and all the worldly problems will be easier to solve.

Q: Do dreams in sleep have any teaching significance to daily life?

M: Yes, sometimes the dream is a kind of symbolic expression of some event or something that we have to learn. But we have to be expert at it. If you want to learn about these dreams, then go find an expert, because our dreams are plenty and sometimes they're meaningless. Sometimes they are just a following-up of the daily events while we are awake and don't mean anything.

Q: When people invade your psychic space, should we surrender to it or should we fight it off?

M: Of course not. Everyone has the right to his living room physically, as well as his psychic. No one should invade other people's psychic space; should it be done, you ask sincerely that it should be gone. Ask the God power inside to help you. Protect yourself with the faith of your religion, but be faithful enough, be strong. Otherwise, we have initiation for you. Use the greatest power, and then everything will leave. In the

presence of the King, no other topsy-turvy being can be present.

Q: If I am taking medication under a doctor's orders, can I still be a vegan and be initiated?

M: Yes, sure, why not? Medications are not drugs. What I mean by drugs are the drugs that your country forbids. Those I also forbid, for your sake. They ruin your life, cost a lot of money, and make you a dependent wretch, where you should walk like a king, like a God on this Earth, and bless the whole world with your greatest power and wisdom inside.

Q: How can one be happy?

M: After all these hours, I think your neighbor can tell you. [Laughter]

Q: How can I serve humanity?

M: By getting in touch with God, we serve best. Otherwise, do whatever is in your power to express

your love wherever you go, to your neighbor, help the needy, and fulfill your duty in the family.

Q: How can I express my God Light?

M: You can only express it when you have it. So, have the God Light first, and after initiation then you can express it. We can't show the money when we don't know where the money is. Even when we have it, we must know where it is in order to show it to people. Even though you have God Light within you, you must know it first, contact it first, and then you can show it to the people. I can show you the light because I have the light. I am in possession of the light. I know I have it. You have it, but you don't know — that's the difference between us.

Q: I would like to find a good husband. Is it okay?
[Laughter]

M: By all means, yes! Why not? [Laughter] I also would like to find a good husband. [Laughter]

Q: When meditating, how can you concentrate your thoughts without being affected by daily life?

M: It will become natural after some time of practice. It will just be effortless; you don't even know when you think or not think. You just sit there and it happens. The lights will come, the sounds will come, and then you are oblivious of everything. Whenever you want to come out of it, you will be aware of everything again. It's very easy.

Or, does she mean that can she find a husband as well, and then also meditate? It doesn't matter at all. Most of our fellow practitioners are married people; it's no bother to spiritual practice.

Q: Why must we have the initiation in order to know how to meditate?

M: Because you don't know, that's why. Just like if you want to learn any skill at all, you have to go and find a skillful person and learn from him. We don't want to be an irresponsible guide. We have to teach you from the top to the bottom because you'll be alone when I am gone. You have to know everything about how to deal with the problems. Sometimes the negative power within you arises, and you have to know

what to do. We have to tell you everything. That is the process you must know, but the initiation goes without language. You just sit there and you get everything you should get.

The instructions are only for the mind, the intellectual doubts, and all that. And all the pitfalls sometimes encountered during the journey to the Kingdom of God, we have to tell you. But the initiation is non-verbal. During the true initiation I don't talk to you, and I don't even need to be present at all. I could be in Formosa, in Japan, anywhere, and I can place someone here to tell you the instructions and you get initiation from me all the same. In initiation, the most important part is your own sincerity of wanting to know your own Self and that's how you can get your own answers.

Q: Is it justified if I kill a murderer in order to stop his killing of other human beings? If not, what should I do?

M: Tell the police, because if you kill him, you are the killer and the police will be after you. So tell the police to do their job because it's not your job, all right? But maybe that person will be repentant, so give him a chance. When he's in jail, he might be repenting or

he might read some “Immediate Enlightenment” book and then he will turn his life around.

You never know what makes a person turn into a murderer. It could be many complicated situations; it could be a very intricate system of society, or some kind of trap that he falls into and then he can’t get out of. We can’t just take justice into our hands without considering a lot of his background and the previous life’s karmic net between the different people’s relationships. Sometimes we judge him unjustly. The murderer came maybe to kill those who killed him before, and now, if you kill him, next time he will come back to kill you. So it never ends, this devilish cycle. We had better not use violence for violence.

Q: What is the difference between a monk and a layperson?

M: The difference lies in the heart, not in the outer outlook. If a layperson is very dedicated to God while fulfilling his already-given duty to him, then he’s also a monk. A monk is luckier. He’s official, and everyone knows that he’s a monk. Just like policemen — the official police wear uniforms and look dignified, but secret agents are also policemen. Both are doing the same du-

ties, so who can say what is better, what is different. It depends on what you do and what you aim for in your heart. Your motive is very important, not the outlook.

Q: What causes a person to become a monk?

M: How do I know? [Laughter] There are too many monks; I can't ask them all. Go and investigate. You better know your Self; the monkhood is within you. The renunciation of all renunciations, that is monkhood. That is truly what a monk is.

Q: Are there such things as evil spirits or demons or Satan that possess people?

M: Yes, there are such things, but many of the evil spirits are within the hearts of the people. When we generate hatred, when we generate oppressive thoughts toward other people, we breed these unpleasant, electrical, invisible currents into the air, into the atmosphere. They condense together and make it become a force that is frightening to reckon with for whomever passes by, for whomever comes into contact with that environment, which is full of hatred and full of dark, oppressing force. It is better that we always think good,

do good, and talk good. Think God, do God, and talk God. Even realize God is better still.

Q: Do You advise people to seek counseling from psychics or fortunetellers?

M: That is for the people who are not enlightened. Of course, they depend on anything. I can't tell them to stop it because they will be going all the same. But the enlightened people take matters into their own hands. They control their own life and they regulate their karmic pattern. They need no psychic reading or no fortune-teller to tell them what to do next.

Q: Are there ghosts or earthbound spirits? How can we help them?

M: Help yourself first, please. [Laughter] We are the living and we can't help ourselves, never mind the ghosts! We can't talk to the living beings. It's more difficult to talk to ghosts.

Q: Please tell me why sometimes I feel very lone-

some and sorrowful. Why can't I be happy and have no worry?

M: It is because we are incomplete. Everyone feels lonely now and again and often to the point of suicide because nothing in this world, even the whole kingdom of Earth, could satisfy them. That is because they know they had better things before — before they came to this world, before they got entangled in this maze and forgot their origin.

So, go back to where we belong. Find your greatest treasure, which satisfies every great and small need in your life. Even the sexual appetite will decrease; even the greatest beauty on Earth will not have such enticing power over us as before our enlightenment. Enlightenment is just that we know ourselves. We know how complete we are without having to be combined with the other sex, or the other opposite force. Inside we have yin and yang, we have positive and negative, we have the female and masculine aspects within our being. If we unite them both, we balance the yin and yang, and then we're complete. We're whole, we need nothing, and we never feel lonely.

I stay the whole day in my room and every day in my room for many months sometimes if I don't have anything to do or I don't have to go out to lecture. I

don't feel lonely. The more people I have to see, the lonelier I feel. The less I will feel not lonely because when I'm with people I have to go outward - my tendency goes out, my energy goes out, my focus goes out to take care of people, to listen to their needs, to feel one with their trouble, sorrow, and their loneliness.

Then I'm lonely because I forgot my complete Self, at least for the time being, or I have no time to be one with that, or I separate a little from it. In fact, I'm never separated from it, but at least my mind, my focus, my attention, is separated from this complete happiness Self; therefore, I am lonely. When I am alone, I'm playing with myself or I'm merging with myself. I am just complete; therefore, I'm never lonely. So that's the paradoxical question for you. Try it and you will know it, but be enlightened first, please.

Q: If you are enlightened, can you heal the physical ailments of others?

M: You can, but it's not the most noble aim for us, the enlightened persons. We come not for physical reward but for the healing forever of the soul from all sorrow or sickness, forever and ever. But the physical ailments do go away also. Many of them or some part

of them will go away, even cancers. Many of our disciples are healed automatically.

Even when they've been already pushed onto the operation table and then injected with the anesthetic injection, but then the doctor found that the cancer of yesterday is gone! So they pushed the patient back out again and said "sorry." Yes, something like that will happen, but we should not aim for physical healing alone when we want to see the Lord. We just ask for a very little thing if we do that. It's as if we went into the king's treasury room and he said, "Take whatever you want," and you just wanted a glass of cold water. That's a great loss to us; that's all.

Q: In Christianity it says Christ is the son of God. In Buddhism, is there a relationship between Buddha and God, and how are they related?

M: Buddha is also a son of God. All of us are sons of God. Jesus says that we are all children of God, but some know it, and some are too young to realize it. Just like two princes, one is grown up and ready to take the throne, the other one was just born and doesn't know he is the prince. Both of them are princes

Q: How long do I need to meditate each day when

I just get started?

M: Twenty hours. [Laughter] In German, they say “Eins gut, al ist gut,” which means whenever you have a good start, it will end good. You might start with twenty hours. I give you four hours to sleep, eat, go to the toilet, and all that. [Master & audience laugh]

You meditate as much as you can for your own sake. Even if I say to you, two and a half hours, it's already very little. We work eight hours for a few thousand dollars a month that feeds this body only for a few decades. And we couldn't work for the whole Kingdom of the Universe for two and half hours a day? That's a very great bargain. Make your choice and do what you want to do. I am only suggesting and helping you if you need, but the choice is yours.

The End

We Are the Supreme Master

Spoken by The Supreme Master Ching Hai

March 28, 1993

The Neal S. Blaisdell Center

Honolulu, Hawaii, U.S.A.

(Originally in English)

How is everyone? Aloha! [Audience: Aloha!] Have you had a nice morning? [Audience: Yes!] Good breakfast - bread, soy butter, sausage, ham, milk? Bread and soy milk are good, but sausage, ham, never mind! We eat whatever we think is proper and necessary to nourish this body. It's just that there are some foods that are a little bit more poisonous and not helpful to the body, spirit, and mind. The other foods are more helpful to us in attaining something higher than life. Similarly, there are many paths to enlightenment and we may choose whatever we think is suitable to us so that we can nourish our soul and make it grow up and become one with God.

Anyhow, is this too serious? Should I crack a few jokes first? I don't know much about Hawaiian jokes, and the jokes I told you yesterday about my apartment next to the highway due to my disciples' recession in our traveling budget, you heard already. Probably you

read the newspapers and have heard that there is a recession everywhere in this world now due to economical problems. Therefore, they also recessed my budget for traveling. Everywhere we go they rent a cheaper room, even if it is on the edge of the highway. [Laughter] Well, I pretend to be a very “highly developed” person and I hear nothing from the outside world. [Laughter] But that naturally provides plenty of lights and sounds: the lights from the cars at midnight, and the sounds of continuous traffic. [Laughter] You can pretend that it is the sea wave sound, and it’s also amusing sometimes. It’s okay. Meanwhile, I can also listen to the sounds inside by a special technique. Therefore even if I live next to the highway, it doesn’t affect much our spiritual practice. So a special technique is also very necessary, similar to a special diet.

Everything Is God’s Will

It’s not that we try to tell you what to do. It’s just that some of the ancient Masters have had experience in experimenting with what is the best way for us to reach God, to reach the Supreme Master, which is within all of us. It is the Master of all Masters. Without this Supreme Master’s guidance, we do not know why we

are here and what we should do. And whenever we do something, we never can be sure whether it is correct or not. It's not that we don't want to do correct things, but it's just that sometimes, or most of the time, we do not know what is God's will, or what is the proper action to take in different circumstances. Therefore, we make mistakes.

We have heard that everything is God's will. Even a hair falling down from our head is according to the Lord's prearrangement.

But then why do we have to suffer for what we do? As the Bible says, *As you sow, so shall you reap*. [Gal 6:7] Isn't that paradoxical? Isn't that too unfair for us? Well, it isn't. It is unfair in one way and not in the other. Unfair, because if everything is God's will, why should we be punished for the things that we do? But it is fair, because God has given us a way to overcome all these fearsome, so-called punishments. It's just that we do not know how to use it, or maybe we do not want to use it because life after life we have been used to the so-called "easy" way. We do what we feel like doing at that moment. We live our life according to the dictates of our habits and the collected information that we have through our eyes, ears, nose, touch, etc. We have forgotten God's commandments.

Many of the people ask me, “Why do we have to practice? Why do we have to sit in meditation?” Actually, we don’t need to “sit.” We can lie down just as well to meditate but then when we lie down, we are just down! You know, lie and down? [Laughter] Instead of hearing the inside sounds, we might hear the outside sound - snoring sound! [Laughter] Instead of seeing the vision of God or Heaven, we see all kinds of dreams, nightmares sometimes, which trouble us when we wake up. Therefore, when we sit, there is less chance of going to sleep. Even if you do sleep, you will fall down on the floor and then wake up immediately. At least you can sleep maybe five or ten minutes, and the rest you meditate.

There is a difference between sleeping and waking visions. When we sleep, sometimes we have visions or dreams that are very useful for our daily lives. Or maybe they predict something in the future and prepare us for some event that we may be able to avoid should it be unpleasant, or to amend should it be a little bit grave for us. These are the dreams that are sometimes true. But very seldom do people have the ability to analyze their dreams and make use of them in their lives.

What is it that makes people sleep and dream these dreams that are so useful, which predict something in the near future or some true events? It is because when

we sleep, sometimes our soul gets in touch with the Source of all knowledge and peacefulness. Then sometimes the mind, at that time, is not truly asleep; therefore, it can register some of the information that we have gathered in the storeroom of wisdom. When we wake up, we still remember it. Otherwise, most of the time we just remember vaguely that we have dreamed, but we can't remember the details of the dreams. If we bring this sleeping information into the waking state, it would be more useful.

To meditate is to sleep, but in a wakeful state. Then all the information we have gathered within the storehouse of wisdom, we can see clearly, consciously, and know what is what. That's why an enlightened person is wiser, happier, and content, because he knows what to do. The subconscious mind also has all the information open to it to know even the past lives and the future events. But that is just a between-state; it's not the highest state even, you will be surprised to hear. When you reach the highest state, you go back to ignorance. [Laughter] Is that very disappointing? Don't worry, this is a different one.

There are two kinds of ignorance. One is the ignorant ignorance, and the other is the saintly ignorance. Both look the same, but are not! It's just like scientifically we all know that two extremes look alike. For ex-

ample, very intense darkness or very great light, both we cannot see. In the extreme darkness, we don't see any light, or in the extremely high frequency of light, we also cannot see the light. Both look like darkness, but it is not so.

The Light inside the light of the Extreme Intelligence is without shadow and substance; that's why we can hardly see it with our eyes. Even if sometimes we see it with the wisdom, which doesn't need an eye, we still feel like it hurts our physical eyes. But then afterwards we will be used to it. It will feel as if we are looking into very ordinary daylight, and it won't hurt anymore.

The Sage Looks Like the Ignorant

One of the people asked yesterday what it is like when you go into the samadhi state. He asked me whether the highest level is when you become nothing, and you are not aware of your body, not aware of your environment, and all that. This is not even the highest state. In the highest state, you are able to function in your daily life just as an ordinary being while having a super-awareness surpassing that of the mind-comput-

er - an awareness of all things that are going on in the universe. Therefore your mind might not know about it and you will look like an ignorant person. But everything is done at the level of soul consciousness, universal consciousness. And every being who thinks of you, who prays to you, and who needs your help, you will be able to help them, to hear them, to see them, to tackle their problems accordingly without the interference of the mind.

The mind is just like a computer, only. Even if we use the mind, it's not that great. It's limited, and we can't be all pervading, omnipresent, etc. The sage looks like the ignorant; it's like that. And the sage could be always in samadhi, (meaning in the absolute state), but he doesn't look like it. It's not necessary that someone always sits there, cross-legged and unmindful or unaware of everything going on, always in a blissful trance within himself. Not necessarily is he the greatest sage or has he the highest attainment. If he is not yet able to function within our worldly life as a normal being, then he has not yet arrived at the highest level. But then that's what makes it difficult for us to realize who is the highest one and who is not.

Normally, we have the conception of a sage or yogi sitting in the Himalayas and not moving at all, like a piece of lifeless stone or something. It must not be so.

Of course, if an enlightened person has nothing to do, then he would sit in meditation, read books, just walk around, or do anything - cooking, running, standing, or sitting cross-legged, or not cross-legged. This has nothing to do with the state inside of a person. In our way of practice, it is difficult to detect. Suppose a highly developed person sits next to you right now. Probably yesterday or just before he came here, he had a very high vision of the Lord or high revelation of some kind, but then now he just sits next to you and you do not know, do not see him as such. Even though we may feel the very harmonious atmosphere, which generates from that person, most often if we do not pay attention, we may not even notice. We just feel good, but we don't know why. You might think, "Today I am happy, my body is healthy, or I ate sausage, it was very nutritious, or something that makes me feel good." It's not necessarily so. Therefore, in our daily lives, if we truly look for God, we can see Him anywhere.

I may report to you that in this age of much trouble and disaster, we also have great hope because God has ordained many saints to come to our world. And the messages are almost identical; that is, we should seek the Kingdom of God first, then everything else will fall into place. Normally we try to take care of the worldly problems first. We take things into our hands; we try to run the universe. But we always feel very disappointed

because even the best leader in the political field can only satisfy people temporarily, and bring them some kind of material comfort. We cannot take care of the whole world by just our political skill or any other ability, and that's the problem. It doesn't matter how good our intention may be. It is because we have to first seek the Kingdom of God.

The Kingdom of God means this supreme power within us. We have connection with it, and that's why it is said that God made man in His own image. "Image" doesn't mean our profile, our body, or our way of life. It is the image of the invisible, universal power that we are made of; therefore, the creative power and destructive power are also within us. Most of the time we see disasters that come from Heaven, for example earthquakes or anything else, and they destroy a lot of houses, many things, many lives. Then we think, "That's terrible! How terrible! How could God do this to mankind?" But it was not as terrible as when we dropped an atom bomb, and the effect was longer lasting. More lives have been destroyed in wars than in any disasters. Is that not so? [Audience: Yes.]

Make Good Use of Both Powers

If we stop to think about it, most of the disasters are brought upon ourselves by our own misunderstandings, our misuse of the power of God. God has given us the constructive power and the destructive power for different uses. We should destroy what we need to destroy, and we should build what has to be built. But sometimes we use them in the wrong direction. It is because we do not know the better way; we are not illuminated by the light of wisdom.

It is very simple to find God. It is very simple to know ourselves. The only thing that stands in the way is our own ego — our own preconceived ideas about what to do, about what God is, and how to find God. Actually we are endowed with this power, and it is no big deal to find It. If we have something in our pocket, is it difficult to get it out? No. If I have these beads on my neck, is it difficult to give them or to show them to you? No, it isn't! It's just because our attention is always wandering around looking at lamps, seeking things and all, that we forget what we have.

Therefore, I say “immediate enlightenment,” because it is there already. It's just a matter of turning the attention to where it is, instead of turning the attention

all over the place. Why do we have to turn the attention to this power? It is because without this, we can't work properly. We make a mess of our world, of our life, and of everything we have a good intention to accomplish. That's why the world is as it is today.

Thousands, billions, trillions of years and we have not advanced to the civilization standard of other planets. For example, other people have UFO's; we don't. It's all right to envy the neighbor who has a Mercedes or Rolls Royce. Why don't we envy the neighboring planet for UFO's? It would be a faster and higher aspiration. Now other planets have UFO's for sale. The price is reasonable, it's just we can't get there to buy them and they wouldn't dare come here to sell them. [Laughter] Some of the planet businessmen are very eager to come here to establish their enterprises with our earthly people and to teach us higher technology, but they dare not come. What with the polluted air of our Earth, they would die when they landed. We would probably rob them before they had a chance to open their mouths to talk about a deal. Or we might shoot them because we'd think they were invaders. We doubt everyone except our own ignorance. That's the trouble with us.

With all the money we have spent making rockets, trying to go to Mars and all that without success, we

could buy UFO's, because on other planets, the materials are cheaper and more durable than ours on Earth. For example, the diamonds there are in big blocks, so if you want to wear diamonds all over your body, it's fine. It is not necessary that we buy just a piece like this [Master holds up Her necklace] and it costs hundreds of thousands of dollars. Some good ones cost a lot of money. But on these kinds of planets, they use diamonds to make UFO's because they are more durable when they are in contact with the atmosphere. When it's rubbing with the air, if the substance is not durable enough, it will break.

Sometimes their techniques also have trouble; some of the first ones broke down a long time ago. We have read in the newspapers that we have found pieces of these broken-down vehicles and some of the fragments of the beings there. Maybe this was one being that was a kind of robot anyhow. Other planets are more technologically advanced because they are more in touch with their wisdom.

We thought that Jesus and Buddha died and then disappeared into nirvana; it is not the truth. We can contact Jesus and Buddha if we have the ability to do so and if we can locate where they are. What dies? It is just the fleshly clothes. I wear this cloth, and after some years it will become decayed, fall into pieces,

and become dust again. Similarly, our body is just a different kind of fabric. It decays a little bit; the decaying process is longer and just gives a different smell. That's all. It is not we who die. When we say so-called "living," we mean that we move, we talk, we love each other, we can feel each other's feelings. When we so-called "die," the body is still the same, the brain is still there and everything is intact, but still we can't move, can't feel anything through the body at all. The body just lies there just like a discarded garment of no use. That is because the real "We," the real "I," just got out of it.

Similarly, in the meditation practice we come and go into the body at will, just like when we take off the clothing that we wear and change into another or put it back on when we come back. It's very easy; therefore, children can do it. Children do it even better because they are not so complicated, do not have confused pre-conceptions about what it is like, what it is not like, about God and whatever. Everything they think is pure and simple. Therefore, if we turn into a child, we can experience God faster. It is very simple to say, "I turned into a child and I experienced God," but it is not easy to do so if we don't know how. It is very simple, but it is not easy because we don't know how. It's just like you put your glasses in your pocket and then you are busy doing some household work. Later when you want to

find your eyeglasses, you can't find them. You look all over the place, you turn every stone up, table, and everything, and you can't find them. They are all the time in your pocket. If you don't look there, you can't find them. That's very simple.

Everyone Needs Enlightenment

Therefore, immediate enlightenment is nothing to question; everyone can have it, and immediately. I will just show you where it is. It is inside you because the Kingdom of God is within us. God is all the nobleness, the goodness that all humanity generates together, has created together. That is why God is within us, and that is the common good of all mankind. We can make use of it or we don't have to make use of it, it's up to us. If we use it, it's so much better for us in our daily work even, and so much better for our planet. We can see how fast we grow into the galaxy's united spirit and work with all beings on different planets.

Our life could be more meaningful, more colorful, more broad in every aspect, instead of clinging to a corner of our Earth and knowing not much about why we are born and why we have to die after so much trou-

ble of birth, growing, and enduring so much suffering and so much misery that are not always entirely our fault. And we don't even understand where we come from and why we have to come. Therefore, enlightenment truly is a must for everyone. Why should we live in darkness when we could switch on the light? If we know where the switch is, the light is always immediately turned on. Similarly, the Light of the whole Universe is within us; we have to just plug in or switch on, and then we are in the Kingdom of God, we are in the light.

We are here to offer you this knowledge of how to turn on your heavenly vision, television. You can watch and see what else is there, apart from our ephemeral body, apart from our limited Earth, apart from our very small amount of knowledge. We always worship the saints and sages of the past and the present. We envy them, love them, and adore them, but why? It is because they have found their greatest supreme power. We are exactly the same as these saints, not a little bit different, not at all different.

It is better that we turn and worship ourselves. Know how great you are and then worship your Self. Everything is there for you. You don't even need to ask for any blessings. They will flow into our lives every day because we are the Source of all blessings, of

all wisdom, and all love. Then, whether the neighbors love us or don't love us, we just love them. We feel fulfilled in our giving and our loving instead of expecting any love from other people. People will be also infected by our love and our wisdom; they will also become enlightened. Whoever even looks at us once will be different, never the same again.

That is the power that we possess. We can use it anytime, anytime at all, if we know where. Just like electricity, if we know where to turn on the switch for the whole house, the electrical power is for our use. We can use it for cooking, turning on the fan, for the air conditioning, for the refrigerator, for video equipment, for television, for everything we wish to use - but only if we know that we have electrical power inside our house. That's what we want to offer you - to know what you have and how to use it. Otherwise, we do feel sorry that people live the way they do, and they shouldn't! They don't deserve to live such miserable lives. They are God's children; they have God within themselves. They can let God rule and run their lives and do everything for them in God's wisdom instead of in the limited brain-computer power.

We run around ten hours or eight hours a day trying to do many things and trying to accomplish a great deal but we can only do so much, and our world is still like

this. Even if we advance in some of the electromagnetic fields or in technology, we regress somewhere else because we don't do it with wisdom and we don't enlighten the world with the true wisdom that everyone has.

We try to copy some of the apparatuses from the astral world which people reject up there, throw into the garbage, and here we pick them up and they become our top, best-selling inventions. Most of our technologies are rejected things from the upper region. The best thing is to enlighten all the people of the world, and then each one can use his own greatest power to work together. Otherwise, if some person is working very hard here to do something, many of the others are against him. Many of our techniques are very destructive. We cause a lot of damage to our world because of our so-called intelligence.

Intelligence and wisdom are different. Wisdom is wiser and we can see the whole Universal Plan. Intelligence is just from the brain. We collect some information and we pull it out again, very limited. That is what we learn and we see, the influences from other beings, and is from very material information. If we use wisdom, we have the whole storehouse of the Universal Plan and then we can pick up whatever we need to benefit our world and ourselves. We can live in a higher

state of thinking, a higher state of perception. It's not the way we think as we do now. It's just like when we grow up, we think differently. We know things in a wiser way, not like when we were children and we did not know what was behind many things.

To be enlightened is to grow up in spirit and to do things in an adult way. We have the ability to do this if we just know how. Of course, after enlightenment you will probably see things differently. You will see things just as dreams and have no more desire even to teach people. But then because of the destructive world, because of the misery of the world, because people call on you to help, you will have to do it for the sake of other people. Otherwise, to the enlightened sage, there is nothing to do.

Okay, I think I'll leave you to ask questions. Thank you very much. [Applause]

Questions & Answers

Q: Dear Master, some meditation practitioners claimed they saw a vision of a great disaster in the world. During that disaster, millions of people were

killed. Is that real? What is Your opinion?

M: It will be real if many more of our worldly residents do not wake up and use their own great saving power inside. God has given us the lifesaving power, but most of us don't use It. Of course, everything is created and will be destroyed in the proper time if we don't have enough creative power to sustain it, to restore it. Just like if a house is built, but we don't repair it, even if we have all the tools in the house, all the paint, and all the equipment to repair the house, but we don't do it, then the house will be pulled down or damaged by itself. Even if the house is pulled down and damaged, we have emergency exits and all that. But if we don't know them, and if we don't use them, of course, we will be in danger. Therefore, I would like to offer you this opportunity to save yourselves at least, should it come to that. But how many people hear me? The thing is so simple, unconditional, and then all this power will come to you; all the knowledge of your past, the memories, will come to you; all the skills of life will come to you. It's so simple, but how many heed this?

They keep asking me all the time about the end of the world! We will end anyhow when we die, so we might as well save our souls. If we want to save the world, we have to contribute our power, the supreme

power. We have to take It back and use it; otherwise, who else can do this? The angels have their world, their duties to do; Jesus is teaching somewhere else more advanced than our Earth; Buddha has gone to Buddha's Land to do His thing. Only we are here to rescue ourselves.

If you are afraid of these disasters, then get enlightenment. Repair our house; restore our world into a more moral standard and a more enlightened planet, then no disaster will befall us. Otherwise, even if I don't know anything about the future, I could say, "Yes, everything could happen." If the world is becoming so rotten a place, not fit to live, then God would pull it down and create a new one.

We Are the Supreme Master

Q: How do you develop the third eye?

M: You don't develop the third eye. It's already there. We can't develop what is not material. The third eye is just a way of speaking. There isn't an eye at all. It just means that normally we have two eyes and we see things in a limited vision, but if we have the other

eye, the third eye, we can see things in the whole universe. That's why it's called the third eye.

The soul doesn't need an eye to see, doesn't need ears to hear, doesn't need any sensory apparatus to perceive things. That's the highest Truth. That's the highest perception, without having to use any fleshly instrument. That is our soul power, the Supreme Master within us, which knows all things, hears all things in all ways, everywhere. That's what we have to find. We are the Supreme Master of all the universe.

Can you imagine how great you are, and then how you live your life now? [Master sighs] That's why I feel very sorry for you. You come here to listen to me. You shouldn't have to do it! We are equals; we are exactly the same. We have the same power. You shouldn't even have to respect me. That's a very sad thing. You will know it if you accept what I say, and then you will know just what I know, what Christ knows, what Buddha knows.

Q: Dear Master, how do we develop our wisdom as lay people?

M: Lay or not lay — do I look like a monk or something? [Laughter] I already grew my hair for you

and you are still talking about lay and monk. There is no lay, no monk. There is only one, and that's the Master, the Master power. The Master never has to be a monk. That's the God within you. God never needs us to shave our heads or do anything. It's just because we don't know it. If we knew it, we would have already arrived there.

Layperson or not layperson, what are you talking about? I was ignorant when I became a nun; you don't have to be! A true monk is one without desires and you can do that in daily life also. You have a wife — because you have her, so you continue being devoted and faithfully love each other. You help each other to grow, to search for the “non-wife” and “non-husband” within, the “non-feminine,” “non-masculine” inside, the everlasting “we.” Otherwise, what is a monk useful for? He recites the Sutras, [Buddhist teachings] and he eats vegetarian food. That, you can do at home. Just because you have a little exercise with your wife or husband, that makes no difference. God doesn't need all these things. These are at the physical level; we can go above that.

A man who goes above the physical level is a monk. He can do things or he can not do things. He doesn't have to. These are just physical. We don't talk about physical exercise; we go above that. Of course after

being enlightened, a great deal of desires will fall out, and then you just do things without desire. If you have to do something, you do it. If you don't have to do it, you don't do it. Very simple.

Q: What are Your views on reincarnation?

M: There is no reincarnation. The soul never reincarnates, but just our habitual thinking, our desires, our attachments, reincarnate. If we know the soul, if we're enlightened, if we know the connection with the whole universe, we are not reincarnated anywhere. We're always right there. We're never born and never die.

All this is theoretical talk. Just get enlightenment and you will know all things. No need to waste my paper. All the paper that my disciples printed for you, I think is a waste of money. Think about the recession of our time! Get enlightenment, save everything: save printing, save paper, save time, save the rent money for this lecture hall. [Master & audience laugh.]

Q: Do You agree that the planet is entering a new age of enlightenment and that the feminine influence will now prevail?

M: Why should the feminine aspect prevail? Just because you see me as a female Master? I am perhaps the only female Master so I can't beat all the male Masters in this world. [Laughter]

It is not the feminine aspect, but it is probably motherly love that prevails in our world. God is both feminine and masculine. We are both feminine and masculine; do not identify us with a woman's body or a man's apparatus. These are only the clothes we wear. Sometimes it's different. Just like I wear something like this, that lady wears something like that, and the gentlemen here loves sports — probably just came in from running, so he wears something like that.

And if we enter the new enlightening age or not, it is up to you to decide. It's not up to me or anyone to say. If we are all enlightened, or many of us are enlightened, we would enter a new enlightening age. Otherwise, it doesn't matter who predicts what and who decides what age we are in, what is the use? We are still living in darkness.

Originally We Are One

Q: If we are all one, doesn't Your enlightenment enlighten me also?

M: Yes, but you don't know that we are one; that's the problem. If you already know that I and you are one, then of course my enlightenment is yours. But you don't know; only I know. Suppose the parents recognize a son that has been lost for many years, but the son doesn't recognize the parents, so all the property from the parents does not become his. The son will not acknowledge them and has no right to receive anything. He has to prove that right. The parents also have to try to prove to the son that he is their son.

I am trying to prove to you now through the "immediate enlightenment" process that you and I are one, and my enlightenment, you can get also; therefore, you can get it immediately to prove that we are one. But now you sit there, I sit here; I can't do much for you. Yes, I do something, but because you sit there and your attention is fixed on me and also on the outer world, you can't know it yet. At initiation, I tell you to focus inside, you know where it is, and immediately you see that we are one. What I have, you have, at least to some degree. And then you discover more and more about

your greatness, day by day, with the daily meditation practice.

Q: How does one overcome mental abuse by parents and others? How does one know whether he or she has indeed forgiven someone?

M: Each family is different. Sometimes family members misunderstand each other. The parents try to do their best to look after the children, and the children sometimes look at it in a different way, thinking that the parents are too over-domineering, and therefore they feel resentful. So we can never tell. The best way I can tell you is to be loving and kind to your parents because they are the representatives of God. They take care of you in the name of God. Their love for you is the love of God through their bodies and care. Pray to God all the time, with all your might and sincerity, so that you see things in a different way. And if your parents truly are unknowingly abusing you, they will change and harmony will prevail within your family.

The second question is that when you truly forgive someone, you have no more hatred toward that person, no more blaming, no more obstructive thinking - just very easy. When you see him or her, or when you think

of her, it is just like you think of anyone else without any of the resentment.

Q: Master Ching Hai, does God sit upon a throne in Heaven observing, judging, and recording all our actions on Earth to determine whether we shall rise to Heaven or be doomed to eternal hell?

M: No, there is no such God. All these things whether happiness or disasters are brought upon ourselves by our own misunderstandings and abusing the power of free will. We have to correct our ways, use our free will in a proper way, and then we will be all right.

By the way, I would like to mention again about the meditation subject. Everyone just says, “I meditate and I can’t find anything, I can’t have peace of mind, or I am in trouble and I am in a possessed state.” It is because you do it wrongly. You just call anything meditation. Of course, everyone meditates. People meditate on money, fame, power, political struggles, and all that. Everyone meditates on something, but please don’t misunderstand that is meditation on God. Meditation has proper techniques and it is safer to follow the footsteps of the great masters of all times.

Q: How does use of psychic abilities hinder spiritual development?

M: Because psychic ability is still one corner of the whole. If we cling to one corner, then we cannot attain the complete state. That's it. Just like magical power and all that, these are binding, golden chains.

Q: Is it important for us to tell our families about You, or will You take care of becoming known to them?

M: Do what you can in your power. Otherwise, why should God use us at all? We do what we can, think properly, and leave the result to the Universal Plan. That's the proper way, not always sitting there and waiting for the Master to do everything, or thinking that Master knows everything.

Of course, I know everything - maybe, if I am a Master, but you have to know it as well. It's your duty to know it. Your duty is to do what you have to do. Just like a student in a class, the teacher knows everything, but the student has to learn all the same. The student cannot say to the teacher, "Look, you know everything. You know all these questions, why ask me?" [Laughter] Yes, it's our duty; we have to know. We have to do what we should do.

Q: Is pain a part of God?

M: No, pain is what we have inflicted upon ourselves by doing something not according to the plan of the Universal Intelligence. It is a reminder that we should correct our ways.

Q: How do parents help children become enlightened?

M: Well, just get them initiated and they will get enlightened themselves. They have enlightenment within themselves just like the parents do. We are all equal, actually.

Q: Is there any universal language? Is that sound close to Aum?

M: The universal language is the inner current that unites all things and brings all beings to understand each other without language. The sound Aum is the sound of the second level. It is not the only sound, and it's not the highest sound in the universe.

Q: Why do we need to meditate? What is the advantage? People say that if we don't meditate right, we will have trouble. Please explain.

M: Look at our world and answer yourself. Look at your state of mind and answer yourself. Look at the way you live your life, look at how miserable many of us are, and answer yourself why you have to meditate, why you have to have enlightenment. It's not my problem; it's not that anyone has to tell us to get enlightenment. We just have to rescue ourselves and rescue the world.

Of course, if you meditate at random as I have already mentioned, you will run into trouble. If you tap inside the great power without knowing how to handle it, you will run into trouble. If you tap the wrong side of power and run into the negative force, you'll have more trouble. Therefore it is best, of course, to have an experienced friend or teacher to help.

The Omnipresent, Great Enlightened One

Q: What is the difference in the life of an enlightened person and an ordinary person?

M: What's the difference between Jesus and other priests? He is different. What's the difference between Buddha and the other monks of His time? He is different. He knows His supreme power; He is one with the universal power. He can do what He wishes, save whom He wants to save, know what He wants to know, and lacks nothing in life. He is happy wherever He is; He's omnipresent; He can help whoever calls on Him. That is the difference between an enlightened person and a not-enlightened person.

Q: Can one have enlightenment just by listening to the inner sound?

M: Sure, that is the enlightenment itself to some degree, until you recover your complete wisdom.

The End

The Communication with God, All of Us Can Attain

Spoken by The Supreme Master Ching Hai

April 1, 1993
Central Cultural University
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(Originally in English)

Muchas gracias, good evening. The communication with God, all of us can attain. There are many ways to reach God-realization, or at least to have communion with God. We can do that through very deep and sincere prayers, or very deep longing for communion with God, or someone might do it through some meditative process. There are many ways, but there are some ways shorter, some ways longer, some ways more secure, and some other ways are short-lived. If we are in very deep and sincere prayer, we may have a glimpse of the Kingdom of God, and if we have the grace of God, we will also have a glimpse of Hirm. But if we know precisely where God resides, then it is easier to find God and to find Hirm every day. That's what we are here tonight to share with you. While I was in meditation this day before I came here, there was much information

coming for you, and I hope I can remember it all.

In the eyes of the enlightened person, the world is perfect. We always have heard sayings like that, but then why do we see suffering? Why is God very loving and kind, but does not make the world apparently perfect? But the world is very, very, very perfect. It is because we do not tune in to the “perfection Nature” of the world that we do not see it. The true world lies beyond our sensory perception; the world we see around us is only a poor copy. That’s why I say the world is already perfect. Most of us do not see the perfection of God’s creation, but we can by sincere longing and by a precise technique.

It is just like God assigned women to bear children; God also assigned a certain way to have communication with Hirm. It is a little difficult to convey all this, but I’ll try my best. The inner perception and outer language sometimes do not match. In the Bible, it is stated that, *God made man in Hiers own image.* [Gen. 1:27] It is exactly just that. I’ll tell you why. As I have mentioned, this world around us that we can see, we can touch, is a poor copy of a true, perfect world; nevertheless, we go from the copy and then we can compare it to the true one.

God made man in Hiers own image means we have

the creative power just like God and we have all the qualities that God has. Now, we started from the lower level. We humans have many qualities as a copy of a perfect quality. We have temperament, we have emotion, we have intelligence (intellectual intelligence), we have creative power, we have free will, and we have a holy quality. We have a little bit of each. Of course, we have some negative habits also due to our collecting them from outside, but that was originally not there. That was the outcome of our interactions with each other and between us and the world at large.

Qualities of God

Let's begin with our emotion, intellect, and free will, etc. And the negative tendency, it's not the thing that God has created, so we just leave it aside for the moment. Whatever we have in our life, in the apparent, outer life, we have it rooted in the invisible, perfect world of God's creation. If we do not have the perfect side of our nature, then we have only a part of it and we are not a complete being; therefore, we cannot be perfect as our Father in Heaven who is perfect. And of course, we cannot see the world as perfect. All the suffering, all the misunderstanding, all the misery in the

world is not God's fault and it's not God's will. It is our lack of understanding the perfect side of our nature and the perfect side of God's creation. God has given us a way to know; before we were born, God placed it there within us, but we have forgotten.

There is nothing negative about being emotional, or being too intellectual, or even being greedy about the things of this world. In God's creation, there is nothing that is negative. It is just that we misuse or we do not understand how to handle our quality that it looks negative. In order to perfect our life and to see the perfect side of God's creation, we can learn to know ourselves. Just like the car, if we know how to drive, it will go smoothly and it will carry us to our destination. If we do not know, the same car will bring us disaster and maybe loss of life.

For example, our emotions, — in our life, our emotions cost us a great deal. Sometimes they cost the loss of a nation or lives. It is because we don't know how to handle them. If we raise ourselves above the coarse level of emotion to the finer level of perfect emotion, then we know how. Then emotion becomes a good tool for us. At that time, we dare to laugh and we dare to cry with perfect harmony, and we have no artificial restraint about feelings anymore. We just know exactly how to react emotionally at the right moment, which

brings relief to ourselves, and brings joy or maybe relief to other people.

Further up, we have the intellectual quality. If we just have the learned intellect from books, from the society, and from our worldly information without getting in touch with the real root of our intellectual Source, the true intellectual power which is beyond words, beyond literature, beyond book knowledge, then many times we just babble forth what we have learned or what we have remembered by heart, without understanding the essential meaning of what it is. And most often, we repeat what are other people's opinions without our own taste or our own true realization. If two or three or many of such people are together in such a coarse level of intellect, then sometimes it results in verbal arguments or disharmony. If we truly have the fine level of intellect, which is rooted in our perfect world, then it is different. At that time, we have heavenly eloquence; we speak only when necessary, and whatever we speak drives directly to the heart of the listeners and uplifts them to the finer level of understanding.

If we climb further into the perfect world of ours, above the intellectual level, then we will find the creative Force, which creates all things in this world and two more worlds beyond. All of us have creative power in human existence; therefore, we can make many

handicrafts, we can invent many apparatuses, we can make life more comfortable with many kinds of technological equipment. But above that, we have creative imagination — that is, we imagine many things but we cannot bring them into fulfillment. But if we reach the finer level, the higher level of our creative power that is inherent within us, we can make them come true. We can even relinquish our so-called “karma,” (meaning the guilty feelings that we, most of the time, carry around with us) and instead, we even create heaven for ourselves, create glory in our life. That is the finer level of creative force.

Should we climb further up into the Kingdom of God, to the perfect world, then probably we will encounter difficulty because God places something there to test our courage. And as God is infinitely fearless (there’s nothing beyond and above God), He wants us to be fearless. Therefore, He places something there to discourage us, but at the same time, to encourage us, to make us realize our fearlessness, to make us realize that, *I and my Father are one*. [John 10:30] And as God made us in His image, we should be exactly perfect and fearless as He. This fearsome and dark region, we will also pass through, but with an experienced Guide, of course it would be better, faster, and safer.

After that, we arrive at the border of reality, the

world of perfection. We can have the whole, the general view of the true world. We can explore further up the whole Kingdom of God. We can see how perfect our world, our universe, already is. Then we can see that all the sufferings, all the apparent miseries, are just illusion, just a dream, or just like a drama, and there's nothing to worry about.

But before that, we can have a taste of the reality from the first step, second step, third step, and so on. We begin to already have a very firm conviction that the world is not as we perceived it to be. The real world and our apparent world are just like a real man and his shadow. If we only know the shadow and do not know the real man, we only know the illusionary nature of the man's shadow. The saint and the enlightened persons enjoy both worlds, and detachment comes easily to them because they know the Real. When I meditate, I see things in a more flowing and smooth manner, but when I put it into language it is so clumsy that I feel a little frustrated. [Master smiles] Please, forgive me, but did I make myself a little clear to you? [Audience: Yes] Thank you.

If we take some time to ponder, then we will realize that in some moment of our life we nearly glimpsed God, we nearly realized our true Nature. Or sometimes, we have sorrow and very deep depression, and

we pray very deeply to the Father and we feel uplifted into some different world than the world of our own, a world of happiness, of joy, of light — a brilliant light. Or sometimes we had a glimpse of Jesus Christ and He had words of comfort to us; or for the Buddhist, we might see the Buddha, etc.

Actually, Jesus and Buddha are all sons of God. There must be different appearances to suit different tastes. Because our Father is very rich and generous, He can make thousands, billions, and trillions, numerous appearances to please His children. Therefore, sometimes our initiate fellow practitioners see different things. And God is very humorous; He makes the Buddhists see Jesus and makes the Moslems see Krishna. And I can just laugh. [Master & audience laugh.] What can you do in the situation that the Christian, who had never a tendency to believe in Islam, would see Mohammed, for example? That is the joke of God. But when we see these holy personages inside, we have no feeling of discrimination anymore. We just feel too grateful, too happy, for God's grace that we shed tears, because together with the appearance of Jesus, Buddha or Krishna, there is the accompaniment of light and joy, wisdom and an uplifting in spirit.

I think some of you will understand what I mean. When we have deep prayers or at least a very uplifting

feeling of joy, no sorrow or suffering of the world could ever touch us at that moment. That is the time when we are in touch with the true world, the perfect world, and have at least a moment's contact with the real world. And after the vision has left us, the feeling has left us, we feel a great loss and we long for it again, because to most of us, these visions are very, very rare. But if we want to keep these visions, we have the way to do it.

We have come to share with you the way to get hold of God permanently, and do not let Him escape. That is the way to eternal happiness. And once we have that firmly in our grasp, we never fear anything whatsoever, because we are always with the Father. We are often in the real world, and see the drama of this world as just a play. We may enjoy it, or we don't enjoy it; it doesn't matter, because we have the real thing. Just like when we have grown up, and if we lose a little plastic toy, it doesn't matter. We may play with the children. We use the plastic toys. We play with them just like the real things, but we are not attached to these children's toys anymore, and that is true renunciation, true monkshood.

Most of the time we have heard that the world is already perfect, there is nothing to do, or *Be you perfect even as your Father in heaven is perfect*. [Matt 5:48] But we always wonder how, simply because we do not

have the chance to know the Reality. After we know, we will say the same thing. In case you have not known it, or you have forgotten, then we may remind you. Should you have found it by yourself or by another means, then it's perfect with us. Then together we may work for the world; we may share our knowledge with other brothers and sisters, those who have still forgotten how to do it. That's the purpose of our presence in your friendly, lovely, beautiful country.

I have been here three days, and I enjoy every day with your company. Every day, the people of your country came and showered us with love, with trust, with friendship, and with open-mindedness. I feel so different in your country, very different, and all of the questions that have been posed to me are super-intelligent — nothing of the petty, material level. And it was so comfortable for me that for the first time I don't have to always explain to people why I wear like this, why I do like that. For the first time, I feel that I am in good rapport with the friends that come. Well, it's not the first time, but I mean it's one of the rare times. It's truly very pleasing for me. So much that this morning I even had an illusion that maybe I will stay here for good. [Applause] Thank you for your love. It's just an illusion, I guess. Well at least, I have to go around the world for two more months. So I have to put aside my illusion for the time being, but I truly thought like that

this morning while I meditated. I was smiling alone when I thought of the moments being with you, the kind of feeling that you have trusted friends.

What else should we talk about apart from having a permanent residence here? Is it possible? I have a British passport. What's the condition — maybe, one thousand US dollars or no, one million US dollars, in the bank on deposit? [Laughter] With that I have no problem. I will sell my paintings and I'll have it. Just a little bit of joking to make you relax, otherwise, everyone will have a stiff neck. [Master & audience laugh.]

Happiness Comes When We Know God

In order to know the Kingdom of God, we should know our whole quality, as I have stated before. Only after knowing ourselves completely do we know God, because God made us in His own image. If we live a life of misery and suffering, it's our own free will because even if we have forgotten how to know ourselves, God has always sent someone to remind us.

The seed of wisdom is within us. If we know it, we are more fearless than any great hero of our history. If

we do not know it, everything could upset us, everything could frighten us, and we never feel happy even if we possess the whole world. That's why we have greed and we have desires, because we never feel truly happy. We think if we have more possessions, more money, then we'll be happy; or we think if we fall in love often, then we'll be more happy, but we end up more miserable than before because nothing can replace the pleasure in the kingdom of God. That's why we must seek the kingdom of God and all the things shall be coming unto us. By knowing our holy quality, our perfect Self, we will enter the kingdom of God.

When we sleep, nothing in the world affects us because at that time, we are unconsciously in communion with God, with our real Source, with the true world. But when we are awake, we forget. We are dragged down into the material existence, and we are swimming in the illusionary vision. If we could bring this "deep-sleep" stage into the "awakened" state, then we'll be happy twenty-four hours a day. That's why after we sleep, we feel refreshed and recharged, and in sleep, we have no hatred for anyone, very rarely. If we sleep deeply, we don't have any hatred or any dreams because we are unconsciously in contact with the true, perfect world.

The Method of Quan Yin, or contemplating of the real world, is to bring this unconscious state into con-

scious awakening in daily life, and therefore bring us happiness twenty-four hours a day. The more we practice, the more we become expert, and the more we are happy and fearless because we are the Master of the real world. In the whole universe, we will reign supreme; therefore, who can do anything to us? Even if something happens, we know it's just a play because we have life eternal in our hands. If we lose the body, it's just like we lose one pair of trousers, and we know we have plenty in our closet. For example, I design my clothes myself. (It's cheaper, and more beautiful.) I love beauty, Truth, and virtue. Who says God is ugly? [Laughter] I have many clothes, and should I lose one, I can design another. I would never feel terribly depressed if I lose one set of my clothes like this, because I'm able to make hundreds of them and I can have a new set in two hours, one hour. In the Kingdom of God, we can have things faster than that.

If we are in possession of our creative power again, we can do anything. That's why we have heard that Jesus or Buddha can help many people - bring them from hell to Heaven, heal the sick, cure the blind, rescue all His disciples into the Kingdom of God, and fulfill their wishes in many different places simultaneously. It is because Jesus has the real power from the true world. He has become one with the Father. He has become perfect as the Father.

Of course, we do not crave for the fulfillment of these material comforts, nor does the Master care to display all this power that He has. It is more important that He show to the disciples the real world, and not create toys in the material level for them to play with. But in case it's truly necessary, absolutely unavoidable, He would make a few miracles or two, one or two. Therefore, He didn't go around the world and cure all the blind, heal all the sick, and raise all the dead to life. He raised only Lazarus, as you know. You know the Bible; you know better than I.

Also, many people ask me, "Jesus had great power, why didn't He make all the world see the true world, all the world go to the Kingdom of God at once, instead of having to go through suffering like that?" That's the free will. Each one has to choose to go back to the Father, or stay here and play around. If we do not make good use of our free will, we create trouble. But it's all right; God is infinitely patient. Therefore, He just lets us play and does not destroy our world. Well, He does sometimes; part of it, just to tickle us into remembering that life here is ephemeral and full of disasters and sufferings, and the only way to escape is to return to the true world which is perfect and eternal. But because the majority of us cannot see the true world, we cling to this world and we don't let go. If we have a glimpse of the true world, and often have such glimps-

es, then of course we don't have any more attachment to this world. Therefore, many Masters have come and offered us to see, to have a glimpse, into the real world, so that we might have less attachment for the illusionary world.

We also offer the same. First, see the Kingdom of God, and then you can even decide, but mostly after seeing the Kingdom of God, we just want to stay there. And we can have both the real world and this world at the same time, should we be still a little unsure or still afraid to let go. Yes, we can have grown-up things of the adult, but we don't have to throw away our children's toys. It's all right. Therefore, many adults still keep their childhood teddy bears when they sleep. It's fine.

The method of meditation does not necessitate us to leave home, to go to the Himalayas (You may go for a ten-day excursion), and we don't need to go to be a monk in the temple. (We can be if we want to.) One person asked me yesterday, "How can we combine spiritual practice with daily practical life? We have to work; we have to take care of our family, and fulfill our duty in the world." And he said, "Enlightenment seems like only for those who stay in the monastery and have a good and a tranquil life. Otherwise, for us, it's not possible." I said to him, "Not all the people

in monasteries are necessarily enlightened, and not all the people who walk beside you on the street are ignorant.” In these days, most of the practitioners of this Method are just ordinary, like us. I have even tried to put on earrings so that you think I’m normal [Laughter] — that I’m not an extraterrestrial or something from Heaven. [Laughter] All of us can meditate and keep a very ordinary life.

In these days, many of our fellow practitioners have come from different countries to see me. I think I can name a few to back up my introduction. A Chinese, Hung Hai - he worked for the Chinese ambassador in Costa Rica. He just quit because he didn’t want to go back to Formosa; he loves Costa Rica. Now, I don’t know who else there is. A couple from Panama but I don’t know what they do. What is your job, Brother? [D: Engineer] An engineer from Panama, and a couple of medical doctors from San Jose and Costa Rica. I don’t see the husband but I see the wife is here. Some medical doctors, and then some others. Many, mucho, mucho. These are professors and a Christian priest from Honduras. And I see Marcos over there; he worked for the American embassy. I can’t remember any more. That’s just about it. There are too many to mention.

So, now you know all the saints are sitting around with you. They live in the real world at the same time

as in our world. They are enjoying Heaven while fulfilling their duty as citizens in this world. Therefore, be assured and be at ease if you would like to join the Kingdom of God. And then together we will work to beautify our world and bless our world with the Father's power that is inside us. The initiation includes five, six, seven generations. You can bring them to Heaven with you after their time is up. And it's all unconditional: no charge, no binding, nothing, now and never, ever.

All right, I think I have spoken enough for now. If you have any more questions, I'll be happy to elaborate further. Thank you. [Applause]

Questions & Answers

Q: How can I get rid of the negative and only keep the positive?

M: By always tuning in to the positive. But it would be easier when we know how. That's why at the initiation, we will tell you. If not, every time you have a negative thought, stop it, and pray immediately to the Father or whatever faith that you have, and replace

it with the contrary positive thinking. And don't let it become action or speech. Even if it becomes action or speech, stop it. Don't go further.

Q: Dear Sister, I have recently heard that we should also learn how to forgive God.

M: That's very generous of you. Hes would be appreciative. If we want to forgive God, first we should learn to know God. And then we know where Hiers bad quality is in order to forgive. But I'm afraid you'll only know Hiers good quality, and you will only love God.

Q: There is a lot of abstract thought in spiritual realization. How can I get to know myself in a very practical, straight forward, and easy manner?

M: Our Method is not a thinking method. It's just direct contact with God's power, with the light of Heaven, with the sound of God. At that time, there is no need for reasoning anymore. Just like we talk a lot about water, but when we drink it, "finito." So we invite you to come to drink the water.

At the time of initiation, apart from just casual instructions, the real initiation takes place in absolute silence and you are left alone with God, without any intellectual interference of any kind. And in silence, you will see the light shine forth from Heaven without using the eyes; you will hear the Word of God without using the ears - direct contact, merging in the real world.

Q: Can we overcome negative karma by means of the Quan Yin Method?

M: Of course, that's what it is for. Otherwise, what is the use? At the time of initiation, all our past karmas and negative burdens will be burned away by the light of God. And we just live out our life waiting for the time to go Home. Not only us, but also our five, six, seven generations, and our friends, our loved ones, are liberated. Even if they are in hell, they will be pulled up to Heaven because of the tremendous power from the Kingdom of God. The Truth will dispel all falsehoods; the grace of God will erase all negative traits.

Q: Frequently when I am in meditation, when I am praying, tears will come to my eyes. Is it good to cry? Why does one cry?

M: If you cry and you don't know, how do I know? [Laughter] Usually, it denotes cleansing of our impurity, and we'll feel much more relieved afterward. But don't cry too much; you will dry up. [Laughter]

Q: Do You think that we human beings will ever be able to understand the Truth and know why we are here? And will there be an end to the misery and the suffering?

M: Sure! Definitely! That's why I am here - to remind you that we can. If I can, you can. If our disciples can, you can. We are no different; the nose is between the eyes in both of us.

Q: Could You elaborate, please, on the fact that when one gets illumination, he takes with him five generations?

M: More than that, I just say five in case you think I am exaggerating. Even your friends with whom you have sympathy, strangers, anyone in connection with you, the Father also takes care, because God is very generous, very merciful. Whomever you love, Hes loves.

The Purpose of a Vegan Diet

Q: Can I get to know God even if I eat meat, especially small wild life? This is a part of the Mexican culture to be in communion with nature. So even ingesting meat, could I get to know God?

M: Sure, you can, but then it will breed some side-effects and your vision might not be as pure as it should be. Therefore, according to the law of God *Thou shalt not kill* [Matt 5:21], it would be best to keep to a pure vegetarian diet, if possible, if we would like to know God completely, if we want to know the whole perfect true world in completeness. If we want to awaken this tremendous power within us, we have to be prepared for it. Just like if we want to undergo a dramatic operation, the doctor has to prepare us with a certain special diet, certain medicine, etc., and we

should not transgress.

The vegan diet is not only to nourish our love for all beings, but also to give us a very enduring strength in order to receive, to deal with this tremendous power, once we tap within. It has been proved since time immemorial that a man, who wants the complete Kingdom of God, complete oneness with the Father, should refrain from a meat diet. But if you would like to have a taste of it or just a partial experience of the true world, we will help you in another way. We have an expedient method that will be taught to you if you present yourself at the information desk. And of course, you are to be vegan whenever it is convenient for you in that direction. For the complete realization and to prepare for initiation, we should adhere to the vegan diet.

Q: Do You have any opinion regarding the statement that Mexico is a very important country for the future of the world?

M: Every country is important for the future of the world. With out one or another, we are not the world. Of course, if the Mexican people are more spiritually advanced, then in the future, your good country will contribute a great deal of help and blessing to the world. We have the power to do that; just know God, and then

we bless the whole world. It's up to you to make your country become the most important country of this universe. If we are just proud of ourselves and do nothing about it, then it's no use. We have to have something in order to be important. We must earn money in order to be able to help people.

Q: Master, is it possible by the law of karma to adopt an animal body after human life?

M: Yes, it's possible. If our life standard is below human dignity, which means subconsciously we desire a kind of animal life, then we will be granted this experience until we think, "Okay, we've had enough of it!" Then we'll be lifted up again. Similarly, if our standard is above the human standard, then we will enter the angelic circle or sainthood. It is a matter of choice.

Q: Our life is a gift from God; what we do with it is our gift to God. I once heard that through dreams God communicates His wishes. What do You think about this?

M: Do you think it is like that? All of you think? Si or no? [Audience: No.] No. Maybe in some rare cases,

occasionally we can have a glimpse into the will of God, but most of the time that is just karmic reaction. Of course, God accepts whatever action we do, but it is we who reap the consequence. God says, *As you sow, so shall you reap*. [Gal 6:7] Therefore, we just take care that we do not reap a very undesirable result; that is all. God doesn't care.

What we see in dreams sometimes concerns events in the future. That is because in sleep we access into the storehouse of our one or another, we are not the world. Of course, if the Mexican people are more spiritually advanced, then in the future, your good country will contribute a great deal of help and blessing to the world. We have the power to do that; just know God, and then we bless the whole world. It's up to you to make your country become the most important country of this universe. If we are just proud of ourselves and do nothing about it, then it's no use. We have to have something in order to be important. We must earn money in order to be able to help people.

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Q: The people that today get their initiation, how will they keep contact afterwards?

M: We contact inside; we don’t need physical contact. We contact through the real Channel, not through the illusionary channel. I don’t need to be here or to be there at the time of initiation. We do it through the inner communication, through our own wisdom, which understands without listening, sees without the eyes, and hears without the ears. But of course, you can contact me by writing, by phone, by fax. Today, it’s very simple.

After initiation, we have thought transference. If you abide by the instructions, every time you ask a question you have an immediate answer. But in case the mind still doubts, then write or ask physically. I could also send some advanced disciples to help you in solving some basic questions. Our world is very small;

don't worry that I'll escape somewhere.

Q: What is the importance of music in our life? Does it have any importance?

M: Yes, it is very important. That's why many people in mental hospitals use music as one of the healing instruments. And sometimes after a hard day's work, we listen to some soft soothing music and it's very relaxing and recharging. In some of the factories, they put on music so that the people will work better, but that is only the outer music.

Can you imagine how much more beneficial it is if we listen to the inner sound, the sound from Heaven that the initiation will help you to rediscover? This sound is the Word of God. It will give us more and more wisdom, more and more intelligence, each day. Together with the light of God, it will bring us closer and closer to the Father, and then tell us everything in this nonverbal language of how to handle our daily life. That's how the lives of the initiates become better, more comfortable, more intelligent, and nearer to God each day.

Q: We thank the Lord for having someone like You. Thank You for sharing with us Your words and I would like to share with You this publication. I hope You enjoy it.

M: Thank you so much. Thank you.

Q: Could You tell us whether, in this audience, there is somebody that has fully seen God?

M: Fully, maybe not, but some have seen a lot from God: the one who stands in front of you, the ones who sit around here, many of them. You raise your hands. They are disciples. You see them over there? They were all outside because they were taking care of the information. Also the other people sitting or doing the equipment, and sitting around on the staircase there, or standing here - all of them have seen part of God, either in manifestation body, or in light or sound.

Q: How is it possible that You have been so illumined? Are You afraid of anything?

M: How come I am so illumined? I don't know. I got in contact with the real wisdom; I see things with

the real eye. It's just like when we see the ordinary surroundings with the ordinary eyes. We see the super-world with the "super-eye." *If your eye be single, your whole body will be full of light.* [Luke 11:34] This is the eye that we must use to see the Kingdom of God. If the body is full of light, of course you are illumined. It is a matter of using the right apparatus. Just like we use our hands to grasp things, our eyes to see each other, we use the wisdom eye to see the real world, the wisdom of God. I can show you and you will be the same because you and I are equal. It's just that you forgot how to use your own wisdom, and I have regained it through the grace of God, through effort, and through sincerity; otherwise, we are the same.

Q: Are You afraid of something? Are You fearsome of something?

M: What shall I be afraid of?

Yes, I'm afraid you might lose your life before you know your Self. I am afraid that you may spend your life in suffering and poverty while you are the son of God. I fear for your life if you are not yet enlightened — not really afraid, just a feeling sorry for your suffering, for your unnecessary sorrow. That's the only thing

that bothers me. To see you suffer makes me suffer.

Q: Dear Master, for many years now I have been trying to meditate. I have not been able to have a vision, and this would be the most important thing for me - to be able to see the light. And I pray and I pray. How can I be successful?

M: Then maybe you need initiation. It's quicker. Yes, with praying, sometimes it takes years to have the vision of the Lord; with initiation, it takes minutes or seconds.

Q: Master Ching Hai, could all the Masters of the world unite and create or forge a universal morality in order to avoid suffering and evil?

M: Yes, if all of us are enlightened, it's possible. If only a few Masters are enlightened, it wouldn't make much difference because it is not necessary to change our world. It's not necessary to change the world, just tune inside the real world, see the real world; then we would see that the world is perfect. Because, for example, if I am enlightened and I see the real world, I am happy. I see that everything is perfect, but you still

are in suffering because you don't see it. Buddha was here, Jesus was here, but in their time people still suffered in ignorance, and even were ignorant enough to harm the only Savior of the time. Therefore each one of us must be enlightened, or at least the majority of us, then the world will be different. At least, when we are enlightened, the world is different to us. That's what is important, not to change the world.

Q: Do You agree that God's plan is to save all human beings?

M: No, He doesn't plan anything because the world is already perfect in His plan. It's we who forgot to use the perfect eye to see the perfect creation of God. But whenever we humans are crying for the real vision, then God will send one or two of His messengers to remind us where to look for it. Otherwise, God has created a perfect world. I have seen it perfect. Except when I'm with you, I know you are still in your own vision, and of course I know for you the world is not perfect. And because of love for you, I share this suffering with you, and I suffer also the imperfection that you suffer. Otherwise, in my own opinion and view, I don't even have to come here and talk to you because I see everything's already perfect.

Q: Master, where and how can we get initiation here in Mexico?

M: Right now. You go outside and register and then we will call you later, by name. There is an information desk outside, one for initiation and the other one just for part-time enlightenment — for those who cannot put down the piece of beefsteak. [Master and audience laugh.] If you want initiation, please go out and register now. After I finish this, we'll call you in. I will be with you later.

Some Benefits of a Vegan Diet:

Source: www.SupremeMasterTV.com/harms-benefits-flyer

- * Lowers blood pressure
- * Lowers cholesterol levels
- * Reduces Type 2 diabetes
- * Prevents stroke conditions
- * Reverses atherosclerosis
- * Reduces heart disease risk by 50%
- * Reduces heart surgery risk by 80%
- * Prevents many forms of cancer
- * Stronger immune system
- * Increases life expectancy by up to 15 years
- * Higher IQ
- * Conserves up to 70% clean water
- * Saves over 70% of the Amazonian rainforest from clearance for animal grazing
- * A solution for world hunger:
 - Frees up 3,433 million hectares of land annually
 - Frees up 760 million tons of grain every year
(half the world's grain supply)
- * Consumes 2/3 less fossil fuels than those used for meat production.
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- * Maintains cleaner air
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Veganism:

The Best Solution to the Global Water Crisis

Water is essential to the survival of all living things on Earth. However, overuse of our planet's water supply, as revealed by the Stockholm International Water Institute (SIWI), has placed this precious resource in jeopardy for future generations.

Below are some startling facts reported at the SIWI's annual World Water Week conference held from August 16-20, 2004:

- * For several decades, the increase in food production has outpaced population growth. Now much of the world is simply running out of water for more production.
- * Grain-fed meat requires some 10,000-15,000 kg of water for every kg of meat produced. (This amounts to an efficiency rate of less than 0.01%; if any ordinary industrial process ran at this level of efficiency, it would quickly be replaced!)
- * Cereals require 400-3000 kg of water for each kg of grain produced (i.e., 5% of that needed for meat).
- * Up to 90% of all managed water is used to grow food.
- * Countries such as Australia, where water is already scarce, actually export water in the form of meat.
- * In developing countries, meat-eaters use resources equivalent to 5,000 litres (1,100 gallons) of water a day compared to the 1,000-2,000 litres (200-400 gallons) used by people on vegetarian diets. (Reported in the Guardian 8/23/2004).

Also, in a further note, not derived from the SIWI report, increasing areas of Amazon rainforest are being cleared to grow

soybeans. However these beans are being fed to beef cattle. It would be far more efficient to feed them directly to people!

As many initiates will recall, Master addresses the environmental effects of meat production in Her lecture “The Benefits of a Vegan Diet” contained in The Key of Immediate Enlightenment sample booklet: “Raising animals for meat has its consequences. It leads to rain forest destruction, rises in global temperature, water pollution, water scarcity, desertification, misuse of energy resources and world hunger. The use of land, water, energy and human effort to produce meat is not an efficient way to use the Earth’s resources.”

So in order to significantly reduce the amount of water consumed globally, humanity needs a new approach to feeding the world, and the vegan diet meets this need.

For related reports, please visit:

<http://www.worldwatercouncil.org/>

<http://news.bbc.co.uk/2/hi/science/nature/3559542.stm>

<http://news.bbc.co.uk/1/hi/sci/tech/2943946.stm>



Good News for Vegans

The Essential Vegetable Protein

A vegan diet is not only of great benefit for our spiritual practice but it's also very healthy for us. However, we must pay special attention to the balance of nutrition and make sure that we do not lack the much needed vegetable protein.

There are two types of protein: animal protein and vegetable protein. Soybeans, chick peas and snow peas are some of the sources of vegetable protein. Keeping a vegan diet does not simply mean eating fried vegetables. Protein should be included to complete the nourishment a person requires.

Dr. Miller was a vegetarian his entire life. He practiced medicine and treated the poor in the Republic of China for forty years. He believed that we only need to eat cereals, beans, fruit and vegetables to get all the nourishment we need to maintain good health. According to Dr. Miller, *“Bean curd is ‘meat’ of no bones.”*

“As soybean is very nutritious; supposing if people could only eat one kind of food and they ate soybeans, they would be able to survive longer.”

Preparing a vegan meal is the same as cooking a meal with meat, except that vegan protein ingredients such as vegan chicken chunks, vegan ham or vegan meat slices are used in its place. For example, instead of cooking “saute shredded

meat with celery” or “seaweed soup with egg,” we can now cook it as “sauted shredded vegan meat with celery” or “seaweed soup with bean curd sheets.”

If you are in countries where these vegan protein ingredients are not readily available, you can contact your local Center of The Supreme Master Ching Hai International Association and we will provide information on some main suppliers and vegan restaurants for your reference.

As to how to cook vegetarian food, you may refer to *The Supreme Kitchen* that’s published by The Supreme Master Ching Hai International Association, or any vegan cookbooks.

In order to obtain a list with vegan/vegetarian restaurants around the world, please visit:

<http://www.godsdirectcontact.org.tw/eng1/food/restaurant/>

<http://www.lovinghut.com/index.php>

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"Initiation is not really initiation... you just come here and let me help you help yourself. I have not come here to make you disciples... I have come to help you become Masters."

~ The Supreme Master Ching Hai

"Everyone already knows how to meditate, but you meditate on the wrong things. Some people meditate on pretty girls, some on money, some on business. Every time you pay full attention, whole-heartedly, to one thing, that is meditation. I pay attention only to the inner Power, to the Compassion, the Love and Mercy qualities of God."

~ The Supreme Master Ching Hai

"Initiation means the beginning of a new life into a new order. It means that the Master has accepted you to become one of the beings in the circle of Saints. Then you are no longer an ordinary being, you are elevated. In the old times they called it "Baptism" or "Taking Refuge in the Master."

~ The Supreme Master Ching Hai

Initiation: The Quan Yin Method

Master Ching Hai initiates sincere people longing to know the Truth, into the Quan Yin Method of meditation. The Chinese characters “Quan Yin” mean contemplation of the Sound Vibration. The Method includes meditation on both the inner Light and the inner Sound. These inner visions have been repeatedly described in the spiritual literature of all the world’s religions since ancient times.

For example, the Christian Bible states, *In the beginning was the Word, and the Word was with God, and the Word was God.* (John 1:1) This Word is the inner Sound. It has also been called the Logos, Shabd, Tao, Soundstream, Naam, or the Celestial Music. Master Ching Hai says, *It vibrates within all life and sustains the whole universe. This inner melody can heal all wounds, fulfill all desires, and quench all worldly thirst. It is all powerful and all Love. It is because we are made of this Sound, that contact with it brings peace and contentment to our hearts. After listening to this Sound, our whole being changes, our entire outlook on life is greatly altered for the better.*

The inner Light, the Light of God, is the same Light referred to in the word “enlightenment.” Its intensity can range from a subtle glow to the brilliance of many millions of suns. It is through the inner Light and Sound that we come to know God.

The initiation into the Quan Yin Method is not an esoteric ritual or a ceremony for entering a new religion. During the initiation, specific instruction in meditation on the inner Light and inner Sound is given, and Master Ching Hai provides the “Spiritual Transmission.” This first taste of Divine Presence

is given in silence. Master Ching Hai need not be physically present in order to open this “door” for you. The Transmission is an essential part of the Method. The technique themselves will bring little benefit without the Grace of the Master.

Because you may hear the inner Sound and see the inner Light immediately upon initiation, this event is sometimes referred to as “sudden” or “immediate enlightenment.”

Master Ching Hai accepts people from all backgrounds and religious affiliations for initiation. You do not have to change your present religion or system of beliefs. You will not be asked to join any organization, or participate in any way that does not suit your current life-style.

However, you will be asked to become a vegan. A lifetime commitment to the vegan diet is a necessary prerequisite for receiving initiation.

The initiation is offered free of charge.

Daily practice of the Quan Yin Method of meditation and the keeping of the Five Guidelines are your only requirements after initiation. Keeping the guidelines prevents you from harming either yourself or any other living being. These practices will deepen and strengthen your initial enlightenment experience, and allow you to eventually attain the highest levels of awakening or Godhood for yourself. Without daily practice, you will almost certainly forget your enlightenment and return to a normal level of consciousness.

Master Ching Hai’s goal is to teach us to be self sufficient. Therefore, She teaches a method that can be practiced by everyone, by

themselves, without props or paraphernalia of any kind. She is not looking for followers, worshippers, or disciples, or to establishing an organization with a dues paying membership. She will not accept money, prostrations, or gifts from you, so you do not need to offer these to Her.

She will accept your sincerity in daily life and meditational practice to progress yourself towards Sainthood.

The Five Guidelines

1. Refrain from harming any living being*.
2. Refrain from speaking what is not true.
3. Refrain from taking what is not belonging to oneself.
4. Refrain from sexual misconduct.
5. Refrain from using intoxicants**.

* This guideline requires strict adherence to a vegan diet. No meat, dairy, fish, poultry or eggs (fertilized or non-fertilized).

** This includes avoiding all poisons of any kind, such as alcohol, drugs, tobacco, gambling, pornography and excessively violent films or literature or video games.

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Celestial Art is a distinguished volume in which the author interprets artistic creation from a spiritual perspective to reflect truth, virtue, and the beauty of Heaven. As readers are invited into the boundless world of Supreme Master Ching Hai's art and uplifted through its resonance with the divine, they will be profoundly touched by the deep emotions of a poet, the subtle touches of a painter, the unique ideas of a designer, and the romantic heart of a musician. Above all, one is blessedly introduced to the wisdom and compassion of a great spiritual teacher. Available in Chinese and English.

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God's direct contact —The Supreme Master Ching Hai
International Association's global Internet:
<http://www.Godsdirectcontact.org.tw/eng/links/links.htm>

This portal provides a directory of links to Quan Yin Web sites in a variety of languages, as well as 24-hour access to the TV program *A Journey through Aesthetic Realms*. You may also download multilingual editions of *The Key of Immediate Enlightenment Sample Booklet*, or download or subscribe to *The Supreme Master Ching Hai News* available in eBook or printable format, or simply browse the sites' contents online.

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