

THE KEY OF
IMMEDIATE ENLIGHTENMENT
SPECIAL EDITION

THE SUPREME MASTER CHING HAI'S
1993 WORLD LECTURE TOUR
VOLUME IV

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CONTENTS

Walk the Way of Love.....	5
Foreword.....	9
We Must Find Our Real Self.....	10
Questions & Answers	27
Master's Power Brings Enlightenment.....	54
Questions & Answers	71
To Appreciate Life, Start With Enlightenment	105
Questions & Answers	133
Enlightenment Is the Tool for Everything.....	162
Questions & Answers	178
Turn Inward and Listen to the Heavenly Teaching	210
Questions & Answers	226
Some Benefits of a Vegan Diet.....	236
Volume 4 Index	241
Initiation: The Quan Yin Method	252
Publications.....	255
How to Contact Us.....	262

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.

“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

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 globe, and her yearning to find a remedy became the foremost goal in her life. She then embarked on a journey to the Himalayas in search of spiritual enlightenment and eventually received

divine transmission of the inner Light and Sound, which she later called the Quan Yin Method. After a period of diligent practice, Supreme Master Ching Hai attained the Great Enlightenment.

Soon after her return from the Himalayas, at the request of those around her, Supreme Master Ching Hai began sharing the Quan Yin Method, encouraging her students to look within to find their own divine greatness. Before long, she received invitations to give lectures in the Americas, Europe, Asia, Australia and Africa. Supreme Master Ching Hai's compassionate heart is also reflected in her care for the less fortunate. Funds generated from the sale of her artistic creations have enabled her to support her mission of comforting God's children in need through worldwide disaster relief and charity work.

Beautify the World We Live In

Although she seeks no acknowledgement for her humanitarian work, Supreme Master Ching Hai has received numerous awards from governments and private organizations around the world, including the World Peace Award, the World Spiritual Leadership Award, the Award for Promotion of Human Rights, the World Citizen Humanitarian Award, the Award for Outstanding Public Service to Mankind, the 2006 Gusi Peace Prize, the Los Angeles Music Week Certificate of Commendation, First Place Silver for the 27th Annual Telly Awards 2006, the Presidential Active Lifestyle Award from former US President George W. Bush, and 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.”

Foreword

1993 was a very special year. In response to the sincere longing of countless people, a fully enlightened living Master, enduring the hardships of a long journey, traveled around the world to share the news about immediate enlightenment and liberation in one lifetime. Her lecture tour, which caused a sensation around the world, sowed many spiritual seeds that have since germinated and are now playing a great role in elevating the spiritual consciousness of the world. With great respect and devotion, the lectures and interviews given by Supreme Master Ching Hai during this period were recorded, and have been compiled into six volumes. This series is being offered to you this Christmas season with the wish that you can stroll leisurely in Her vast wisdom and lose yourself in the boundless spiritual bliss that arises from the words of a perfect living Master.

We Must Find Our Real Self

Spoken by The Supreme Master Ching Hai

April 3, 1993

Anaheim Convention Center,

Anaheim, California

(Originally in English)

My dear brothers and sisters, especially the Au Lac brothers and sisters, please allow me to speak English because we are in America. Is that all right? [Applause] I wish you a very pleasant evening together.

We have always heard that the Kingdom of God is within us and the Buddha nature is inside all of us. The Buddha nature and the so-called Kingdom of God are not two different things. They are different names to describe the same thing. It is just like in different languages we call flowers with different intonations. If the Kingdom of God, if God is within us, why couldn't we find It? It is because we have forgotten how great we are, how true happiness can only be found if we really know ourselves.

True Happiness Comes From Self-Realization

Many people are happy, or they think they are happy, because they have a lot of money or they are proud to be in a very high social position. And we sometimes are proud of being very educated and having a vast knowledge of many things pertaining to life on Earth. But these things are not permanent and are not the whole knowledge of the universe. If somehow we can forget these ephemeral matters for the time being and deeply contemplate on whom we are and why we are here, on what we are made of, then we will be able to know our greatness, or the Kingdom of God, which is within ourselves. (Or the Buddha nature if you are allergic to God.) If we want to be proud of ourselves, I think we should be proud properly, because we are the greatest in the whole universe. And if we know that, then we should truly be proud. But of course, after knowing ourselves, we do not feel any pride at all because it is just a very normal affair. It's just like if we place something in our pocket and then we now rediscover it after searching all over the house and not finding it.

True happiness is not offered by the high positions of the world, by the knowledge that we gain from books or from society, or from the possessions that we

have. True happiness can only come with self-realization, with enlightenment. Then when we laugh, we truly laugh, and when we cry, we are truly touched. All our emotions are worked out in a harmonious, natural, and perfect way, leaving our body and mind relieved of all burdens and unnecessary pressures that cause a lot of unknown illnesses or many mental disturbances.

After enlightenment, when we understand something, we truly understand it — very deep, very profound, very satisfying, and then we truly know happiness. Even though in life we still encounter a lot of difficulties, a lot of undesirable situations, within ourselves, we are unshakable. We might shed tears but we are not miserable. We are not weighed down by the misery, the sorrow that we encounter. We might laugh very heartily but we will not be attached to the fleeting happiness that the material world offers us. We enjoy things but we do not possess them. We sympathize with people but we do not bind them to us. We love everyone without feeling a possessive impulse to bind people around us all the time. This is then the true happiness.

Many of us think that to attain the Kingdom of God takes a very long time or it is impossible - only Jesus or Buddha can do it. But if we remember very clearly in the Bible, Jesus has stated that, *Whatever I do, you can*

do. You can do better. [John 14:12] And the Buddha said, *I have already achieved Buddhahood. You will achieve Buddhahood.* What is this “Buddhahood” or the “Buddha nature”? We can call this the Great Intelligence, the Great Wisdom, which is inherent within all of us. By the rediscovery of this wisdom, there is nothing we cannot do, no space we cannot traverse, no task is too difficult, and we do things without effort. We can rescue many people from hell, we can bless the world with our spiritual light, and we can ascend to Heaven whenever we wish.

And even in our daily life, we will attain true happiness through having realized our wisdom. Our situation in life may change or not change but still we have a very deep happiness within us, which nothing, no situation, can shake. We might appear to be shaken in some situations, but then within our soul, our heart, there will come forth, will radiate forth, a very stable peace, a very solid tranquillity, which makes us happy and content in every situation. Sometimes in dealing with our daily affairs, we cannot help but feel some frustration or dissatisfaction. But still, if we are enlightened, we have a very different attitude because we know that God’s will shall be done. We know that this world, however charming, however real it looks, is only a shadow of the true world that is within us, which is only one hairbreadth apart. We can walk back

into that Reality anytime to console ourselves, to verify to ourselves that anything that happens in this world is illusionary and we have a choice not to stay within this dark world — because we do.

A Visit to An Intensive Care Unit in Hell

This morning at brunch time, one of my fellow practitioners sat with me and was chatting about his experiences. It's nothing much really; you may be surprised and disappointed because he talked about hell, not Heaven. Of course he has gone to Heaven other times too, and he told me already, but this morning, I don't know why, he talked about hell. He went to hell probably out of curiosity to have a look. Probably he was fed up with Heaven since he had been there many times, so he wanted to have a change and went to hell. Luckily, he didn't go to a very, very deep and horrible one, just to the kind of outskirts of hell. So he went there and he saw that the streets were very small and dark, slippery and depressing. The houses were similar to ours here, but very dull, very dark, very dim with no light. And the sky above, instead of being blue and bright like our sky, was dark and depressing, and there was no light in it. The houses were all covered with

moss and they were wet and damp and very depressing.

As soon as he entered there, he felt such a depression, such a pressure within his soul that he wanted to cry, but he couldn't even cry. It was such a depression that he could not even cry out to relieve himself, and the tears would not even fall down. He just felt like choking, without anyone doing anything physically to him, without anyone ever speaking anything or any abusive words to him; he just felt oppressed. He walked around there, opening his mouth and wanting to cry, but he couldn't even cry out. He walked around there all the time and then he remembered the method that I have taught him for such situations. Of course he made use of it, and then he felt better, and he came nearer and nearer to the entrance.

Before he got to the entrance, he came to a point where the road separated into two: one was going up, a wider road and brighter, going up, and the other one went deeper underneath; it must have been into a more intensive care hell. It's just like a hospital; hell is a kind of hospital to repair some people with perverted views about life, about Heaven and Earth and all that, which are contrary to the Truth. There are some intensive care stations in that kind of hospital, which are very, very depressing, a lot of suffering, indeed, and sometimes it could go on for a long time if the person is very sick,

mentally or psychically.

Now, when he encountered that crossroad, he was very frightened and oppressed within his heart, so he prayed to the Master power and then he was able to walk toward the lighter path. Otherwise, he was kind of rooted there and feeling very, very frightened, very depressed, without anything happening to him. It is just the atmosphere in that hell that makes people depressed without ever doing anything.

He was asking me why, so I explained it to him that because the atmosphere is different from your own, therefore you couldn't bear it. If you go deeper, it would be terrible and probably not easy to come back. Just like we are human beings and if we happen to go under water, we could bear it for a while but still we feel the pressure of the volume of water above and around us. Therefore, we couldn't bear it very long and we will be suffocated without anything being done to us.

Similarly, if a human being of a dignified standard goes to hell to have a look, then of course he will suffer this difference in vibratory current. Therefore, he felt very, very uncomfortable and near dying. It felt like mountains upon you and you couldn't move; you couldn't get away from it. This experience I've known

also sometimes, when I have to go there for some reason, maybe shopping to see who is a good soul to bring up. Shopping in hell can be very uncomfortable. But that was not a very deep hell.

Now, when he turned to the wider and brighter road, he saw a very big gate and outside the gate was a different world altogether - bright, happy, clear, everything is normal and beautiful. Inside the gate is the world of darkness, of depression, of suffering. So he just walked out of the gate and he was in the light. Of course he saw many other things, but I don't think I will take up your time this evening because we're not advertising hell tonight. [Laughter] Yes, you can laugh if you want, it doesn't matter. Express your humor.

He walked out of the gate and then into the light. So simple is that, but then he even had to pray to the Master in order to walk out. You would think it would be very easy but it is not. If you go to such a place, your feet seem to root there. And if we are not very highly virtuous, or if we do not have any reliable source of power beside us, it is not easy to get out. That's why most of the people, when they fall into a state of lower consciousness like the so-called "hell," they can't help themselves to get out.

Even though it's just a door apart, they can't go

out. And no one is at the door to guard the door at all, but no one could ever walk out. They don't think of walking out. The atmosphere is so binding, so confining, that everyone is rooted inside and can't get out. We feel very depressed when we're there because we are human and we are not used to such low vibratory currents. It's just like the animals, for example the pigs, they're very happy in their den. They're rolling around in filth and all that and they feel happy, but if we were to be in there for even a few minutes, we would not feel content and we would like to walk out.

So, there are different levels of consciousness, which manifest in different kinds of worlds for different beings to satisfy their subconscious levels of understanding. We can regress for a while - not regress, just probably go around a different corner for a while that may be darker than where we stand for a while. That is the lower world of hell. And we could walk directly into the light and therefore step up our consciousness. It's all up to us. (And if we could not do it ourselves, we should try to find someone who has experience in such business and they will help us.)

Enlightenment immediately is no big deal — just know-how, just like everything else in life. If we know how to operate a very complicated computer, it's very easy, but for a layman, it's almost impossible. Imme-

diate enlightenment, since ancient times people already have experienced it, but more so in this century because the media, the communication systems, are great. Therefore, we have all the good news available to mankind at large.

Why is it so easy to get enlightenment? It is because our nature is enlightenment, because we are wisdom, we are great. It is said that God made man in His own image; therefore, it is said that the Buddha and all sentient beings are equal. But the difference is that the Buddha knows it, knows His treasure, knows His wisdom and can make use of it, and the other sentient beings do not know or have not yet come to know it. If a sentient being knows these things, then he's immediately merged within his own greatness, or the Buddha nature. He will realize immediately, or sooner or later, how great he is, that he and the Father are one, and then he is the Buddha.

Look Beyond the Shadow to The Real Thing

Someone asked me, "Is there any difference between God and a Buddha?" I said, "Yes and no." All things come from God; this is the Source of all beings,

this is our own nature, the original Source, before we were born into this physical world. Actually we were never born; we were never born at all. It's just a different room that we have stepped into. Just like the story I narrated before about our disciple who first was in the dark world and then came out into the light world, which was only one door apart. The Buddha is the God power that is manifested into a shape in order to guide us into the light. Jesus is also the same. He is the manifestation of God power on Earth in order to remind us that we can be the same. Jesus and Buddha did not come here to make us worship them or to enjoy our glorification of them. They came here to show us that we can be the same, that we can be connected with God, and be great as Buddha and Jesus. And we can walk back into the light where we have come from and not be deluded by this shadow of the real world, of this poor copy of the real thing.

I have made an example of a very beautiful girl. Miss Universe, for example would probably stand inside a room somewhere with the light behind her and her shadow on the floor, and someone outside the room saw only the shadow and not the beautiful girl. Now if he looks at the shadow, of course it is kind of tortuous and not beautiful, but even then, it probably seems beautiful enough. Maybe the nose was very high and the figure was very proportionate, etc., and probably

we would think, “Wow! What a beautiful shadow!” But it is only a shadow. If we get to know the real girl, we would not marvel at or attach to the shadow at all, and we would think, “Wow! This is truly what it should be!” Because we do not step inside to find the real beauty, we think the shadow is beautiful, but it’s no good. It is twisted here and twisted there, the legs are too long, the head is too big, etc., because all shadows are like that.

All shadows are very poor images of the real thing. Therefore, we don’t need to change the world because the world is only a shadow of the real thing. If we get to know the real one, then we do not care about the copy, about the shadow. That’s how we gain detachment from the world. That’s how we will be truly happy because we have discovered something precious and real. Nothing of the shadowy world could affect us anymore - be it twisted, be it long, or a very funny shape, representing the misery and suffering of this world. We would not feel very disturbed because we know it is only a shadow. As soon as the light is turned out, the shadow is gone, because only the real thing is forever there. The real girl is always there, whether the light is on or not on, whether the shadow is there or not.

The God nature, the Kingdom of God within, the real world, exists all the time, eternally. What is de-

stroyed is only the shadow of it - just like when the light was out, then the shadow of the beautiful girl also disappeared. Therefore when we say that we die, or the end of the world will come, and catastrophes will come, etc., we, the practitioners of the Quan Yin Method, never worry because we know the real and the eternal world. Our life is bound to be always in happiness. Even though we apparently show some kind of emotion, it is only the wave on the sea's surface; it's not the whole sea. And soon the waves will subside and go back into the sea, all tranquil, all great. Therefore, if we want to find true happiness in life, we should turn inward; walk through the door that separates the shadowy world and the real world.

The door is here. [Master points to Her wisdom eye.] We call this the heavenly gate, the wisdom eye, or the gate to Nirvana, whatever you wish. We walk through that gate and we leave everything behind, everything that is unsatisfactory, everything that is false, illusionary, and causes unhappiness. Then we will always know what true happiness is. Even if we do not search for Heaven, or even if we do not believe in Heaven, at least our life here on Earth would be very smooth, content, and happy, the way it should be.

Ignorance of the Real World Is Cause of Suffering

The world is full of suffering but it is not God's making. It is not the Lord of Karma who makes trouble, as we have learned to know. It is not the law of cause and retribution that makes us reap what we sow; it is our own ignorance of the real world that brings us all kinds of unhappiness. We keep chasing the shadow, wanting it to be straight, to be more full, to be more beautiful, to be more proportionate, but it is only a shadow. If we get to know the real person, we care not what the shadow looks like. Is that not so? Similarly, if we know the real world and how beautiful, how eternal, how free of every disaster and suffering it is, we care not whether this ephemeral drama is going on in which way. We know it is a distorted picture, a projection of the real and beautiful world; therefore, whatever it looks like, it doesn't concern us that much. But if we do not know, of course we would always attach ourselves to the shadow, wanting it to be this and that and other, which is impossible. The shadow may be straight, may be bent, may be twisted, may be long, may be short, according to the situation of the light that is behind the real object or above the real object. It is not important anyhow because the shadow is only a shadow. That's why it is ephemeral. That's why it is

illusionary, and it should be so.

There is nothing that is such a big deal about the world, about our life, about our body, whether it stays here or it disappears one day at death. We can create plenty more. And the shadow may be short today, long tomorrow, but our Self still remains the same and that is important. We must know our real Self and not go chasing after our shadow and wanting to change our shadow because it's useless. The shadow will always change and it's always short-lived. In the morning, it is very long when you stand facing the sun or with your back to the sun. At noontime, it becomes very short, almost unidentifiable on the ground, almost clinging to the shape of the body. In the afternoon, it's again very long or twisted, depending on the position of the sun. Why would we worry whether the shadow becomes like this, that, or other? We know we are not the shadow.

After enlightenment, we know the real world. We walk through that door of darkness separating darkness and light, and then we know happiness. We're very stable. That's why most of our disciples are very happy. Not because they gain more money, (it could happen.) or not because they have better positions (but that happens, also), but because after we know the Kingdom of God, all the things shall be added unto you anyhow as

a bonus. We have wisdom; we have illumination that shines on all things so we see things in a better perspective.

Things just become better automatically. There's no magical power, nothing mystical about it. It's just like a person who was lying ill all the time so he was unable to fix his car, or to do something in the house, but once he's strong again, he's clear in the head and he can eat, he can drink, then of course, he can tackle many things easily. So our soul, our mentality, is ill without enlightenment, without the proper food to care for and nourish it.

After we have enlightenment, we have plenty of strength and then everything we can do automatically using the greatest wisdom instead of using only the little limited computer brain. Therefore, of course, everything will be better. Our lives will become brighter, happier, and everything we do will be smoother. Not to mention that we also have the transcendental body of the Master, who always helps us or sometimes tells us what to do, if we have not yet reached the highest state of realization and are not in possession of our whole wisdom. So we cannot be anything but happy. We can't escape from happiness, and that's the reason why our fellow practitioners are shining. It doesn't matter in which walk of life and in which position they are in,

deep down within them, they have this happiness. They will be the best citizens of the world. We'll miss their company. [Applause] Thank you. You are awake after all? I thought I was talking to shadows. [Master & audience laugh.]

Whether we want to go to Heaven or we just want to be a good citizen of the world, enlightenment is a must. It is our birthright, our possession, and if we deny that right, it is very pitiful for us. Why should we not make use of our treasure when we have it instead of going out begging for a morsel or two of food on the street? If we have the treasure, the great limitless treasure, why don't we make use of it? And it is so easy. It's not that we have to go out begging for something or do something about it. Just sit at home and then we have everything.

Therefore, we invite you to know yourself. We invite you to return to your own greatness in order to bless yourself, bless the world, bless the hell people, and ascend to a higher level of world, a higher level of consciousness, when we finish our duty on Earth. This we can do easily through a definite method. Thousands, millions, trillions of people have already tried and have succeeded, so you may also try. Even children can do it; no one would be denied this privilege. And I am always there for your convenience and for anything you

need at all. [Long applause]

Thank you for your loving attention, and now you may ask questions.

Questions & Answers

Q: Will there be world peace?

M: The world is already in peace. We are not at peace. [Applause]

Q: Dear Master, when we have a few problems, how do we know which one is fixed karma and which one is Master's testing?

M: Actually, there is no testing for us. We test ourselves. Just like when we have some hardship we say, "Oh, God has tested me," but it is not true. It is because of our karma, because of our tendency toward negative ways, that we experience hardship. The only way is to turn back to the positive and then we experience a different way. We can do it by self-discipline or by prayer,

and then we turn everything to a better way. Whether it's karma or God's testing, it will be better.

Q: Lao Tzu said, *The more you know, the less you understand*. Understanding comes from meditation. Do we need to continue reading scriptures to collect more knowledge?

M: You can if you want to, but the True Knowledge is from within and it's not from books. Books can inspire us to a nobler ideal, to a better way to follow. But if we stop at the book level, then we are only attaining worldly knowledge, at an intellectual level, and we can't pass through into the non-knowing knowledge. Just like Lao Tzu said, *The more you know, the less you understand*. What he meant is that what we know in this world, we do not truly understand the real meaning, and we do not understand the Truth.

Q: When one meditates, can he sit for the first five minutes in meditation without having distractions? Is this true, how can You prove it?

M: You can not only sit five minutes without distractions, but you can sit for five hours, sometimes five

days, five months, even. If you have the chance to learn how to do it and if you have nothing else to do during this time, you can enter into samadhi and forget every other thing. That is possible. I don't need to prove it; many of the people from ancient times up to now have done these things and my disciples can do them. It is no big deal about sitting five minutes. Probably you never sat before, and that's why you do not know such things are possible. But we can show you. Of course, it is different between different people, but five minutes are nothing.

Real Freedom is Living in Universal Harmony

Q: The key to a happy life, what does it really mean to You? I thought that the only key to a happy life depends upon you and whether you live your life the way you want it. Is this necessarily true?

M: It's not that we live our life the way we want that brings happiness. This most often brings disaster. If we live our lives the correct way, yes, then we are free. Then of course we will be happy, not because we do what we want. [Applause]

In everything, there is some judgment and some kind of definite way. For example, if we say, “I have a car, and I can drive anywhere I want,” - that will bring problems. But if we drive within the proper roads and with the proper attention, then of course we’ll be at our destination very fast. If we run all over the place, we’ll bring trouble to ourselves, even though we call that freedom.

Freedom without discipline will bring disaster, and the way many of us lead our lives brings misery, as you see all around you. Therefore, there is a definite way to lead our lives in order to have true and lasting happiness. That is the life of a gentleman. That is a life of the sage who does things according to the Universal harmony and not according to the dictates of the restless mind.

Q: Why are some people in hell? Is it from their thoughts, their actions? How can we help them and ourselves?

M: People go to the hell because they are sick. They’re not healthy in their thoughts, deeds, and words. They have done something below human dignity and standard because they do not understand better.

They're sick mentally; therefore, they have to be treated in that special ward for intensive treatment. That's called hell, with a lot of suffering. Just like when we have a very grave illness, we have to be admitted to the hospital and the doctors give us a lot of medicine, injections, and sometimes cut our body into pieces in order to cure us. But that causes suffering.

In order to help them, first you must help yourself. Be enlightened, and then you can walk into hell and rescue them. Otherwise, it's very difficult to reason with them. It's already difficult enough to reason with the people in the world who are not so much in a very dark state of understanding.

Q: When will I consciously enter samadhi?

M: When? When you enter, then you will enter and you will know it. When you're very deep within your Self and merging with your own great virtues and wisdom, at that time we are free from the body and we could sit there not moving for many hours on end or many days even; it depends on how deep we are within. That is when we consciously enter the samadhi state.

Q: I've eaten meat most of my life but I've recently stopped for good. I will no longer eat any meat, poultry, eggs, or dairy products. My question is how can I rid myself of the toxins, guilt, and resentment that I feel from my past actions?

M: Just forgive yourself. No problem. Whatever we have done in the past is already past. What is now and in the future is important. Just like when a child was very young, he didn't know what is what, and he walked all over beautiful clothes or put everything dirty in his mouth. But that now he's grown up, he doesn't do it anymore, and no one would scold him or blame him for what he has done as a child.

In our different stages of development in consciousness, maybe we have done something that we should not have done, but we were only students. We were learning at the time, and if we know it is improper and we stop it, that is already excellent. You should congratulate yourself. You should be proud of yourself and love yourself more for being able to understand this, instead of feeling guilty and blaming yourself. It's unnecessary.

Q: As children go through today's educational sys-

tem, how can parents guide them in learning and growing toward the Quan Yin Method? How can we help children pick up less pollution from the modern world?

M: You have to set an example. First, be a shining example, then the children will follow. No need to force them. One example is better than twenty years of talk. [Applause]

Q: Death is supposed to be the happiest moment. How can that be? When a person dies, You said that You would come and make the individual forget their loved ones so that they would leave this world. Isn't that a cruel thing to do? How do You go about doing this thing?

M: Is it a very cruel thing to do? Should I make them remember their loved ones and linger in the world and cry together all year round because they can't do anything about it any more? Is that better, yes or no? [Audience: No.] Okay, thank you. [Applause]

Q: Is being ambitious wrong or bad?

M: No, it's not bad; it's not wrong. It's wrong to

be wishing for an unsuccessful life, because God has placed us here to do some something. Whatever we're gifted with or whatever business we undertake, we must do it wholeheartedly until we succeed. Of course, if we do not succeed, then we try again. But do not think that whatever we do, if we are ambitious, that this is no good. We have to be ambitious. Otherwise the world will go under if no one is ambitious and attentive to his enterprise.

Q: *Is there any place here in Los Angeles to go in order to follow the path of enlightenment?*

M: Why do you ask me? You are the one who stays here; I'm a foreigner. [Laughter & applause.] If you want to join us, then of course we have a place here in Los Angeles and after initiation you could go there for more information or for meditating together. But if you would like to ask for other places in town, then please look in the telephone book.

Use Of Magical Powers Violates the Laws of Nature

Q: *Is magic an acceptable way for gaining enlightenment?*

M: It's not a good tool because it will bind us to the ego pleasure — that we can do this or that, we can turn or move an object, that we can make things disappear. All that affords us a mental pleasure, which binds us to the mental level of consciousness and keeps us from going higher. Therefore, magic is not regarded as a very good way to show off our enlightenment, or through which to attain enlightenment, because we will stop at a rather low level.

The Buddha also discouraged the use of magic. He often told His disciples not to use magical power, but one of His disciples, being too proud of his achievements in the magical field, often made use of them, and so ended in a very tragic death. Jesus also made a few miracles or two when He was forced to do so, but He was very reluctant. Therefore, He didn't go around and make all the dead come back to life again, or cure all the sick, or heal all the blind. He only did it occasionally when it was absolutely necessary, without feeling proud or accrediting the power to Himself. Therefore

He said, *Your faith has healed you* [Mark 5:34], or *It's the Father in me that does* [John 14:10], etc. He never went around doing miracles all the time just to show off. It is very clear that enlightened people always adhere to the rules of the universe and respect the laws of nature without interfering too much for their own ego's sake. [Applause]

Q: Dear Master, thank You for enlightening me that this world is just an illusion and that all human accomplishments and material riches are meaningless. My question is that if this is the case, does this mean that we need not worry about the beauty of this land by not abusing the environment, and we need not waste our minds searching for solutions to solve social ills in order to make this a more peaceful world?

M: No, enlightenment will only help us to know how to do it better. And we will do it without much effort and have better results. In our meditation centers around the world, things are kept tidy and beautiful. We plant trees. We don't allow pollution and litter around our Centers. We keep our body, spirit, and mind clean. And I love spotless cleanliness. Every disciple knows this. Also, we plant trees and we plant grass. We do whatever possible to beautify our world.

I told the disciples they could beautify their bodies also to make them look more beautiful with a little bit more happy face. And if they have beautiful clothes, they can wear them. I didn't tell them to go in rags or to eat grass instead of going to work; it is not true. We are very practical, but in a very enlightened way. Therefore, we do things better, we are more beautiful, and we enjoy the world, but we are not attached to the world. We do things better than before. [Applause]

Q: I would like to know more about how to live a happy life and have peace of mind. I am very bored with this life and I am not happy no matter what I do. I need spiritual help to be happy and lead a happy life. Thank You.

M: Yes, go and get initiation. [Applause]

Q: How many hours per day should I meditate in order to get out of this Earth in this lifetime?

M: It doesn't depend on how many hours we meditate actually, because some people just sit five minutes and they're out of the body for a short time, and then they come back again to work. They gather better

information from the real world in order to serve this world, even though it's ephemeral, because we are here for some purpose. Therefore, we continue to serve the world, but in a wise way after we know what to do, after we enter the True World and know how to correct the shadow to suit our taste.

If we want to have true happiness, happiness can only come when we know the true world. It's always in a happy state. If we're chasing happiness in this world, sometimes we have it, sometimes we don't; most often we don't. If we do have happiness, it brings sorrow afterward or it is very short-lived.

Q: Is the Quan Yin Method the only way to achieve happiness and enlightenment?

M: You could say it's the last way, the last step of any way at all. It's just like it doesn't matter what kind of food we cook and how many vegetables we chop together; the last thing is to eat it. So, the Quan Yin Method is the prepared meal for your spirit. Therefore, of course, it's the best. [Applause]

Q: If our true Home is with the Lord, why and what

motivated our souls to come into creation?

M: Just because we wander around. Like my disciple this morning, he went to hell just to have a look. He didn't have to; he wanted to. We wanted to experience different things. And why not? It's fine, but just remember to go Home afterwards. That's all.

Q: Master, I'd like to devote my full time toward achieving Buddhahood like You did so that I can serve humanity more efficiently like You do. Please help me. What can I do to accelerate the process?

M: First, we have to get enlightenment, and later we continue to get more enlightened. Then, if God's willing that we should serve the world, and in which way, that will be determined later. It's too early to talk about guarding something from the thieves before we have any possessions.

Q: For years, many religions, for example, Catholicism, Hinduism, Buddhism, have existed. On the contrary, Your group has only come into existence recently. What principles in Your meditation group preclude the other religions as acceptable?

M: Do we have to be ten thousand years old in order to prove to you that something is effective? We have ships, we have cars that existed before I was born, but are these better than today's airplanes? You are talking nonsense! [Applause] Besides, we are not against any religion. We just bring forth to you the essence of all religions to make you know that all religions are one and are pointing to the same Truth. And if you don't know that Truth, no religion will help you, it doesn't matter if you follow ten religions or one. [Applause]

Q: Dear Master, if Jesus and Buddha had all the power of God, why did They not use it. Why did not Jesus save Himself from death? Why can't They use Their powers?

M: He didn't have to; He didn't want to. For Him, life and death are just a matter of walking to different rooms. Why should He resist one room and not the other? Why should He attach Himself to one room and not to the other? All rooms are His. He walks in and walks out any time He wants. Besides, only His body died; He never died.

If you meditate with us in the Quan Yin Method, you can contact Him; you can talk to Him. He will

teach you many things. Dying is only the ephemeral clothing. Just like I wore different clothes yesterday, today I wear these clothes, I can change any time I want, and that doesn't affect me, the real person who wears it. And so, Christ never died. That is a very great misunderstanding. Buddha never died. Many of our disciples still see Buddha and Christ nowadays. Any day when they sit in meditation, they can learn with Them, learn the Truth from true Masters, not from scriptures alone. [Applause]

Q: Would You please explain why Your teaching contradicts the teaching of Jesus? In the Bible, Jesus said, I am the way, the Truth, and the life. No one comes to the Father except through me. It is an exclusive claim. There is only one way to God, through Jesus, and not many ways.

M: Fine and where is He now? I want to go with Him and through Him. If He's the only way, tell Him to stay here and never move. If He moves away, how can I go if He's the only way and He's gone? [Applause]

He says one more sentence besides that. You forgot, *As long as I am in the world, I am the light of the world.* [John 9:5] [Applause]

Q: How do You, Master Ching Hai, bear all our karma? Did Jesus not already die for all our sins? If we are such great beings, why did Jesus have to die for our sins?

M: We are great inside, but the things we do outside are not always great. And that weighs down on our conscience, makes us feel guilty and uneasy, and that is what we call karma; that is what binds us in the suffering world. Jesus liberated us from this feeling when He was around.

Otherwise, you can see even Jesus died and if you believe that He died for the whole world, then He died a wasteful death because we still are suffering here and are ignorant. He died at that time for His disciples, for the ones who believed Him at that time. And after Him, there are Comforters who will come. They are the different Masters of different times. We have to go to the living Teacher and worship the passed-away Master, but not wait for Him because His job is done. [Applause]

He asks how do I clean the karma of the disciples, and also how do I bear the karma? Well, this is my business. If you go to the garbage collector and ask him, “How do you do it? Why do you do it?” It’s his job. You don’t worry about my job. [Applause]

Q: Are You the messiah?

M: It's up to you to answer, to verify it, because if I say "yes," you might not believe me, you might crucify me even. If I say "no," then what am I here for? [Applause]

Q: If a person is devoted to their religion, say Christianity or Buddhism, would it be necessary to receive initiation and practice the Quan Yin Method? Can they find their hidden true Self through their own religion?

M: If you can, then you don't need initiation. But if you haven't, then you do.

It doesn't matter if you are Buddhist or Christian or what. Finding the true Self will make you become a better Christian, a better Buddhist because you know the true Buddha nature [God nature] and you know the true Christianity within you. Otherwise, the Christians tell us, *Be you perfect as your Father in Heaven who is perfect.* [Matt 5:48] But are you yet a perfect Christian, never mind about as "perfect as the Father in Heaven?" The Buddha said, *You will become the Buddha. You have to know your Buddha nature.* Do you know your Buddha nature yet? Have you known anything about Buddhahood yet? If not, then come to me. [Applause]

Q: What are the differences among Your world, Buddha's world, and God's world? Thank You, Master.

M: We have the same world. When you go up, you will see Buddha also if you wish to see Him. You will see Christ if you have an affinity with Him or longing for Him. And this is our world, the world of the Masters, and the Masters include Buddha, Jesus, etc.

I told you that if you wish to see Jesus you might see Him, or if you wish to see Buddha, you might see Him. But sometimes it's not like that actually, I have to add, because God is humorous. Sometimes during initiation, (the people sit during the transmission in quiet, no talking, because there's no talking in initiation, only silent transmission), and some Muslims would see Buddha, or some Christians would see Buddha, or some Buddhists would see Jesus, without wishing to do so. Therefore, God sometimes makes jokes. [Applause]

Q: How do we stop anger?

M: Just stop it. It's difficult. And sometimes anger is also justified, if you do it in a cool spirit, in a view beneficial to the opposite person, instead of doing it with hatred. For example, when your children are very

naughty and they repeatedly do things that they should not do, and being a responsible parent, you have to teach them a better behavior. So sometimes you fake anger or you truly show you are angry, and that sometimes is beneficial to the children.

So it's all right. You have to look at the situation, because sometimes in a justified situation, if you do not show a proper attitude, be it anger or be it concern, then the people may not even understand, may not even know what you mean. They will continue in their way with hurting both parties. We have to know with wisdom, not always judging what is wrong and what is right.

Q: Is there a connection between the rising violence in human society and the increasing killing of animals for food? Have these animals with strong desires for vengeance come back to our society by way of reincarnation to make mankind suffer through violence and chaos?

M: Well, you answer yourself by the question. In the Buddhist doctrines, the Buddha said that killing animals, eating meat, etc. will breed wars and a vampire kind of atmosphere. And these in turn will harm sentient beings, eat the sentient being's flesh, etc. During

the war many people were killed anyhow, and that is also a kind of “vampirism” - eating people’s flesh. Therefore, it is undesirable to have animals killed for our animal body.

Q: Dear Master, Your disciple before said that if one is initiated by You, his karma for at least five generations will be erased. Could You explain further to us about this and how is it possible?

M: We came to this world having many relatives and friends because we have karmic bonds with each other for give and take. Therefore, if one person is enlightened and enters into the circle of sainthood, of this great mercy and grace, then other people, the beloved ones, will be also pulled inside, because you have nothing more to give and take with each other. They were only there because you were there, and now you are gone, they can be gone with you.

Also, God is merciful. Whomever you love or care for, He will take that person into consideration also because of the bloodline, the blood connection. And the karma, however heavy, will be erased because God’s power is greater than anything - greater, greater, infinitely great. Therefore, a little karma, however great, is nothing in the infinity of God’s mercy. We turn

to God and we're taken care of. Everything we have done in the past is forgiven; otherwise, how would we call Him God? [Applause]

Q: If this world is but a shadow, then is the fight to conserve it worth our efforts?

M: But what else should we do here to pass our time anyhow? Even though we know the drama or the movie picture is only temporary and only lasts a short span of time, should you go and tear the silver screen off, or what? Since we are in the movie theater, we watch it and enjoy it. All right? [Applause]

Q: Dear Master, I was told that the Truth is very simple. How simple is it?

M: When you get initiation, you'll know. It's simple like that. [Master snaps Her fingers.] Because we already have It within us, and language cannot describe the things that are so abstract but very powerful, therefore, we just have to know It. Just like drinking water is very simple. How simple is it? Just drink it, then you'll know. [Laughter & applause]

Q: What is the meaning of life?

M: Don't you know it by now? If you can write this question, you would have known it already. Life apparently is just a bundle of experiences - from suffering to happiness, from existence to nullification. But the true life is beyond all this ordinary comprehension. We have to step into the invisible gate that separates us from our true nature, and then we know what is the true meaning of life. Otherwise, I can elaborate on it all day long, but what is the use to you? What use does it serve? [Applause]

Q: If we find that our lives are meaningless, can we be born again?

M: If it's already meaningless, why do you want to be born again? What for? It's a meaningless question. [Laughter & applause.]

Q: If we and the Father are one, so we are God and Buddha. Why are living Masters necessary? If the power of God is within us, why are we not our own living Master?

M: Right, that's what I want to ask you. Why are you not your own living Master, instead of living a life ignorant, miserable, and knowing nothing about life and death, knowing nothing about the Father who you want to be one with? Did you ever see Hirm yet? See Hirm first, and then be one with Hirm. All right? If you didn't see Hirm yet, come and let me help you. [Applause]

Q: Dear Master, we normally do not know our previous lives, so how do we know our progress in the following life?

M: We can know if we want to. In the second world, the second level of existence, we have a place called the Akashic library. If you go there, you can have a look, a glimpse into your past and future if you want to. You can do that by any kind of meditation practice or by deep prayer also, and by the Quan Yin Method, you will also pass by there.

If you're interested to know your past life, you can have a peep inside. But I'm afraid after that you will only be interested to know the present and the future. Knowing the past life is not that necessary. That's why God draws the curtain and doesn't let us see - to min-

imize our suffering. It is better to go forward into the future and not regress into the past.

Q: What is the role of humans in this world?

M: Eat, sleep, raise children, and die. [Laughter & applause.] Most of the people do that. If you don't want to be like that, get enlightenment. [Applause] The questions are very cute. I enjoy them. [Laughter]

Q: Is there any value to hearing the various sounds as the chakras open? If yes, what is the value? What benefit is there to our body?

M: The sound is the Word of God. It's the teaching of the

Buddha, in silence, without language. The more we hear it, the wiser we become, the happier we will be, and the more beneficial to the world.

Q: Why do we have to go through this world to reach enlightenment? Why couldn't we exist initially

enlightened?

M: Because we already came here, so we have to go back. That's it. If we were there, then we were there. You have already walked through this door, so later you have to walk back out again to find your car.

Freedom of Choice Is A Dream

Q: Dear Master, all things come from Buddha nature; if so, is there really free will or free choice?

M: No, we just dream that we have free choice. We make a lot of messes with this free choice, which we should give up in the beginning anyhow. But we can only do that with sincere devotion to God or whomever we believe in. And we can only do that through enlightenment because then we know it's not we who do things; it is the Universal Plan. Then we will not reject our job, we will not throw away our wife or children or get divorced or anything. We will know what it is and we will lead a more contented and happy life.

Free will is this: for example, God's plan is that I have to put my umbrella here, but now I don't want

to put it here. Why should I put it here? I feel that I should put it there [Master points to a different place on the table], so I put it there. Why not? Now I upset the environment and our plan for a while. Then I feel very uncomfortable and my umbrella will break over there, and I don't know why. If I had put it here, it wouldn't be broken. So now, eventually, I will have to bring it back and put it here.

Suppose you divorce your wife or husband, or reject your job, and think, "I am free. That's it, fantastic! I've taken the matter into my own hands and now I am free of her or him." You think you have done decisive things and are very wise. But what happens, maybe a few days or few months later, you will meet someone else, maybe worse than that one. [Laughter] So the experience, you have to go through anyhow. Maybe you think you have changed it, but no, you just postponed it. Or maybe God lets you turn around the corner, but only to go back to the same road again. [Applause]

Q: How are thoughts formed and how do they enter the mind?

M: You open your mind and let them enter. I guess that's what it is. Our mind is like a computer, a brain

computer system, and any time it can pick up anything. If we do not take care to guard it or to select the better information for our use by special attention and a technique, then of course, we pick up all kinds of things, good or bad. And then accordingly, we react later on positively or negatively in our life and reap the results.

Q: If you have received initiation, can you back out? Is there any punishment for doing so?

M: Yes, you punish yourself for not getting further enlightenment. That is grave enough, graver than any other punishment. To deny ourselves wisdom, to deprive ourselves of the greatest privilege in Heaven, is the greatest punishment already. I will not do anything to you. You are punished enough. [Applause]

The End

Master's Power Brings Enlightenment

Spoken By The Supreme Master Ching Hai

April 7, 1993

Vasa Park Resort and Ballroom

Seattle, Washington

(Originally in English)

Good morning, how are you? [Audience: Fine] We could have done better, and would be doing better, if we had more equipment. Just relax, and prepare for some good jokes. As you have seen, our group is very funny, very humorous, so there is nothing to fear. In German, they say, "A saint who is miserable is a miserable saint." [Laughter] So we try to be happy Buddhas.

When you listen to our friend there, you will be frightened that every day we will feed you with tofu and vegetables. There is much more in the vegetable kingdom than only tofu, but no doubt, tofu is the most nutritious food. A soybean has 36 percent protein compared to beef, beef probably 25 percent, and pork 16 percent, etc. So actually, when we eat tofu, a soybean product, we have more protein. Of course people think vegetable protein and meat protein are a little different. Yes, they are different; vegetable protein is more digestible and healthier, and this has been proved by

today's scientists. But nevertheless, I will not elaborate more on this great stomach philosophy, but we will go a little bit higher than the solar plexus chakra. Are you familiar with all of these big words - chakras, nirvana, samsara, and all that? If not, then I'll just put them aside. I just use them so that you know that I am very learned. [Laughter]

Merge into the Noble Philosophy of Ancient Saints

Just maybe a couple of decades ago, or several centuries ago, our life on this Earth has not been so beautiful. We did not have so many highways, we did not have electricity, and we did not have airplanes. If I were born a little bit earlier, say a hundred or so years ago, or maybe two hundred years ago, I would probably have no opportunity to be here with you tonight in such a quick and relaxed way, and to share with you the atmosphere of the ancient sages of the Golden Age, where in a few hours we would forget at least some of our sorrows, our hatred, our pressure in order to merge ourselves in the noble philosophy of the ancient saints. You are invited to join into the golden moment of a higher purpose of life.

Our world is very, very beautiful compared to many other planets that we know of, or maybe not know of. (Just pretend that we know some.) Scientifically speaking, there are a few more planets that have been discovered which are not as beautiful as ours. So we could congratulate ourselves for having such a little paradise, where we have enough water, greens, and air. Even air, because in some of the planets the air is not alive. Sometimes it is very contaminated and living beings cannot even stay there. Our world has been beautified day after day until we reached today's comfort. So we have a better kind of life with electricity and with all kinds of civilized inventions. That is just in material comfort. Similarly, if our spirit, which is more important than the flesh even, would be equipped with more of the very comforting instruments, then our life would be much better still.

Our human life consists not only of the material appearance of the body, or the thinking power of the mind, but we have also something beyond these two, which is the spirit. The spirit, the wisdom, or the Supreme power, which is within us, is that which makes all things come to life and sustains them. Therefore while we are so-called "living," we can move, we can talk, we can think, we can love, we can investigate, we can do many things. But when the so-called "spirit" leaves us, then even if the same body exists, we cannot

do anything. So if while living we learn to know this spirit that is the dominating factor behind all of our living activities, then we will be wiser, more enlightened, and of course, more satisfied.

Modern Era Opens Ancient Secrets to the Masses

Otherwise, even though we have a lot of comforts in life, and our civilization has reached such heights in history, most of us are still unhappy. Many things we want to do in life, many ideals we want to fulfill, and we do not know how to begin. And even if we know how to begin, we are not certain whether it is the true direction. Therefore, many times we are unsuccessful despite all our sincerity, our prayers, and our good will to serve the world at large. It is difficult to reach our goal. It is because we do not recognize this spirit, or the Supreme power, which is dormant in all of us. It is just like a person who has a great treasure in his house and doesn't know where it is, and therefore could not make use of it for the betterment of his life.

I am sure all of us here, and most of the people in the world, long for peace, true happiness, and beauty, inside as well as outside. But why is it that most of the

time we spend a lot of money and time on some matter and it cannot be accomplished? It is because we do not approach the problem at the right angle. It is because we do not use our supreme wisdom in all of our undertakings.

Is that correct English? You have to bless me because I am in the Chinese community, eat Au Lac food, and talk in all kinds of languages all day long. [Laughter] Despite all my wisdom, language outside is still a problem. Actually whatever we learn outside, (same with each of us), whatever we try to learn with the mind, which is our super-computer, we cannot accomplish it in a 100 percent way. Besides, there are so many things to do in life, so many projects we want to accomplish with only the very limited power of this computer. Even though it is the best quality, sometimes it is out of order - like when we put some wrong fuel in it like too much whisky in one day, then it zigzags, and it doesn't work maybe for one or a couple of days, or we put in too many drugs or something that is very detrimental to the thinking power of our computer.

If we do things with our great wisdom, with the central intelligent Force, which is connected with the whole Universal Network, then we can do many wonders, and yet we don't use any effort. This is what Lao Tzu called, *Do without doing, action in nonaction.*

[Tao Te Ching] How do we accomplish this? It is very simple. All the Masters in the past have promised us that whatever they do, we can do also. If they have become the Buddha, we can also become Buddhas. Whatever they have, or they had, or they discovered, we have also. All human beings are born equal. It is up to us to make use of our treasure or not. God, if there is one, would not push us because we are the most respected creation in the whole universe. We are at the crown of creation and our free will is absolute because God has made man in His own image, and therefore man's will is God. Nevertheless, sometimes we have forgotten to use our free will to better our life or to bless this world. Instead, we have abused this power, and therefore many times we have brought disasters into our beautiful planet and then into our lives.

The difference between Heaven and Earth, or Heaven and hell, is only a hairbreadth apart. The only difference is that in Heaven, our attention withdraws inward instead of spreading outside, and then we know the Kingdom of God. Most of the people think this is impossible, while the experienced practitioners on the path know that it is very easy, very simple, therefore even children from six years old can do it. And old people up to sixty, sometimes over, could even do it. Everyone can do it, because everyone has this power within them.

The Buddha said, *I and all beings are equal. Why do they not know it?* And Jesus said, *What I do, you can do better.* [John 14:12] Better doesn't mean we will be higher than He. Better means that in the future we will be allowed more freedom to exert our power, to communicate this good message to more numbers of people, whereas He was limited to only three and a half years of preaching. But we, in the modern time, could use a lot of highly technical developments in order to communicate to the masses. Therefore He said, *What I do, you can do better,* is a prediction for a more liberal future.

In the time of Jesus, religious activity or the Truth was feared, persecuted, and hidden from the mass of the people because the politicians at that time feared anyone who had power to move the masses. It didn't matter that the power was for the good of mankind or not. It was just a power struggle, and that's why in the ancient times, or maybe up to recently, we do not have much chance to know about spiritual secrets, which are actually not secrets at all.

Many hundreds of years ago in Au Lac, we had no electric lights, and one of our ambassadors or maybe a delegate from Au Lac, went to France to study. And when he came home, he reported that in the West people had the lamps upside down. Before, we had oil

lamps, which had to stand on the table, but he said in the West, the lamp is upside down, and the water came from the wall - the tap water. And the king cut his head off because the king and the whole hierarchy, the whole royal household, could not believe that it was the truth, and so they accused him of blasphemy or not respecting the king, of making a fool of the royal lineage. Not only was his head cut off, but many of his relatives and family members also lost their heads. Such was the punishment in the old time for someone who was suspected of not being loyal to the ruler of the nation. Today luckily, we don't have such injustices, and today the majority of the people in the world know that the upside down lamp is very normal. Thank God.

Similarly, many centuries ago, spiritual attainment or becoming enlightened was something very mystical, very impossible, very farfetched, a kind of visionary dream. But today, it is a very common theme that people sometimes even talk about in coffee shops, in the park, on the train, on the bus, etc. This is good. The age of our world has changed, and we are beginning to live in another kind of atmosphere where many more people will be enlightened, and peace will be more accessible to mankind. And let's hope that in the future generations all the rulers of the Earth will not rule with armed force but with wisdom and love, because all men are brothers. The different countries are different

rooms, which the whole family has the right to share with each other, and to live with each other in harmony.

The Future is in Our Hands

As long as the majority of us are not enlightened and not using this super wisdom within us to take care of the world and to do everything, whether big or small, our world will not become what we dream, or what we expect it to become. Therefore, the future of the world is in our hands; it is not only in the hands of the political figures of any great nation. Please remember, even if there is one great king who rules the whole planet, who has great wisdom like that of Solomon or King David of old, if the whole masses of people are swimming in ignorance, he can't do much. When Jesus, the Buddha, or other Masters, were still living, because the communication was very poor, the enlightenment message was not very widely spread among the people. Therefore, even if we had the son of God on Earth, even if we had the Buddha, the world at that time was still chaotic.

Today, thanks to the many wonderful inventions, we have beautiful communication systems, and we

have fast transportation methods. Therefore, many of the people of the world, thousands, billions of people, have been enlightened through different saints, different messages from different spiritual schools. And therefore we can see the hope of the Golden Age at the horizon. Many of the great conflicts between powerful nations have ceased, somehow. So each one can breathe a sigh of relief because we do not fear much of a third world war or fourth anymore, at least for the moment. It is because in this age many people have become enlightened, and use the wisdom to bless the world or to enlighten their neighbors. And one will lead to the others, and then soon many, many more, and the majority of the people will be living in the wisdom of their birthright, and using it to bless the world, to make it become Heaven. Otherwise, it doesn't matter how much we try with our limited knowledge of books, or of experience in our field, we can only do a very small amount of service to mankind.

Jesus was great and was worshiped by the whole world up to now, due to His wisdom, this supreme wisdom, within Himself. Buddha is still alive within the hearts of the people of the world. It is due to His supreme wisdom, or the Buddha nature, which both of them stated that we also possess. We know all this. We have read all this. We have learned all this from many teachers, from many books, but we never won-

der, “How could I get it?” “Why don’t I have it?” The answer is that we do have it. We can have it, and we always have it, already, but we do not know how to make use of it. We are too busy, too busy with the worldly knowledge that we learn from books. We are too proud of knowing many things, but the greatest wisdom we have neglected. It is just like the prince, the son of a king, who has forgotten his heritage, and goes out begging for some morsel of food. It is very pitiful, and then we blame God for not helping us, we blame the Buddha for not blessing us.

God and Buddha have already blessed us, have told us what to do, but we do, most of the time, the opposite. Even if we just talk about the very simple precept like, “love thy neighbor,” or “thou shalt not kill,” even that many of us couldn’t keep. God has prescribed the way of Heaven: *If you love me, keep my commandments.* [John 14:15] If we did this, our world would have become long ago a paradise. If we blame God, we should think twice. Everyone asks me wherever I go, “If God is almighty, why doesn’t Hes turn the world into Heaven? Why doesn’t Hes make everyone better, become angels and so on?” Yes, Hes has told everyone to be an angel, but we do not listen. We do not want to keep the commandments of God, which can make our Earth become Heaven.

Why is it so that we know it, but we can't do it? We can't keep the precepts? It is because we lack the supreme power. We don't have the strength to resist so many of the temptations of this world. That doesn't mean that after initiation or after enlightenment, you don't eat, you don't sleep, and you throw away all your property. It is not the case. All the worldly, created phenomena, we can enjoy. We just enjoy more because we know heavenly life, which enhances our life more. Just like before, we did not have electricity, we did not have electric lights, and our world was still going on, but in a little bit more darkness. Now we have electricity, we have lamps all over the place, and we can work all night long without any problems. And that makes our life more comfortable and more enjoyable. Similarly, our life here is already good, but it would be best for us if we have enlightenment.

Characteristics of an Enlightened Person

Enlightenment means more light into our life, not artificial light, but the light that is everlasting. And then in every activity, in everything we do, we are very clear. Not clear at the level of the mind, but clear at the level of super consciousness. Therefore, we will always be

in the correct direction. Even if we make mistakes, it is not a mistake. We will know it is just “apparently” so, but it is actually the plan of the Universal Brotherhood.

Many people fear that after enlightenment they cannot do their business, or they may not be able to get married, or they will have trouble of any kind. But it is a wrong conception of enlightenment. Enlightenment should be that we will be more beneficial to the world, more efficient in whatever we do, and more happy in our life. Enlightenment doesn't mean we have to spend our life in misery, or in ascetic practices, smearing ashes all over the body, and all that. Yes, you could do that if you are in India. It saves some cloth, but in the West we don't need to do that. Whatever we do, whether we smear ashes on our body, whether we shave our head, or we wear rags or we wear beautiful clothes, it should accompany enlightenment, and that is all we lack. We don't have to change our way of life. We just have to adjust to a correct way of life. We just have to add more light into our spirit. It is just like now we add electric light into our daily use. And then once we have discovered electricity, we can use it in numerous ways - television, radio, light, refrigerator, etc.; everything we want is available.

Electricity has not been the invention of mankind; it has been just a discovery. Similarly, enlightenment

is not an invention of Buddha or Christ, and it is not a gift from any Master. It is a birthright. It is an inheritance within all of us, and at each moment we want to have it, provided we have an experienced friend to show us the first time how to do it, then we have it. We can have it all the time. Just like if you walk into a new house, or your house, and you have never known where the switchboard or the electric switch is, so it is very difficult to go around the wall touching here and there trying to find it. But if someone who has been in that house and who knows where the switch is just tells us, then we can even close our eyes and do it every day because we know exactly where it is.

Most of us live in this life trying to go through it in a hard way with a complicated method. When we hear someone say, "Enlightenment is easy, is immediate, is free of every obligation," we feel very reluctant to believe it, but why not? If the thing is already in your pocket, and someone points it out to you, why is it so difficult? It has been there all the time. Therefore, in the Bible, it is even said, *The Kingdom of God is within you*, [Luke 17:21] and then *Seek you first the Kingdom of God, and all the things shall be added unto you*. [Matt 6:33] Truly, it is like that. We go through life spending a lot of energy, time, and finances trying to find happiness and wisdom through different material means and through different gains in possessions,

love, or business, but we never find it. As soon as we are satisfied with one point, we want the next one. And we will never stop. Deep down within our heart, there is always something that is not satisfied, something empty. It is because our super-conscious knows that we have missed the greatest part of our life - that is the supreme wisdom that is there for us to use. We should use it! We must use it if we want to live a true life and if we want to experience true happiness.

See Heaven on Earth

If we step beyond this material existence into the world of light and Reality, even for just one moment, we will know that this life is not the only one, and is not the best life there is. It is only a copy of the real life. Then we will lose the attachment or the competition that we have for this very ephemeral life. That is why, when the sages of old are enlightened, they forsake their whole kingdom. They could do that. It is because they have gained a greater Kingdom within. Jesus said, *My Kingdom is not on Earth; my Kingdom is in Heaven.* [John 18:36] Where is that Heaven? How do we get there? It is right here, and we can get to it any time, provided we sincerely want it. If we do not see Heav-

en now in this life, who can be sure that we will get it after we die? Do you ever work for a company and then the boss says, “You just work on, and after you die I’ll give you all the money you need?” [Laughter] Will you agree to that condition? Yes, you do. You do. You always believe in a hereafter Heaven, which we don’t see.

You are invited to see Heaven on Earth, and then to see that everything we have seen in this life is only a copy, a shadow of the real. Then we will enjoy even the shadow better, because we know the real is beautiful. Suppose you know a beautiful girl and you know her personally, then even when she comes near you, even just seeing her shadow, (you have not seen the girl, she was inside the door, and the shadow was projected outside) even seeing the shadow, you are thrilled. Because you are connected with the real person, and you know that it is the shadow of your beloved. So you love even a shadow as well, and you welcome the shadow also, because you know the shadow comes from your beloved.

Similarly, we have many things in life and we try to enjoy them, but most of the time the enjoyment is very shallow and short-lived, and sometimes it brings another misery along. But if we know the real happiness, then even this life, the shadow of the real Life, we also

enjoy because we know we are from this Life. And we know even how to adjust the shadow to make it more real. Before, we did not know how to stand where the angle will make the shadow more beautiful, and now we know.

Break Through the Material Barrier

Originally, when we first came here, we were living in light and happiness and glory. Then after some time, we have been entangled in the enjoyment of this world, to everything in this world. We became curious. We wanted to know, we wanted to taste, we wanted to touch, and we wanted to experience everything that is around us. Then slowly, we get in contact with these material phenomena or appearances, then we become more affected by the material side of nature, and we become more and more material. And then eventually we are mostly material and the light disappears from sight.

The light does not truly disappear or vanish; it just becomes enveloped in the gross material case. In order to find the light again, we have to break through the material barrier, and that we can do with a definite method. Just like every scientific thing, if we have a

method, then we can do it. It is just like women can bear children and men cannot. Therefore, there is one way to be enlightened and the others are not so effective. The sages of old have discovered this method. Actually not discovered, the Method was conveyed from Heaven through different sons of God, at different periods of time, to remind mankind of their glorious, original state, and that they should not forget their Origin, and should not wallow in their suffering which is unnecessary.

We are here today to share with you this good news and very simple technique to break through the material cover and to get in touch with your true Glory again. And if you have any questions, you are very welcome to ask. Thank you very much. [Applause]

Questions & Answers

Q: Dear Master, please tell us how to reach the eternal happy Heaven.

M: We will show you at the time of initiation. It's very simple and very fast, but it takes a few hours because we will also tell you what to do every day to

renew it, to remember it all the time, and how to avoid pitfalls and all that. Therefore, it takes a few hours, but the enlightenment comes in a few seconds.

Q: Is it true that normal persons only use a small portion of their potential brainpower?

M: Right. That is scientifically proven already. Therefore, we do not know much of the things in the universe.

Q: If it is so, when or how can one fully utilize the power?

M: That is why there is initiation. We will show you how to make use of your “super power” which is within yourself. And it will be done in quietness and togetherness, but in silence, not by verbal language.

Q: Why is the spirit hidden from us?

M: Why? Because we just look outside and we don't look where the spirit is. Suppose I am sitting here and you are always looking at the back door. Would you see me? No. That's it. I am not hidden from you. It

is just that you don't want to see me, for example. It is a similar thing with our spirit.

Q: If we are to live in harmony, why have we created the fear that causes us to fight?

M: We do not create fear. We have fear because we do not have the power to resist fear. We have not known our greatest strength that is within ourselves. As soon as we know this, all fear vanishes. That's the best way to conquer fear - to know our greatness, to know our strength, our super-wisdom.

Q: Is there any difference between God and Buddha?

M: Yes, there is a difference, but there isn't any difference. God is the unmanifested aspect of the cosmic power; Buddha is the manifested one. Within the Buddha, there is cosmic power. The Buddha came from the cosmic power, and also possessed this cosmic power.

Q: Why does the Buddha pray to God?

M: Does the Buddha pray at all? I didn't hear about that! [Laughter] He did not tell me that He prayed, but if you hear Him praying, please ask Him.

Q: How can I overcome my being so frightened that I do not accomplish my simplest goals?

M: As I told you already, it is because you do not rely on your greatest strength which is the cosmic Energy within yourself, and which is connected with the whole universe. If we have that, if we rediscover that, we fear nothing. Death is the most fearsome enemy; even then, we transcend it. We die every day while we are living, so we have no fear of anything at all.

Q: Must a person be fated to achieve enlightenment?

M: Fate is in our hands. If you always go around all your life, thinking, "I will be fated to do that and this and other," then you will never do anything. We always have to do our best, do what we want to do, and then see what fate has for us. Then we will know; otherwise, how do we know?

Q: Can we all be masters? If so, what does the word mean?

M: I think you want some silly answers. [Laughter] What does the word “master” mean? The word master means master. Master means you already know how to master yourself, and you’re not torn apart by different obstacles in life.

Q: Thank You for Your wisdom. Please tell me about the role of evil in life.

M: Evil? We did not invite him in tonight, [Laughter] but since you mention it, he is around the corner.

Evil is an extra force that we have created together with other beings while having interrelationships in our lives. For example, I am alone here, I have nothing to do, and I have no business with anyone. Then suddenly someone else comes and asks something or wants to do something. And we have a misunderstanding, we create some very aggressive atmosphere, and then that person probably punches me in the face. If I couldn’t punch him back because of my weakness, I would try to remember that all the time, and try to get any chance to give him back what he has given me as a “present.” So that breeds hatred. Hatred wasn’t there in the begin-

ning, but it was created because of the interrelationship between me and that person. So that is evil. Originally evil did not exist. Evil existed after we failed in our effort to keep to the positive side of our nature, after we failed to remember our goodness and forgiveness, after we failed the test of life.

Q: Is this evil the play of the ego?

M: No, it is our own creation. Similarly, we could create Heaven if we wanted to. Every time we extend loving kindness, tolerance, and understanding to others, at that time we create Heaven.

Q: Does the ego need to open to evil or integrate it?

M: The ego is evil itself. The ego is the feeling of individual pride, of self-arrogance; therefore, we should not even bother about that. We should know our greatness instead of being proud of our little knowledge and accomplishments. Whenever we are proud of our little accomplishments or knowledge in this life, that is when the ego comes to take a place in our spirit. This is no good for us. We should do without any sense of pride or asking for reward.

Q: For enlightenment, is service in love to humanity as important as meditation? Or is service more important or less important than meditative practice?

M: Both have to go hand in hand. We meditate because we want to do service better. We want to be clearer in what we do; therefore, we will be more efficient in our work and more of service to others. Without meditation, sometimes we have the very best intentions and we are willing to serve people, but we do not know what is the best way. Meditation is a helping factor to true selfless service.

Q: Dear Master, I have seen You many times in my dreams. Is this true?

M: You see me now also in your “big dream.” Is it true? [Laughter] If it were not true, you would not be repeating it. You would have forgotten. Many people claim to see me even before I was famous. Before I became known as Master, they had seen me already in dreams or in visions. I guess you are one of those people who have an affinity with me.

Q: I am from Alaska. The beauty of the land sings

in my heart and fills me with peace. This year I have seen the presence of angels profoundly in my life. How can I invoke my guardian angels to help direct me on my path of peace and love? Bless You in all You do.

M: You can be more concentrated, more sincere in your deep prayers, and then, maybe the angels will come back again. Or you can join us in the initiation process and get hold of the angels at your will. Both are possible. One is a little bit risky and adventuresome. Initiation is more sure and quicker.

Q: Dear Master, is Jesus also a Buddha?

M: Yes or No? [Audience: Yes.] Thank you. The Buddha is the one with wisdom and compassion as far as the Buddhist terminology definition is concerned. Jesus was a manifestation of both wisdom and compassion. How do we know He has wisdom? It is by His teachings, by His wise teachings, which are still preserved until our days. How do we know He had compassion? At the time of His departure, He was nailed on the cross, suffering, thirsty, rejected, and very unloved by the people of His age. Still, He forgave His so-called enemies. He prayed to the Father to forgive them. This kind of noble attitude can only come from

a so-called Buddha. The Buddha was also as compassionate as Christ, so both of Them are Buddhas, or both of Them are Christs. Christ is the Hebrew name for Buddha, and Buddha is the Sanskrit name for Christ. It is just like water and l'eau in English and French, both say the same thing.

Q: Why do ghosts appear, and should we pray for them?

M: Better pray for the living first because we are still alive and we still have the way to know ourselves, and to enter the Kingdom of God. And we aren't saved yet, let alone the ghosts, who can't do much about it anymore. Of course we pray for all beings, including the ghosts. But ghosts are actually just some kind of wandering energy, which is housed within a shell, an astral shell of some deceased person. It might not be that person at all. For example, I cast off my clothes somewhere outside, and someone else without clothes came and picked them up and wears them. Then he looks like me from the outside, but he is not I. He might be just any wandering person; similarly, ghosts are like that.

Q: What can one do when one's life is surrounded by problems and there are no solutions to them?

M: My friend has already advised you. He said he got initiation, forgot the beef, and ate only the potatoes and tofu. Get enlightenment and then all your problems run away because they cannot bear potatoes and tofu. [Laughter] They will go after the beef! [Laughter]

Q: What do You know about life on other planets?

M: What do I know? I know so much I don't have the time to tell you. There is already a lack of time when I want to tell you about things on our planet, never mind life on other planets. But you could go and visit them via initiation. With enlightenment, we can visit many galaxies and different Buddha's worlds, different heavens, and without buying airplane tickets and no need for UFO's, even. [Applause]

Q: Would You please discuss some of the powers that You have developed through the use of Your mind?

M: I don't use my mind, Brother. I use my mind only when I want to go to the bathroom, or to eat some

food, [Laughter] or to make a telephone call. I don't use my mind to develop this power because I already have this power, which encompasses the whole universe and includes all magical abilities. You have it also. You have it. [Applause]

Q: Do You know if beings from other planets reincarnate as humans?

M: Sure, there are such things. You are one, for instance. You came from higher developed countries in different galaxies. You come here for a while and then you will leave again. And if you want to know where you came from, get enlightenment. Let us help you if you do not have it. [Applause]

Q: Do You believe that the universe is a Supreme being?

M: No, the supreme power is within and permeates the whole universe.

Q: Dear Master, I would like to know why the uni-

verse exists? Since I am only ten years old, I do not understand.

M: Then wait until you grow up and then you will understand. [Laughter]

Why does the universe exist? It is because we like to look at it. Suppose the universe doesn't exist and today we don't have the chance to speak with each other, or we do not have the chance to play with each other, to love each other, or to do something to enjoy our existence. It has some purpose. And if you do not want the universe to exist, then you can sleep all day, all night; you can see nothing.

Get to Know Your Real Self Through Initiation

Q: Is it possible to lead a life completely free from doubt and fear forever? If so, what does one need to do or not do?

M: Fear and anxiety come only from darkness, from ignorance, from the fear of the unknown. Once we get to know the stable side of nature, the real side of our life, all fears and anxieties disappear. We only

fear because we think that after this life we have nothing. We fear because we know only the ephemeral existence of this world. If we know that life is eternal, if we know that we are the greatest being in the universe, then we will have no fear at all. So, I invite you to get to know yourself through the means of initiation.

Q: God is a concept, an idea, but its reference is to that which is transcendent or beyond words, which are always qualifications and limitations. Infinite, universal, and eternal, life is only in the present. Eternity is an aspect of here and now that thought and time block from our experience of life. So I think that we can only experience in the present, so that this life moment is the most important. What do You think?

M: Sure, but you do not experience it; you only repeat what other people say. “Eternity is in the present time” is true. For example, now if I close my eyes, or I don’t close my eyes, I see reality, and I stay in the dual world at the same time. Therefore, I can say to myself and to you that “eternity is here, now, present.” But as long as you don’t see it, you only see the duality, you only see the material world, therefore, here, now, past, present, or future, is just the same to you.

Reality is different from this world, different from what we know since we were born into the material existence. If we do not see it, we cannot claim that reality is right here and now. What we see around us now is not reality. Reality is something beyond this life, beyond what you see here, beyond the material bodies that we know. If we see it at the same time as we see this body, as real as seeing this body and these surroundings, then we can claim we see reality here and now, all the time.

Q: How do we know that there is reincarnation? Is it a fact, or what is the basis?

M: There is no need to ask me even. You can read about it in the newspapers or in the many books that do research in this field, and get the proof for yourself.

Reincarnation is a state of transit from one experience to the next. And in order to experience something, we need to use a tool that is mostly a human body. While we have the human body, we experience many pleasant things and unpleasant things, and many unfulfillments. We want to reexperience or experience more because we are not satisfied with one life, and in order to do that, we have to reincarnate. We seek another body to use as the tool for further experience.

That is the process of reincarnation. The enlightened person has no more desire for experiencing anything, therefore, he does not reincarnate.

Q: The Buddhist Bible says that people who eat meat will pay for their sins. If a person who is a vegan cooks meat for others in the family, does that person have a sin?

M: No, because she doesn't eat it. She was forced to do it. It's not that she willingly advocated the meat that people like to eat. Besides, people have the freedom to choose what they eat. If you are a vegan, it's fine. If other people are not ready for a vegan diet and they choose a meat diet, it's their free will and right. Of course, you try to help them to understand that it is better for our health, our spirit, and our enlightened state of mind if we take a vegan diet. But we cannot force everyone to be the same because even God does not do that. God only guides and tells us the precepts, and then we keep them or do not keep them. It is our responsibility. But, of course, it is better that we keep them so that the world will get better and become a Heaven.

Q: I usually see red lights in my room. Sometimes I can see the red light emitted from my body. Is there

anything wrong with my practicing meditation?

M: No, there's nothing wrong. It's just that your level is not very high yet. Red lights sometimes stimulate anger within the person. It's an astral level of consciousness.

Q: If I continue to meditate for several days without eating or sleeping, will I get into trouble?

M: Yes, you will be hungry and sleepless. [Laughter]

Q: If my level is low but I break into a higher level, will the light and the sound kill me? Can Master save me in time if that happens, or will I come back to Earth with my brain out of control? [Laughter]

M: You have to do it the correct way. Get to know the correct method and not just do it at random. The light comes in accordance with your level of understanding and in accordance with your ability to bear it. Therefore, do not feel in a hurry. If a child of two years old is forced to eat a lot of vitamins and nutrients in order to grow fast, it is no good. So take it easy. Do your

meditation as you learned from your teacher, whomever that may be, and wait for the time to come.

Q: I love my original Master very deeply and usually recite His name. If I continue to do this, will I lose Your love and blessing? I love both of You with no difference because without my original Master, I would not be alive to sit here and listen to Your lecture.

M: I am not in competition with anyone. You can love ten more Masters if you wish, no problem. Just be enlightened. That is the best way to show gratitude to your previous Master, and no need to even be grateful to me or anything. Whatever you do, I love you all the same. It's you who probably do not love yourself because you will think, "I do that very badly. I do this very badly," and it is you yourself who stop feeling being loved.

Q: I am an initiate of Kirpal Singh Ji and correspond with and love Sant Ajaib Singh Ji of the Punjab. It sounds like Your path is the same: a vegan diet, five sacred names, and spiritual diaries. Is it an insult to another liberated Master to be reinitiated by You? Also, since He has taken responsibility for my going to Sach

Khand, how would my initiation by You change my life, for I know that I am God, however I am not yet totally liberated?

M: You should have more faith in your Master. Kirpal Singh was a great soul and if you were initiated by Him, that is fine. You should have more faith. Faith is what you need, not another Master. And our path is similar, but if you wish to join us to have more reinforcement and more encouragement for your spirit, you are more than welcome. [Applause] It is not an insult to Kirpal because I will take care of you for him. That is all. All great Masters have no sense of individuality and possessiveness. Don't worry about that. Whatever you do, if you are happy, if you progress in your spiritual path, that is what your Master, whomever that may be, wants you to have. So if I can help you, he'll be happy. As long as you are happy, he will be happy.

Q: If enlightenment is truly possible for anyone, why do we need You?

M: Because you are not enlightened, yet! [Applause] It's possible for everyone because if everyone comes to me or any of the experienced Teachers, it's always possible. But if they don't come, it is not possible

because they don't know it themselves. If they know it themselves, it is fine, but most people don't know.

Q: Can one who believes in Christ also believe in Buddha at the same time?

M: Yes, but one is enough. One is enough, because both of them are the same. Both of them are one. All the Masters are one.

Q: What will happen after death?

M: You're too hurried. [Laughter] It won't be long before you know. And how do I know? I'm not dead yet. [Laughter]

To Find the Eternal Heaven, Find the Eternal Source of Merit

Q: Dear Master, how can I get rid of bad thoughts?

M: To get rid of bad thoughts, you have to replace

them with good thoughts. It's very simple. If you don't want to wear black, then throw it off and wear white.

And by the way, I was just joking with you. I know you sincerely want to know what happens after this life, so I will try to explain to you even though I am not completely dead yet. I'm half dead. [Laughter] With the world tour and busyness, I am always half dead.

What happens after death depends on you. For example, if we are very virtuous, correct, loving, and kind while we are living in this world as a human being, then after so-called death we are taken into a deserved mansion, which is called heaven. But this is not eternal because our merit is not eternal; therefore, the heaven corresponding to it is not eternal. To have eternal Heaven, we have to find the eternal Source of merit, which is the greatest Kingdom within us, and that is itself, eternal merit.

If, in this life, we are doing the opposite things, things that are contradictory to the commandments of God and below the standard of humanity, then we probably will have to regress into a lower level of consciousness, of existence, in order to reexperience what we lack, what we must supply to our knowledge. And after some time, we will be lifted up again to a human standard. If we are better still, above human standard,

then we will be lifted to Heaven. And the initiates are the ones who enter the eternal Kingdom and will not reincarnate again on this Earth or any other earthly world.

Q: Master, please talk more about the Buddha nature within us.

M: The Buddha nature [Inner nature] is the so-called Supreme Master power, which moves the whole universe, which makes all things alive and beautiful, which makes us wise and loving, and which leaves our body lifeless after It decides to withdraw from it, and not use that instrument anymore. If we know this Buddha nature, there is nothing that we do not know, and there is nothing that we want, nothing that we would desire.

That doesn't mean we become a wooden stick, a wooden statue. We have all things that human beings have. We have emotions, we have feelings, and we have the taste of enjoyment of beauty, of Truth, and of virtues, but the emotions that we have now are under control. We use them whenever necessary and we withdraw them whenever we want. That is the difference between the ones who know the Buddha nature and the

ones who don't. The one who knows Buddha nature is always in happiness. It doesn't matter in what circumstances - he may be very poor, he may be very rich, he may be in a top political position, or he may just be collecting garbage. But he will always be absolutely free of anxiety and fear, always contented in whatever situation he finds himself in. That is the difference.

Q: After initiation, if something goes wrong, something against Your instructions and regulations, what is going to happen - a disaster or something else?

M: Sometimes yes, if you don't have courage, then you would fear. But actually, the worst disaster is that you stop there. You were given a great treasure and then suddenly you don't want to use it. So what kind of disaster befalls you - that you are poor, you have nothing for yourself? You deny yourself the greatest possession and that is the worst disaster already. If you don't know it, it is not that bad. But if you already know it and you deny yourself or you make some mistakes so that you lose it or you have no way to use it again, that is already the greatest disaster.

Q: How important is chanting for enlightenment?

M: If you had been enlightened by chanting, you wouldn't have asked me this question. So it is not important at all. Enlightenment comes not through chanting, not through praying, not through anything, but through our own sincerity, our own very deep longing for it. And then we know where it is. Therefore, during the initiation, we don't speak. I will not speak anything to you, and you will not say anything to me, and then enlightenment just comes.

Q: Please let me know what is the end of meditation practice?

M: What do you think? [MC: Enlightenment. The end of it is the outcome of peace, tranquillity, love, having no desire. Even though we still work in the world, we still possess things, we do not have desire, and we do not have the torment of wanting many things and never having enough. That's the outcome.

Q: How long must one meditate to reach enlightenment?

M: Enlightenment comes immediately. As soon as you sit down with a Master and sincerely want it, it

comes immediately, even before immediately. Sometimes I have not finished the instructions and people already got enlightenment. Some people are in a hurry, you know. They have no time to wait. But the meditation takes place daily, because we always want to be in the enlightened state, and we always want to renew our acknowledgment of enlightenment. And also we want to strengthen it, to expand it until infinity. Otherwise, even if you meditate for one hundred years, you don't get any enlightenment.

Meditation does not bring enlightenment; the Master power does. During initiation or during your so-called meditation in our Method, you do not meditate because meditation means effort. But in our way, it is effortless. You may sit there sometimes even sleepily and then enlightenment comes, even then. Or you'll be enlightened during sleep, because the Master power will wake your soul during your sleep. While your mind is asleep and your body is at rest, your soul will be awakened into the world of light and wisdom:

Therefore, meditation is not a means to enlightenment, but for lack of vocabulary in this world, we have to call it meditation. Actually you just sit there receiving the grace of God and acknowledging your own supreme power. There's no meditation actually that is involved, because anything that is earned or is the re-

sult of some kind of action is still a worldly production. It's still within the material framework. Therefore our meditation is a non-meditational meditation - effortless meditation. [Applause]

Q: What makes You the equal of the other great Masters?

M: The same thing that makes you equal with other great Masters makes me equal. If you do not acknowledge this, it's your problem. All of us are equal. You are as great as Jesus and Buddha, if you want to be, if you want to know, if you know where your greatness is. I know, and that's what makes me great. If you don't know, okay, it's fine. If you want to know, you'll be as great as any. [Applause]

Q: Master, You said mistakes are not really mistakes, but part of the unfolding plan of the Brotherhood. Does this mean that everything we do is part of the Universal Plan of the unconscious becoming conscious?

M: Yes and no. In the universal action field, there are two kinds of action, one is positive and one is neg-

ative. If we turn to the positive side of nature, or the Universal Plan, then our actions will be always positive. If we stay somewhere vaguely in-between or don't know, then sometimes we'll be positive, sometimes we are negative. And should we be always on the negative scale of the Universal Plan, then we always do things negatively. And of course this is preplanned, but we are in the negative side. Whatever we do is also preplanned, but why should we always do the negative things, instead of turning to the bright, the beautiful, and the Truth?

What seemed like a mistake is a positive step to another unfolding of the Universal Plan. So then it cannot be called a mistake, even though, in that, not very completely enlightened state of our mind, we may think that it is a mistake. But everything is in the positive framework. If we want to be used in a positive position in the universe, then we turn to the positive, get enlightened, turn to the light. And if we want to be used for the negative action of the universe, then we stay where it is, or do negative things. So both are right, but it's different in merit and outcome and our responsibility or our enjoyment of the result is, of course, different.

Q: Being a vegan is part of living a healthier life;

what other things can we do to obtain and help others to attain a high level of wellness?

M: First we have to attain our high level of wellness, then we can help others.

Q: There's a continuation: I wish to become a chiropractor, is this a good way?

M: Yes, it's good. I have a fellow practitioner who is a chiropractor. He's a doctor. He's staying in our Center, and now he has no job. He thought he'd come there to help people but we're too healthy for him. He just stays around, meditates, and teaches the Taiwanese English.

Q: Can the evil Satan be changed into a good being by God's power or Your Method?

M: Yes, it's just a matter of turning in a different direction. You are as evil as you turn in to the evil direction, and you are as positive as you turn in to the positive power. Being initiated into a saintly way of life, or in the saintly level of consciousness, is turning in to the positive direction.

Q: When we gain immediate enlightenment, will

we be Masters too?

M: It depends on what God wants you to do. But at least you'll be the master of yourself, of the life course that you undertake, and you'll have no problems.

Q: When You say “they” can become Buddha, my question is who are “they”?

M: Did I say “they”? I probably meant “we,” forgive me. I thought you're more intelligent than that.

Q: When we first come here, where do we come from?

M: We came from our Home, the Father's House, the original place of glory.

Q: What is everlasting life, and how is it beneficial to human life?

M: You still ask this question by now? If it's not beneficial to mankind, I wouldn't be bothered to come

here, spending all my money, energy, and time, with sleepless nights and fruitless days, if it's not beneficial to mankind. If it were not beneficial, Jesus would not have sacrificed His privacy; Buddha would not have renounced the kingdom. It is very beneficial. I've told you already that we need wisdom to serve others, to do everything in our life without making mistakes. We serve in love and wisdom if we are enlightened. If we have good intentions but do not have wisdom, sometimes we do wrong; we do it in the opposite direction. So that's it.

Q: Would You tell us what some of the other worlds or levels are like?

M: I'll tell you at the time of initiation. Otherwise, it takes too long a time to tell you, because each world is a vast storehouse of knowledge. I can't just tell you in a few minutes.

In the lecture at the United Nations [June 26, 1992], I have mentioned it, so maybe you go look for that tape. Also I remember, I think in Singapore, I have spoken about different heavens, so please look for these. They are all in English.

Q: Do You believe in simplicity and austerity?

Which are the principles of Buddhist teaching?

M: Neither of them. Buddha had led a very ascetic practice before He reached Buddhahood, but then He realized that it's no good, so He forsook it. Simplicity of life is very good, of course. But that is a matter of personal taste also. If someone is so used to living in comfort and can afford all the comforts in life, why should he consider simplicity?

Simplicity means we live a life without want, without desire, in whatever environment we are in. If we are rich, we live a rich life. If we are poor, we live a poor life. That is simplicity.

Q: Dear Master, hate and greed are bad habits. But hatred is everybody's habit. Can You show me how to avoid that and make everybody happy?

M: I have said something similar before. When you have some bad thoughts, replace them with good ones. So whenever you discover yourself having hatred, then immediately root it out and replace it with loving kindness. Try to do it, and then it becomes a different habit. It's just like brushing your teeth every day or not brushing them every day. You try to replace a bad habit with a good habit.

Q: Master, are You a Buddha? And does it require a lifetime of dedicated meditation to become a Buddha?

M: Am I a Buddha? Should I say yes, would you believe me? [Audience: Yes! Applause] All right, thank you. If many of you say yes, then who am I to say no?

He asked if it requires a long life of dedication? It doesn't. It depends on the individual. Some people will take a lifetime, some people will take many lifetimes, and some person will take many hundreds of lifetimes. It depends on the background of the individual. Therefore, Shakyamuni Buddha became a Buddha after six years, and Jesus also after a dozen years, and other Masters after eight months, like the sixth patriarch Hui Neng, and many other Masters after nine years. Some would not become Buddha in this lifetime, but become just a saint. They get some degree of sainthood. So it depends on the individual.

Q: Dear Master, after initiation, will all my bad deeds be removed, and will I have to pay for my sins?

M: The stored karma will be erased, but the karma that you need to live on in this life will be left alone. Otherwise, you would die immediately. Therefore, you take care that you do not sow some more bad seeds

in the future by keeping the guidelines, by meditating every day to erase some of the newly accumulated karma, and also to expand your wisdom. And also to be a vegan helps to terminate future connections with other beings. Past karmas will be burned out so you don't have to come back again.

Q: Are there any generalizations that can be made about the past lives of people who have very angry, intolerant natures?

M: Probably they just came from a tiger; their last life was a tiger or something like that.

Q: What is the best way to cope with these people?

M: Just don't cope. [Laughter] Recite a prayer, go and do something else, or just look at them with loving eyes, and then after they're tired of scolding, probably they'll cool down. Otherwise, how do you cope with a tiger? Run away, no?

Q: Dear Master, I meditate thirty minutes a day,

but I cannot concentrate after ten minutes. Is it because of heavy karmas that I have?

M: No, it's just a habit. Most of us are so used to looking outside and paying attention to outer things that when we try to withdraw all our attention inward, it is difficult. It's used to running out again. After ten minutes, it's already very good. Most people cannot even do it for ten seconds; so continue and then you will improve.

Q: How can one who feels little love become more loving?

M: You go and buy some more love from the supermarket. Is there anywhere that has love for sale? [Laughter]

Get enlightenment, and then we'll be more loving. That is the purpose of enlightenment. Enlightenment makes us more loving, more tolerant, more understanding. That's the best outcome.

Q: That's all the questions.

M: Thank you so much. I'm liberated. [Applause]
This is gradual liberation. It's not very humorous today. I am very sorry that people are so serious. Thank you. [Applause]

The End

To Appreciate Life, Start With Enlightenment

Spoken by The Supreme Master Ching Hai

April 10, 1993

Denver University

Denver, Colorado U.S.A.

(Originally in English)

How is everyone? Still recognize me from last time? Is there anyone from last time? Please raise your hand. [Part of the audience raise their hands.] Fine! So, I don't have to start from scratch. Is this still very early for you? [Audience: No!] No? You don't work today? [Audience: No] Oh, fine, and I have to work.

The Real Homeland of The Soul

I had a lot of inspiration about what God is, and how to better our world, and how to better ourselves, and how to be in samadhi, etc., but I lost them all when I came to Colorado. I guess it's because Colorado people are very spiritual and the environment here looks like the Himalayas. I think all of you are yogis, so you don't need to prove that to me by any funny gestures,

or mudras, or anything. [Laughter] This is one of the places where I might consider staying and making myself at home. “Consider” only, because I have many other people who “consider” that I should stay at their hometown. And I can never win because I am alone, and there are so many people. But today I would like to take some of your time to introduce you to our “real Hometown,” or maybe invite you to have a look at it.

Many people believe that God creates only goodness. And then other people believe that God creates also evil because, they say, everything comes from God. What do you agree with? The first one or the second? [Audience: The first one] The first one, right? Then where does evil come from? [Audience: Humans] Ah, humans, so you’re very enlightened indeed!

This place, which is called our world, is not the original plan of the Universe. It has become like this, with all kinds of suffering and all kinds of undesirable situations, because of the by-products of the humans and other beings’ interrelationships. If evil has truly existed, then it couldn’t have changed from one place after another, or from one country to the other, or from one period of time to the other.

Humans Can Stop Evil

In the old time, we did not have guns, and we did not have atom bombs and all kinds of things that could destroy mankind in no time. So actually, the evil that exists in this world is not God-made. It was not already there. Therefore, it changes from time to time and from different countries. Why are we talking about this? It is because we must realize that if evil is man-made, then man can also stop it or avoid it, instead of blaming God all the time, or waiting in a corner of the church for God to descend and do something about it.

For example, between me and Mr. Smith, whoever that might be, we never met each other and nothing happened between us. And suddenly one day Mr. Smith came to see me, or I went to see him. Suppose we are both very ignorant and we both wanted to do the same thing. We both wanted to arrive at a position which is very lucrative and profitable, famous and all that, for ourselves. Then both of us are in competition for that objective. And then if one of us wins, of course, the other will feel very frustrated. If he is a bad-tempered man, he might try to take revenge of some kind, or make trouble for me. And therefore, in this process, we breed another kind of atmosphere between us and apart from us.

Originally, both of us had no hatred, but now we have hatred, and that hatred is the third energy, which is born from both of our energies. So you see, this is not necessary. It wasn't there in the first place. If we come to think about it like that, we couldn't blame God for anything that is unfortunate in this world. Most of the people think that God made everything, including evil. I used to think that way, but as I am getting older, I have more sympathy for the Old Man. You develop more understanding for old people as you grow older. [Laughter]

Yes, it's just like you and your wife or husband, normally both of you have no children, but you got together and then the third kind was born. Those are your children. And your children may be exactly like you in character, in intelligence, in ambition or virtues, but they might not be. And they might cause you a lot of trouble and headaches. So these are not your making, not entirely. Maybe some of it is your making, but if you are very virtuous parents and very exemplary, and your children are the opposite, then it is not your making.

Similarly, our world has become sometimes intolerable. It is our own making. Now, in order to improve this or repair the world, or the house, the "big house" that we live in with so many rooms which are the na-

tions, then we should know that evil is avoidable. Evil is avoided by doing good, by keeping the commandments, by loving thy neighbors. But because our mind is so used to an eye for an eye, a tooth for a tooth, it is difficult to do what we think we ought to do, or to treat others in a very loving, kind way. Therefore, we need a stronger force to help us, to pull us out of our habitual thinking and actions. That is why enlightenment is necessary. It is just like a woman who is already very beautiful, and if she dresses herself up, wears a little bit more jewelry, and learns to walk in a graceful way, then her beauty is more enhanced.

Everything in This World Is Beneficial to Us

Everything in this world is actually also good for us, even evil. Evil is our mistakes, but then, we don't have to stay in the mistakes forever. At least the mistakes are a kind of shock. When we receive the effects of our mistakes, we will be shocked into realizing that this is not a proper thing to do. They cause us misery and unhappiness, and therefore we turn around. All things in this world that are beautiful and enjoyable are reminding us of our true happiness within, in our true Home. It's not a sin to enjoy the things that God creat-

ed for us, but if we always feel very attached to these things, then God will remind us that this is not proper. And therefore, we will sometimes experience unhappiness or misery from the things that we cherish most.

It is wrong to deny the world. But it is not right to sink deep into the world all the time because we miss the better half of life, which is spirit, and is more enjoyable than anything this world can afford. Everything in this world is just a reminder of the true happiness, the true glory, and the true life that we should have, and that we should know, because we have forgotten. Many people ask me about the woman and man relationship, and sexual pleasure, and things like that - whether it is sinful. I say, "It is not, but you should know that there are many more pleasures than that." For example, sexual pleasure is only a copy of the true pleasure when you are in union with yourself, when both forces within you, the feminine and the masculine aspects within yourself, are united. The union between man and woman is just a duplicate of that one.

So actually, God sends us into this world not without any instruments to remind us of the kingdom of God. It is just that we have forgotten that these are the reminders only, and we just love the copy and forget the original. That's what makes our life miserable, and even then we do not enjoy the copy completely.

Therefore, many of the man and woman relationships are rocky, and the sexual relationship between you is not that holy, not that mutually respecting. Sometimes it's kind of abusing, and sometimes just a frustration release, a kind of instrument. If we truly want to enjoy this life, we should enjoy the true Life, which is a hundred thousand times better than the life that we know on Earth. And by knowing that life, we can also enjoy this life.

More Intense Feelings After Enlightenment

Just like one of our friends just expressed her opinion that after initiation or enlightenment, she enjoyed life also. She would feel whatever is there with very intense awareness. And when you are happy, you are truly happy. You have no reservations for your laughter. You are not constrained and not feeling ashamed for laughing very loud, very heartily with your friends, or even alone. And when you feel sorrow, you truly can weep. You weep all of your emotions out and then you get relief. Not that after enlightenment we become like wood or stone and have no feelings whatsoever.

Some people keep asking me whether I fall in love

sometimes. Are you interested, by the way? If not, I don't talk about that. It is private. Are you interested? [Audience: Yes] Okay. I thought it was too personal. You come here to talk about Buddhahood and God and all that, and here I bring things that sound very mundane. Never mind. I say, "Yes, off and on, now and again." Or maybe I don't know if that is falling in love or not. Well, when I see a person probably I like him and then after he is gone, good-bye. Is that being in love or not? Steve, you have more experience. [Laughter] Is that falling in love, Steve? [S: Yes] Yes, really? But not in Colorado though, I haven't.

But before enlightenment, I didn't know this kind of feeling. I never missed anyone. I didn't love anyone. I didn't care about anyone. I did not enjoy friendship with people. I was a very lonely child, very quiet. I did not feel lonely, though. I was just a very alone person until now. Until I was forced into this job, I was a very quiet person. I could not talk. I mean that I didn't speak; I didn't make friends. I enjoyed myself. I felt I needed nothing. And you know what it's like in our society - you work, and then one month a year, you have a vacation. Even if you don't want to, you have to. It's the law.

When I was alone there (I wasn't married then), and then this forced one month vacation was the time I

had trouble. I didn't know what to do because I had no friends and there was nowhere I wished to go. But you had to go because if you didn't come back with a tan, people would not respect you that much.

So, you spend all your money and go to Costa Brava or whatever, and you lie there, bake yourself to death, spend all your time in the sun, and get burned, get peeled, get scorched, and do whatever you can with the cream and all that to comfort yourself. And then you go home to show people, "Here I am from Costa Brava," - cost a bomb, cost a lot of money. That was the kind of life that I had. Probably some of you experienced the same up to now. And then after I became the "Main Bro" in this "office," I became more talkative. I changed; I became an entirely different person than if you knew me before, maybe five, six, seven years ago. You wouldn't recognize me now.

When I was married, my husband had a lot of friends from his medical doctors' circle, and they talked a lot to him about many things. Also they talked on the phone a lot. But I hardly could speak anything to him. And sometimes I stood around and felt very envious with these friends. I said, "If I could just talk half of the time like them, I would feel already very good." I felt a little bit inadequate because I couldn't speak. I mean that I am not a talkative person. I'm always quiet;

I do my job, and have feelings, but nothing more. And even the love for my husband, I don't know if it was love or not. Well, I missed him when he was away and I was happy when he was around but that was it; that was just about it. It was not a very kind of passionate thing that you read about in a romance novel or watch in the movies, things like that. I thought that, "Oh, it looks like I am not a person of this world, I don't belong here."

The Fabulous Network Leading to God

But after enlightenment, you feel that your feelings, your emotions, your affections, and your everything are very sharp. You realize more that you are truly living beings. Many people fear that maybe after enlightenment they would shave their heads, cast off their beautiful clothes, and go into the Himalayas, or find a cave in Colorado somewhere. But it is not true. Maybe you do that in the beginning because you are too fanatic, too eager, too eager to know God, forgetting all the while that He is always here. Because you are God, you are the representatives of this God power, and we are all connected together in this marvelous network. And should we forget that, we will be very

lonely. Deep in our hearts, we will never be satisfied. It doesn't matter how many friends we have, how much money we earn, or how busy we are, many of the moments of our lives will be in loneliness and dissatisfaction. We just don't know what is it that is lacking in our lives. So we do feel something missing. That is because we have forgotten to tune in with this network that connects us as the whole, with the whole universe. And therefore, whatever we do, we do alone. We work alone, and we feel a great burden on our shoulders.

That's why Emerson says, A great burden falls from our shoulders when we let God run the universe. To let God run the universe doesn't mean we sit there and wait for bread to fall from the sky. It means that we work together with the whole universe, and whatever we do will be blessed, watched over, and helped by the whole power. Therefore, we will be great beings and everything within us, including the so-called "human emotions," will be very alert. We feel, for the first time in our lives that we are truly alive, and we truly enjoy everything that God gives us in this life.

There is no denial of the world, not truly. I don't think an enlightened person is so negative in his attitude. I feel, I see, and I know that my fellow initiates, (you can call them disciples, that's your word), are very alive, they are very alert, and they are happy.

They know that life is all right. Not all of them are, but it is very seldom that they want to run away from life. Maybe in the beginning because, before, I used to wear nun clothes and looked very serious, so people thought to be serious and become a monk is the means to the end of Buddhahood. After I realized that, I changed, because that was a wrong conception. It's okay that I wear the clothes if I want to but that is not the leading condition for enlightenment.

Enlightenment Solves All Problems

Enlightened people are very happy and they accept the situation, whatever it is. And I have the very positive knowledge that if all people are enlightened, then we don't need to change the world at all. We don't need to make India become rich; we don't need to change communism into capitalism because everyone will be contented under whichever circumstances they are in. We don't have to change anything. We don't need to even vote for a new president every four years. And Mr. Clinton can stay there forever, [Laughter] whether he is good or not, because we are good. That is important. One president, however good, cannot do much. But the whole nation is strong when people in that nation

are all together, at oneness, because of the connecting network. And the whole world is all together in unison because they're all connected with that network. And then the president cannot help himself but to be good. He has to behave. I don't mean Mr. Clinton. Please don't tell him! He might not give me a visa next time. [Master & audience laugh.]

The problems in this world are not to be blamed on politicians, not to be blamed on the economic system of any country, or any "ism" of any nation, but to be blamed on the ignorance of our Self-nature — that we do not know how great we are, that we do not know that we are the contentment incarnate, that we do not know that we are love personified. Therefore, enlightenment is a cure for all illnesses, for all worldly problems, for all wars, and they are once and for all finished! And as long as all of us are enlightened, the world will never come to an end.

Everyone predicts about the end of the world. I mean everyone worries about it; just some people predict and make many people worry. But even if the world comes to an end, the enlightened people will never feel bothered. They know this world comes and then it will go one day, but the life eternal always goes on and nothing can affect it. Life eternal is what we are; wisdom is what we possess. Love is what our na-

ture is and that cannot be destroyed with any bomb at all. It cannot be limited by space and time. Therefore, the Masters initiate disciples without the limitation of space and time. The Master doesn't have to always be where the disciples are to help the disciples and bless them. And the disciples will grow into mastership and also can do the same. So whatever I do, you can do also. That was what Jesus said to us.

But can we do it? Can we do what Jesus did? No, not yet, because we have not learned what He learned. We have not tuned into the Kingdom of God. We have forgotten our Father who is perfect; therefore, we live in imperfection. Now, to correct this is very easy. If we want to go northward, then we have to face north and continue, begin and continue to walk or to go northward. But if we want to go south, then of course, we have to turn back and face south and begin to go there. It's very simple. Every day we face the world; we walk toward the world; we think toward the world; we merge ourselves in the world. All our attention, energy, emotions, and best talents face the world. We don't face God. Now it's very simple. Turn around. I will show you how at the initiation, and there you are. It's very simple.

This World Is the Shadow of The Kingdom of God

You will ask me the question that if you face God, then do you have to turn your back to the world? It is not so in the Kingdom of God because actually if there is no Kingdom of God, then there is not this world. This world is only a copy of the real thing, of the real life. Therefore, you do not have to forsake the world in order to know the real, but you have to know that the world came from the real by realizing the real. Just like you get to know a beautiful lady instead of chasing after her shadow; then you have both. If you want the shadow that much, you can include it because the shadow comes from this beautiful lady. It's no good always clinging to the shadow and not knowing the real, but as soon as we know the real, the shadow also belongs to us.

Since ancient times we have always heard many stories about how fantastic a Master like Jesus is. "Jesus - He is great, fantastic!" He can do many things and we admire Him, but He should not be the only one in this position because it is said in the Bible, *Know you not that you are the temple of God, and the Holy Spirit dwells within you?* [1 Cor. 3:16] We house God. Do you understand that we house the Almighty within ourselves? And here we are having nothing of this Al-

mighty glory. It is because we face the other way. We face the shadow, we chase after the shadow, and try to correct the shadow to suit our taste - that the legs are too long, the head is too flat, or the ear is too pointed. It is because of the light that projected the real and made it become the shadow. And if we chase that all the time, trying to make it different, of course we make trouble for ourselves. We exhaust all our energy and we achieve nothing. We might be able to adjust a little bit here, a little bit there, but this is only a shadow; tomorrow the ear will be pointed again. In order to truly enjoy ourselves, we have to correct the real. We have to know the real one and adjust accordingly.

If you know where the beautiful girl stands, then you can even make the shadow become more beautiful if you wish. You can make the light behind her go a little bit above or under, and then her shadow will become very much like the real person, or you can do some technique to adjust the shadow. But if we do not know the real and try to adjust the shadow from the shadow itself, then we always have problems. That is the problem with the world. That's why our world is always in trouble. We try to correct the shadow and not the real object.

A Peaceful World Comes If Everyone Is Enlightened

Many heroes have come and gone. So many great kings have reigned in the world, but the world is still the way it is. If you have fixed some problems here, other problems will breed themselves elsewhere. If you have enough medical care for the people, now you have incurable diseases like AIDS, for example. It's troublesome. And so we never come to an end without problems if we always try to fix the world.

I have known one person. He is very much interested in our teaching and wants initiation and that, but he told me that he would like to stay in the world, to remain in the world as worldly people, in order to understand their problems, and in order to help them. Many of the heroes of our history have thought the same thing, and the world has not become a paradise. Even though we have a lot of better equipment and a more civilized society, we have other more troublesome problems.

So you see, our brothers and sisters, what the conclusion should be. It's not that after enlightenment we forsake our political career, or leave the President alone in the White House and all the aides will go out because they're all enlightened. But we stay there and we do a better job because we know how to adjust

the shadow now. Or we don't bother at all to adjust the shadow anymore. Whatever the shadow may be, fine, because we know it's not important. We may feel amazed at the shadow, its changing shape and size and color at different times of the day. We might watch it with amazement but we no longer chase after it, and we no longer put great importance upon this shadow.

That's why everyone should be enlightened. The world will be at peace and no other thing needs to be done. I don't know if you agree - yes or no? [Applause] I tell you from my example, not sheer talk. For example, now you look at me and I'm wearing beautiful clothes. Actually, I designed them myself, and I have seamstresses who are monks and nuns. Together, I mean we are those who live together and do not have family ties and that, so we work on everything together without wanting any wages or any position. It's very inexpensive anyhow, but it looks beautiful, right?

So now I am happy because I am beautiful, fine. But when I am alone and I do not have to see you at such a great event and important gathering like this, then I just wear whatever it is — very old clothes, but very comfortable, and old shoes, flat. And I don't even care to wash them very carefully because I would just pitch my tent next to the river and put my clothes in the bucket and some soap and river water, and I use

my feet to stamp on them while I clean my teeth at the same time. I use my feet to just walk in the bucket, walk on the clothes for a while, and then let it be in the sun for a while. And after I clean my teeth or I bathe and I swim, I just shake them loose and get the river water to clean them. Then I throw them on the rocks and after some time, they are dry. And that's a life of beautiful enjoyment that I most cherish. But nevertheless, when I go out, sometimes I stay in hotels, sometimes I stay in a very beautiful mansion which some of the disciples lend us for few days, and I also enjoy that. I also enjoy the freshly cut lawn and the beauty of the flowers that you plant around in your gardens, and every so-called luxurious thing that you have, I enjoy.

An Enlightened Person Conforms to Circumstances

Therefore enlightenment affords us the enjoyment, not the situation. So I enjoy in both cases. I do not deny luxury and I do not cling to asceticism because each has its beauty. Whatever is there, you accept it, and that is the simple life. Some people ask me if the simple life means going to the forests and living in caves and eating weeds, and all that? I say, "No, a simple life means you stay where you are and enjoy whatever you have."

If you are rich, you enjoy your rich life and share whatever is left over, too much, with other people. If you are poor, enjoy your simple life and be happy that you don't have to worry about thieves. [Laughter] And that is simple living. Stay where you are, enjoy what you have, that is, in my thinking, simple living. Do you think that's all right? [Applause]

If we try to change our life, it makes us "not simple." You are so used to living with clean bathrooms and all that. And now you have to punish yourself and adjust to a kind of outside open toilet and it freezes in the winter, and maybe you are not used to the cold. You'd get cold and you'd get sick, and is that simple? No. Then you have to be administered to a hospital and get all the needles in your tongue, in your knees, and wherever necessary. [Master & audience laugh.] And that looks very complicated indeed, at least from the outside. Therefore, simple living means you are comfortable where you are.

But of course there are some things we adjust in our life. For example, if we meditate a lot, then we cannot afford to eat meat too much because that excites our energy, stimulates the passion, and we would like to sit still in order to know our own treasure and wisdom. If we do not follow a simple diet, then it will have some side-effects. Therefore, some people who meditate at

random and do not adhere to the vegan diet come into a kind of disturbance. Many people have mental derangements. It is because of violating the law of nature. The law of nature teaches us to be vegan. You know all of this. I think in the sample booklet that you were given, it has already been proven scientifically that we humans are a vegan species. Our teeth and our intestines are made for vegan beings, and the meat-eater beings are different in body construction; the inner organs and the digestive system are all different. Anyhow, I'll be long about enlightenment and short about diet, okay? In case you are allergic to the vegan diet, I won't mention it anymore.

The Quan Yin Method Is the Ultimate Method

But be enlightened anyhow, by all means and by whatever you can afford in your environment and in your mental state of preparation. There are many ways to enlightenment, but there is a best way, quickest way, or longest way, safer way, or a little bit risky way. Just like when you climb the mountain, there are many roads but some roads are even and some roads are more rocky, and some roads are dangerous. I have found that the Quan Yin Method, the Method of ob-

-serving the inner Word, the inner sound, and the inner heavenly light, is the best and is the ultimate, because ultimately we have to arrive to the light of God and to the Word of God in order to get the wisdom. All other roads are leading you to that state: that you could hear the sound of God and could see the light.

All other methods have this same goal, but we are right here - the teaching directly - and you immediately experience the enlightenment taste, you see immediately. So you get this light and sound right away at the time of initiation, whereby with other methods, you have to take a long time, many years, or do many ascetic kinds of sacrifices in order to arrive there. Therefore, actually this is not a method. It's just a fruit and the meal is already prepared for you hungry guests. The others, maybe they are not hungry so they try to mess around with their food or cook all the time and not eat it.

Many of our people who stay permanently in our Centers around the world, their life is very simple, but they are very happy. Our life is so simple that, when compared to the most simple lifestyles in other countries, theirs seems pale!

The other day we were speaking with some of the people who work with the government in Au Lac. They

are not governmental officials but are just doing business-wise work, and so we had a chance to talk about this. And then, I said, “Actually the people in Au Lac, if they were enlightened, they wouldn’t feel so troubled about communism even.” I said, “Because actually I am a true communist; whatever I earn I share it all with people.” Communist means you have everything not for yourself, but for the community; you live in a community. Therefore, actually I don’t talk communism, but the communists should give me the best medal for it because I live what they preach. [Laughter] I live in a tent. I live a simple life. I don’t earn money for myself. All the money runs around the world for the sake of my disciples, for the enlightenment of others, and for the poor and needy. And even my clothes I design for myself, so it’s cheaper. [Applause]

Changing Ourselves Is Changing the World

It’s not what we have in life, but to what degree we are contented with life. To tell you honestly, I do not have a better life than any of the people who live in the communist system. For example, from thirty-six or forty hours until now, I have only had one meal, and that wasn’t much. There was only maybe half a bowl or

one bowl of rice, just a few tofu, and a few vegetables. That's all there was. And I am working so very . . . , you cannot say it's not hard. It's hard work because we run from one place after another and we are always packing and unpacking and talking to hundreds and thousands of people all the time. I seldom rest my voice, very seldom.

I'll tell you my schedule. For example, the night before last, I was in Seattle talking to thousands, and after that, talking to the disciples and non-disciples, etc. I did not go to bed until about five o'clock in the morning. Before that, I meditated for a while and then slept a little bit, and got up again at nine or something, got ready to go to the airplane. At the airport I had to speak to hundreds of people and make them happy. [Laughter] What are you laughing at? It's true, because if not, then they are not happy. And in the airplane, I have to talk again to the neighbors because they ask me where I come from, what I do, and all that. Fine, and I enjoy that also. Then I had a little rest, maybe ten minutes. And again, came down to the airport and hundreds of people were already there waiting for me to talk again. Okay, I talked until nine or something, and we went home and I had a little rest. And then came the telephone, and I talked again for about one or two hours, one hour at least. And then I came out, and all my disciples and their immediate friends, the

Americans, wanted to be exclusively treated. So only Americans were around and I talked only in American language for a while.

And then I took that meal that I told you, and that was it. I had nothing from that meal until now. And before that I didn't have a meal. Before that meal I nibbled two mouthfuls of bread and two mouthfuls of milk. That was before I left Seattle. And I came to last night and had that meal, my only meal, until now. So therefore, I had, in forty hours or fifty hours, actually only one meal and nothing more. If the communists are proud of their teaching, they should be more proud of action and give me a best medal. Actually, I am too proud of myself. It's my ego at work but don't worry, I'll put it aside later.

So the problem is not to change anything of this world, but to change ourselves. I would have complained before. Without enlightenment, I would have complained. I would have loved to have my beautiful house, my lovely husband, and my "whatever" that is mine. And I couldn't just sacrifice like that. By the way, doing this, I do not even feel that I sacrifice, but I just feel very natural and very happy to do it. Of course I am tired and I complain sometimes because of some of the unnecessary, tiresome questions or demands from people and disciples. And sometimes it agonizes you

having to accompany kindergarten children while you are teaching in college. Yes, it is very difficult also, but I get through; I get through. That's a reasonable complaint, no? Is it not? [Laughter & applause.]

Enjoy the World Within and Without

Thus, if the people in any poor country or in whatever situation get enlightenment, they would not feel suffering. Some of our disciples are relieved of even the most dangerous sicknesses after initiation or after they practice for a while. It depends on also their sincerity and karma; some of them have to undergo sometimes this retribution, but they go with smiles on their faces.

Yesterday when I was in Seattle, one of the women told me she had to undergo an operation and she had already prepared herself to go to play in Heaven while the body was undergoing the operation. She told me, "Fine, I know already. I will go and let the doctor inject me and then, meanwhile, I will go to Buddha's Land and have a look around." [Laughter] Yes, that's what she said and she had no fear whatsoever. Yesterday, some of you heard it. Were any of you in Seattle

yesterday? Yes, you heard this? That was an Au Lac lady about my age, maybe younger, but don't make me feel very old. Yes, that's what they do.

And sometimes some of our fellow practitioners, their lives are not rich like yours. Perhaps, in Formosa, they drive a taxi, but while driving the taxi they can see Buddha's Land or Heaven, the Kingdom of God, at the same time. Therefore their lives pass very quickly, and whatever they do, they do it in joy. They enjoy the real Life and the shadow of the real life because both will blend together; there is no separation, no rejection of any kind.

The Beauty of Enlightenment

When I was in Indonesia, or some other country, some people said, "Oh, you look beautiful. Would you consider remarrying?" What do you think? Do I have time for that? [Master & audience laugh.] Yes, but I said to him, "Why do you ask this question?" He said because he thinks that enlightened people would not care so much about these things, no love, very dry, and all that. I said, "No, if you consider, you should propose first. You propose, and I will put you on the mar-

rying list.” [Laughter] But then, that’s the last I heard of him. [Laughter] Probably after a close examination of my face and figure and whatever, and my lifestyle, he thought he had better not take the adventure. [Master & audience laugh.] My disciples everywhere are enough to scare the biggest heroes on Earth. They would run away, you know. [Laughter]

When you are at home and you have only one husband or wife, and if the third person comes, you already feel very scared, very frightened that your love would be shared. How much more if they see my disciples! They hang around twenty-four hours, they eat everything with me, and they interfere with all kinds of privacy, except when I am in the bathroom. [Laughter] My door can never be locked. Always coming up and down, and my room is just like a restaurant. So whoever dares to be my husband should prepare for war. [Master & audience laugh.] So, that’s the life it is, and whether you have or you don’t have, it’s fine. It’s very fine with you because you are contented within yourself. You do not reject life, but you do not sink into life deeply so that you know nothing else except the material existence of life. And that’s the beauty of enlightenment. [Applause]

All right, I am ready for your questions because there will be more talk by the way. You can ask any-

thing and I am free to answer or not, so don't worry. It is a very good atmosphere today. For the first time, and you can laugh so much. I think we don't charge money for the lecture, but we charge for the laughter because this is very rare. [Laughter]

Questions & Answers

Q: In the Bible, Jesus Christ said, *I and My Father are one*, but how can I reach this state?

M: Get enlightenment. Get initiation; that's what we are here for, to help you.

Q: Dear Master, I never eat vegan, however after I listened to Your videos and read Your magazines, I started to eat vegan once or twice a month. [M. Big deal, big deal!] Can I meditate? If yes, is there any danger?

M: Fine, it's already a big improvement — from thirty days to twenty-eight days! [Laughter]

Q: Dear Master, how can we live a happy life?

M: Didn't I tell you that to get enlightenment is a sure way of a happy life? Okay, I am very patient. [Master & audience laugh.]

Q: Could You please explain Your guideline against killing, specifically against abortion?

M: You get me into trouble. [Laughter]

Thou shalt not kill, [Exod. 20:13] is the precept of all religious scriptures, not only Christians; it's even in Jainism, Hinduism, and other religions also. If they truly take this, *Thou shalt not kill*, in the true sense of the precept, abortion, of course, should be avoided. And the doctor should be very precise in determining what is the special situation in which people should undertake this, because maybe sometimes it's dangerous for the mother or dangerous for both. So the doctor should be fair in determining that situation. Otherwise, I think we should save life in any way we can.

Whatever is your special circumstance, you have to answer with your own self-conscience, and the doctor has to determine that. I am not here to condemn anyone because I know life is very hard and it's very difficult

to say what is right and what is wrong. We also are all under the sway of karma, of the law of cause and retribution, and sometimes it is very difficult for a person to go above that to be saintly and to be decisive about anything in life. But bear in mind that if we have faith in God and in all our wisdom and if we are enlightened, no circumstance is difficult, no situation is hard to handle. So I just propose enlightenment and no condemnation for anything. [Applause]

Q: Is it okay to receive initiation from more than one Master?

M: It's okay, but why is it necessary? For example, if your Master has already taught you the light and the sound within you, and you are satisfied and you're making progress with that path, then you don't have to be initiated by another Master who will teach the same method. But nevertheless, if you are not completely satisfied and you are more convinced in some other Master, of course you may do so.

Respect the Talent and Qualities of Other People

Q: Jesus ate fish; why do You not?

M: You always put fish in Jesus' mouth! [Laughter] All right, suppose He ate fish. He is Christ; He can do many other things that you cannot do. Why do you look at the piece of fish only and not at His qualities and His holiness? As soon as you become as holy as He is and as powerful as He is, you can eat human beings, if you are that desperate for meat! Oh God! [Laughter & applause.]

We always compare the things that other people do to suit our tastes but we do not respect their qualities and their talents. We have to know what we have and what other people have, and then we can say what we can do or not. The president can stay in the White House. He has a lot of bodyguards, and he has power over the whole nation. So some things he can do, we cannot.

Q: Are pain and illness always the result of present karma? If so, how do we clean them out?

M: We clean it out by enduring it, because it's al-

ready too late now to reverse the wheel of karma. But we could minimize it; we could lubricate it, by being enlightened, by meditation on the perfection of the Father every day through the guidance of a Teacher. Through initiation, we minimize a lot of things.

Q: Do You feel that initiation is important? Why can it not be done on our own?

M: The question answers itself. If you have done it yourself, then it's not necessary to get an initiation. But if you can't do it, if you haven't seen the light of God and heard the sound of Heaven, then initiation is necessary. Besides, there are many steps to Heaven so that you must know verbally the instructions and so many pitfalls that you should avoid. If you do not know that, you will waste a lot of time and sometimes it's dangerous.

Q: Who was Your Himalayan Master and of what lineage?

M: I think I talked about that already in some of the tapes. You go and have a look. Now I am here, and you keep asking about my Master all the time! I'm jealous!

I am so beautiful and you don't care about me! [Laughter] You care about an old man with wrinkled eyes and a cranky mood, who doesn't talk to anyone and doesn't accept disciples. [Laughter]

Q: Master, specifically what is the difference between enlightenment and the power to initiate, and which one did the patriarchs of the Bible have?

M: The power to initiate came first. You will have the power of initiation also if you are appointed by the Master, because the Master will initiate through you. And also you have the power, the true power, the perfect power, not the borrowed one, when you become a Master. When you reach the fifth plane of consciousness, then you become Christ or Buddha; at that time you can initiate. But enlightenment is a part of it, part of the power. And you will expand this, and will get to know more of your greatness, more and more, until you realize your complete Self. That is the time you'll know God. That's the time you'll be able to initiate people.

In The State Of Samadhi

Q: Dear Master, is it right that we have to be at or beyond the second level of spiritual practice to have a samadhi experience?

M: No, it's not true. It's just a deeper or shallower samadhi. If you see the light or hear the sound, that means you're already in samadhi. It's just a little bit not very deep. And sometimes you're in very deep samadhi and you sit there and are only aware of the inside, and sometimes you are aware of both the inside and outside.

Q: If initiated, can one practice meditation an hour in the morning, half an hour in the middle of the day, and an hour at night? Or does one have to meditate two and a half hours in one continuous sitting?

M: No, you can separate it. You can do it on the bus, in the park, on an airplane, on a train, etc., to make up the hours that you need.

Q: Please explain the reason for not eating or using

eggs, and how do eggs represent life and death?

M: An egg is a symbol of life and death; in it contains life. And many of the black magicians or white magicians use eggs to withdraw some of the negative possessive spirits within some people. Therefore, if we eat eggs too much, we tend to attract this negative force toward ourselves. That's one of the reasons why we should not eat eggs.

Q: Do You have homosexual disciples?

M: Yes, do I have to report to you their private business? [Laughter]

Homosexuality is just a misconception about their awareness. They misunderstand their body's function. When they become enlightened, this will be less and less because they will identify themselves less with the body, but more with the spirit. Therefore, there is nothing wrong with that. When the children are very young, they play with their plastic models and they cling to their teddy bears, but when they grow up, they will leave them. So do not worry about your misidentification with your body or with your birth appearance. It's all right. Just get enlightenment and everything will fix itself in due course.

Q: Master, I often see that in meditation it is my mind watching my mind. I lose faith that I can go beyond this technique. Any advice? Thank You.

M: Of course, it's not a very suitable technique for you, perhaps. If we use the mind to watch the mind, we are still inside the mind, and inside the creation's destroying and nourishing process. We should go beyond the mind; therefore, in our meditation, we don't use the mind at all. That is the most advanced technique. So maybe try ours, okay?

Q: What happened to Your husband?

M: Thanks for your concern. We have lost contact for, I think, several years now. He waited for me six years, and then he remarried after six years. And during the time, we wrote off and on, half a year a letter, or one year a letter, and after six years he got married again with a vegetarian doctor wife. Then he got a son and he reported that to me. That was the last I heard of him. If you are interested to know, maybe I'll go into the second level and have a look at his future. [Master & audience laugh.]

Q: Master, how important is it to see the light eighteen inches in front of me? I only see it close to my forehead. Thank You.

M: It's fine. It's a good beginning. Don't worry, it will grow further.

Why Bodhidharma Sat Facing The Wall For Nine Years

Q: I don't know if it's my business to understand, but I'd like to find out about Buddha's message when He came from India and sat facing the wall for nine years.

M: The patriarch, Bodhidharma, sat facing the wall for nine years because He had nothing else to do. If it weren't for you, I would probably sit and face the ceiling for nineteen years. [Laughter] You see, if they [enlightened Masters] have things to do, they will do them wholeheartedly. If they have nothing to do, they just do what they want to do. That's it. And if He loved the wall so much, why not? [Laughter & applause.]

Of course, I make a joke about it. But to elaborate further, you should understand that an enlightened per-

son is very content within Him or Herself, and does not desire to do anything when it's not necessary. For example, if I don't come to you, or if I don't lecture, or if no one requires me to come out to see them or talk to them, I am always in my room. Of course, sometimes I like to take a walk in a garden or in a forest whenever it's there. If not, I stay in my room. I do nothing; I am just happy. I may read books or not read books, I might meditate or not meditate, I may sleep or I may be awake, I may eat something or not eat something; I'm fine within the walls.

That's the problem with prisoners. Because they are not enlightened, they feel walls separate them. If they were enlightened, they would sit pretty well in there and never probably want to leave prison at all. Yes, it is because we are very contented within ourselves. That's why the patriarch sat there and felt good. At that time probably there was no lecture hall for Him and not many people understood Him, so He just sat there and enjoyed Himself. He could have done other things but it wasn't necessary at that time.

There was a story about a Zen Master and His disciple. One Zen disciple, very enlightened perhaps, came to see his Master after some time and then his Master asked him, "What did you do all these months? You had a summer vacation, now what did you do?"

He said, “In my backyard, there is a big piece of land. I cultivated it and planted some vegetables. They tasted and looked so good, and I feel very good about it.” The Master praised him, and said, “You did not waste your time! You know how to use your time. It’s very good.”

And the disciple asked the Master, “What did you do during this time that I was not here?” And the Master said, “In the daytime I ate and read books. In the nighttime, I slept.” The disciple also nodded his head and said, “Master, you also know how to use your time. You didn’t waste your time. You are very useful.” Yes, it’s very comfortable. It takes an enlightened mind to understand an enlightened mind. That’s what it is with the enlightened people. If they have work to do, they do it. If they don’t, they don’t miss anything.

Whenever we are on tour, we are sometimes in a kind of very famous place. Like when we were in Mexico, we were next to the pyramids, and of course people would like to go there. It was about one hour from our place, and my room was in the middle of the city with all the noise and all the narrowness, everything. But still, I didn’t long to go to the pyramids, so we never did go, even though I stayed there for six days and lectured only one day. I saw people every day, of course, but I had no longing to go see the pyramids or anything else. I stayed always every day, every minute

of the day, in my room.

And so, as I have told you again and again, enlightenment is the only cure of everything in this world. Otherwise, if anyone else, you put them in a room like that and you don't let them go to see the pyramids, or some other things, they will be unhappy. But we are not. I and my disciples, the immediate crew, no one wanted to go to the pyramids. I told them, "If you want to go, you are free to go. You don't have to wait for me or ask my permission." But no one wanted to go. They are just happy to serve. They sleep when they have time, and when they wake up they go and prepare the equipment and all that for the lecture. No one longs to go sightseeing or anything. It is because we are very contented within ourselves. Therefore, the first patriarch Bodhidharma, the Buddhist who came to China, faced the wall for nine years. It was the same situation.

Why the Ego Exists

Q: During meditation, do we need to keep ourselves awake so that we know that we are meditating? If I fall into a state of not fully being awake or I fall asleep, is there any good in my meditation at all?

M: Yes, it's a good sleep. [Laughter]

Q: I have been on a vegan diet for three months, but I can't cross my legs because there is a problem with my legs. So am I qualified for initiation? And can You comment on posture when meditating?

M: Then don't cross your legs, for God's sake! [Laughter] Do what you want with your legs. I don't want your legs; I just want your enlightenment.

Q: After initiation and if Master is not with us, if I have any problems with my meditation, what should I do?

M: The Master is always with you. The Master is not the body; we are wisdom. We are connected with the whole universe. And the Master who is worth His name is omnipresent, so whenever you are in trouble, the Master knows. And the Master is always helping you to progress. Whether you see the Master or not depends on your power of samadhi. Otherwise, the Master is awake and taking care of you twenty-four hours a day, so don't worry.

Q: Master, You are very beautiful and have much to offer. I am glad to be here. My question has to do with the ego. What are we to do with it, if anything, and why does it exist?

M: The ego doesn't exist, actually. The ego comes from the information that we collect during our time and during our interrelationships with others, or with all things around us.

For example, when you were born, you had no ego, but when you grow up and then you know yourself to be beautiful or handsome, then the ego begins to grow. And everyone praises you, "Oh, you're beautiful!" And then, "You have a Ph.D.!" You grow more in pride, and that is the ego. But don't worry about it. It's just a good accessory sometimes, and you can throw it away anytime you don't need it. But you have to have enlightenment first in order to know when to wear it and when to put it down.

Initiation Is The Only Way To Reach The Fifth World

Q: What kind of light and sound can I hear when I reach the fifth level? I mean, what symbol will let me

know if I come to the fifth level of meditation?

M: That, I will tell you at the time of initiation because I cannot just tell you like that at random. I don't know what kind of meditation you do. If you want to elaborate further, maybe it's better. The fifth level is meant for the initiated people only, not for other than disciples; they couldn't even reach the first.

Q: Dear Master, I am married but I sometimes have dreams of being with other beautiful girls. How do I prevent these dreams? Am I creating heavy karma?

M: It's all right, enjoy your dreams. [Laughter] Just don't do it in the reality, otherwise your wife will not let you enjoy it. And keep it a secret. What can we do with dreams? Forgive yourself; it's okay.

Q: How can it happen that we are born as a twin?

M: It is because you like to stick together, I guess. You have affinity with each other and you want to go out at the same time to have a companion. No problem about twins. We are twins ourselves; we have both feminine and masculine aspects inside, and if we reunite

that, we're happy. Forget about the physical aspect.

Experience Is Better Than Empty Talk

Q: Dear Master, please let us know more about energy, the relation between energy, peace, and love? The only thing we know from science is that energy cannot be destroyed or created. Energy can be transformed from one kind to another kind. Some say God is energy; God is love. What do You think?

M: I think these are only sayings. Before you experience them, all sayings are empty. I do not like to be a living dictionary, but an example of the True Knowledge. When you are enlightened, you understand this energy and all the metaphysical questions.

Energy is of many kinds, negative and positive. When we are enlightened, we balance both and make use of them for the purposes in life and in the right time, the right situation. I told you already if we are enlightened, the world will be at peace and there is no need to change anything. Of course that is the peaceful energy that we radiate after enlightenment.

Q: How do we influence a beloved, such as a husband or wife, to be a more moral person? Is there a special method to help them?

M: Yes, enlightenment. Enlightenment helps you to be sharper in all feelings. And you will be a better wife, a better husband, even. Many of our initiates claim that their married life became much better after both of them practiced God's presence - the light and sound. Before that, they just had a kind of very lukewarm relationship, or cold as ice cubes. And after enlightenment, they knew how to care for each other, and they felt more loving toward each other.

Q: Dear Master, I had a lot of nightmares in childhood. Now the nightmares are gone, but I still dream frequently every night. Please tell me, are these dreams involved with my karma?

M: Maybe you had a very rough life before. You lived a truly nightmarish life; therefore, the influence still lingers until now. Well, I sound like an advertising manager, but enlightenment is also for everything. If you want to live a fearless life, a dreamless life, then of course, enlightenment is the answer.

Q: Were Hermes, Zoroaster, the Essenes, and the Gnostics great masters? Who were the first Masters?

M: All Masters, all true Masters, are one. They come from one Source. The highest Master is the Supreme Master, the Almighty, which is in all of you. When we first came here, we were Masters before. We came here, we blessed the world, and we forgot all about our power and our glory. Our energies were also exhausted because we paid attention to outer phenomena.

All the Masters who come here are the ones who are awakened in this awareness, and know their true glory. They can travel the road Home frequently and they can lead us back Home. So there's no need to discriminate between any Masters. All the religions are founded after the Master has gone; therefore, we have Christianity after Christ, Buddhism after Buddha, etc.

Q: Enlightenment always seems so lofty. In what ways will I be different after enlightenment? How will I know?

M: Oh, you'll know it; you'll know it definitely. You'll know it, just like when you walk inside the door and when you walk outside the door. It's very definite

and very beneficial to your daily life. Just like between an educated person and an uneducated person, there is a great difference.

Q: Is it true that to become fully realized, one must practice the highest yoga, Tantra, and the secret mantra? And did Buddha perform these before full realization?

M: I didn't see anything like that in the scriptures. I only saw that He sat under the Bodhi tree for forty days or more, and He saw the stars at the time of realization. If you want to have the same realization as Buddha, you can have it right now.

And about Tantra and "tantrum," [Laughter] I do not know. I did not see anything in the Buddhist scriptures referring to the Buddha's practice before He was enlightened. I only know that He saw the stars and He saw the light. If you want that kind, we have it.

Q: There is a vow to refrain from intoxicants. What about chemicals on fruits and vegetables?

M: Oh, my God! You are fanatic. Wash them with

salty water and eat them; otherwise, you die. [Laughter & applause.]

Q: Since I started the vegan diet, my son who is seven years old asks, “Is it another no-meat day?” I realize my son was born with the great nature of not eating meat, but due to my wrong conceptions, I started his meat-eating habit. How can I restore his greatness and reduce my guilt?

M: Then take time. You have taken much time and effort to force your son into meat, and now you have to take the same amount of effort and time to reverse it.

How Dictators Emerge

Q: Dear Master, please explain what kind of karma it is when there are dictators like Hitler, Lenin, and Ho Chi Minh, who caused wars that killed millions of people, and made millions of others suffer.

M: That is the collective karma of mankind, which, as I told you, consists of the by-products of the inter-

relationships between humans and other beings in this world or other worlds. Those kinds of by-products become a kind of very forceful, strong energy, hanging around our Earth's atmosphere. And when it is too condensed, then it has to manifest into some kind of visible form, such as a very great dictator who kills millions, etc.

Since you have asked, these people are not to be blamed also, in a sense, but we ourselves are to be blamed. If each one of us leads a life of virtues, keeps the commandments, and refrains from killing of any kind, including indirect killing by keeping the vegan diet, then the world would never have bred these kinds of dictators in the first place. These are there to remind us of the virtuous way, and if we are not awakened yet, then these things will continue to remind us until the whole of mankind is awakened.

How To Eradicate Anger

Q: What is anger? Why does it boil inside of us, and how do we release this anger?

M: Sometimes it helps to release it outwardly. Sometimes between husband and wife, or between men, or parents and children, there exists some kind of tension and after you have cleared it together, you clear the air. It's also helpful.

Whatever comes naturally, just let it be. If you cannot control it or you cannot control it completely, just try not to bear hatred in it. Just express what you feel. Express it in the best manner that you can, because sometimes anger, when swallowed too much of the time, will breed disease within the body. So the best is that first we have the virtues of God, and then other passions like anger, greed, attachment, will subside by and by.

Q: You said only human beings can become Buddha. I want to know if, when a disciple passes away and he is on the fourth level, does he need to come back to this world to be a human being and after that to study until he becomes a Buddha?

M: No, he doesn't have to. He studies from there. The Master will continue to teach the disciple and never leave him until the disciple completely realizes himself. [Applause]

Q: You said You denounce immorality. What is meant by sexual misconduct? Is that wrong?

M: I do not denounce anything. I just propagate a correct way of life and you are free to follow it. I do not denounce anything. If you feel that it is a denouncement, it's not true. It's just that you go in the wrong direction. Now you should go back to the right one if you want to arrive at your destination, which is the Kingdom of God.

Too much sexual abuse and indulgence tire your body and exhaust your mental power, which should be conserved for the greatest enlightenment and to help yourself and to help mankind. It is more noble that way. That is all. Sexual misconduct means you have too many girlfriends, too many boyfriends, too many husbands or wives. It exhausts your storehouse of energy.

Q: How do You suggest that a person go about attaining enlightenment when that person lives in extreme and almost constant pain?

M: There are many drugs that can help you with pain these days. You do not have to endure that. You can take medicine in order to prevent the pain, and then

when you are calm and peaceful, you can meditate.

Q: Please let us know if the comforter that God sent, the Spirit of Truth, is only one comforter or are there a few comforters. If there are a few, please let us know how many.

M: You want to shop for enlightenment! [Laughter] One is enough for you right now. [Applause] Because even if there are a few, who knows if they will come to you and when, and whether you are still alive when the other comforters come.

Q: Master, I have a hard time meditating because my head hurts when I start to meditate. Please tell me how to stop the headache.

M: Maybe you try too much. You should not have any effort. But I don't know what kind of method you study, so it's difficult to tell you. But whatever you do, relax. Just do it like you are mowing the lawn or eating breakfast. There is no need to put strain on your brain for concentration. In our Method, we do it without effort. We just sit there and the light comes; therefore, it is better.

Q: What does it mean when some people are absentminded when someone talks to them, and they just don't react, or they instantly forget what you have just said? Is it because they're too mental or they use their mind too much?

M: How do I know? You ask them!

Q: Dear Master, when You die, where does your soul go and what happens to Your energy and karma?

M: Me or anyone? [MC: It says when You die.] I will tell you after I die. [Laughter & applause.] It's too early. I mean that I am still very young.

Heavy Karma Incurred In Meat Eating

Q: If, after being initiated, I still make a mistake like eating meat or having an evil thought, does it mean that I will be disconnected from God or suffer some bad punishment?

M: An evil thought you might not be able to con-

trol immediately after enlightenment because it's similar to stopping a car. When a car runs at sixty miles an hour and if you want to brake it, do it slowly. So it'll probably take some time to be able to purify yourself completely. But the meat, you can avoid. Except when you don't know it and you eat it by mistake, then that's fine. But you have to meditate more on that day to clean it because that is a very heavy karma. That's what makes people ill, what makes our bodies suffer, and what makes us go to hell afterwards to repay for the suffering of other beings. [Applause]

Q: Dear Master, I sincerely thank You for the lecture today. I wish You to take care of Your health so that You can continue to give lectures for the rest of the world and save people who have sincerity to find the way back to God's Home. Thank You again. Please take care of Yourself.

M: Thank you. God takes care of me. You take care of me. Because you have love for me, you have good thoughts for me, you have loving wishes for me, and therefore you take care of me.

I can't take care of myself. I just flow with the water. Wherever there is demand, I just have to fulfill it. I

have no time or actually no very fixed schedule to say that I can take care of myself. Never mind. I am okay. I work hard and I am all right.

Q: This question is about discipline. I find that I am very devoted to trying new techniques for a period of time. When I do not see results or when I get too busy or too tired, I just give up. I don't stay with the discipline. How can I push through my weakness and continue with a daily routine and mastery?

M: Of course, if you have a method and it doesn't work very well and also maybe you do not follow the practice regularly, and diligently and sincerely, then you will lose your faith. So try to do what is instructed and then your faith will grow more with the results. Of course if you don't have results, you don't have faith, and the less faith you have, the less results. So you'll be going in a circle.

Q: Master, sometimes during meditation with the Convenient Method, I feel a chill from my spine going up to my head, and then there seems to be a feeling of energy encircling my head. What does this mean? Is this a bad or good sign?

M: It's okay. It's your kundalini at work. Afterward, you will be used to it. It's only the Convenient Method and still it works so much because of the Master power blessing you. Other people practice many years to try to awaken the kundalini and they can't do it.

Q: Did Jacob receive bad karma for tricking Isaac into giving him the blessing? Did Benjamin receive bad karma for tricking his brothers into bringing his father to Egypt?

M: He talks about the Bible?

Q: Yes, the Old Testament.

M: What do we know about these people? Why do we care? They are all gone. [Laughter and applause]

Okay. That's it, no more questions? I am relieved? Thank you for your attention. [Applause]

The End

Washington, D.C.

Enlightenment Is the Tool for Everything

Spoken by The Supreme Master Ching Hai

April 14, 1993

Georgetown University

Washington, D.C., U.S.A

(Originally in English)

I'm so overwhelmed by your love and the welcome program. I was very tired after my journey, and also because of many days of sleeplessness. But I feel very, very blessed and joyful to join your congregation tonight. I am sure we will know each other as we have known each other, and there is nothing new to all of us tonight. Let's just remind each other of what we might have forgotten or what we have placed in some very remote corner of our soul and didn't have the opportunity to reopen - that is the enlightening nature of our great Selves. I'm overwhelmed, not only because of your love, but because of the realization that I am sitting before the Buddha and God's manifestations, and that brought tears of joy into my heart.

It's not always that I am blessed with such a realization while sitting with a multitude of people. It's just

that tonight it happened, and it is beautiful, especially when sometimes I've been also kind of discouraged. In the last few days I was thinking whether what I am doing is truly worthwhile. But tonight, because of your love and your very highly developed spiritual wisdom, I feel I will continue. I know I will continue. [Applause] And if in the near future during my tour, if I have any success in bringing people happiness and God-realization, I will remember Washington DC's people. Thank you so much. [Applause] I really need it tonight. It's very good. [Applause]

Enlightenment is Already There Waiting for A Master to Open it

Enlightenment is already within us; therefore, whatever our fellow initiates credited to me, I should not accept because it is all yours. Whatever greatness, whatever blessing you receive during the course of development in your spiritual training or rediscovery, it is all yours. But because humility is the nature of a highly-developed spiritual brotherhood, they always credited all the miraculous power, all the blessings, to the Master, whoever that Master may be that happened to be experienced in the path, and showed them how

to rediscover it themselves. If you were not already enlightened, if your nature were not Buddha, I would never be able to make you a Buddha. If God were not already within you, I would never be able to show you God inside you. I cannot make a stone into a diamond however long I polish it.

So with all my humbleness, I just would like to tell you that you are very great. You are the Supreme Masters, and we are all one. There is nothing I should teach you except to point to you your precious jewel that you have placed in your pocket and you have forgotten because you're too busy looking elsewhere for it. Many a time you do that. You put things in your pocket, your eyeglasses, money, or whatever important things and you forget. It's so near to you. You keep looking and search the whole house, every corner, and you never find it, and so you think seeking for your own treasure is so difficult. Actually it is not true. We just don't know where to look for it, and that is all. And some friends stand around and just say, "Hey, it's in your pocket," [Laughter] - that is the job of the Master, so-called "Master."

The Masters since ancient time, if they are called by the name, by the title "Master," by the disciples, actually they are just like one of us. They should be very humble, and they have all the human qualities that

we have. They do not know that they are the Master, but because of the experiences of the disciples people credited that one as a Master. Just like we say, *By your fruit shall you be known*. [Luke 6:44] So anyhow, “Master” or “not Master,” it is not important. The important thing is that the experienced friend whom we call Master can show us where our greatness is and then we make use of it.

The Difference Between the Enlightened and Non-Enlightened

There is such a vast difference between an enlightened person and a non-enlightened person, even though both of them are exactly the same in quality, have exactly the same wisdom, and possess the same greatness. I just could not tell you how different. I just know it is different, and many of our disciples know that after initiation. Right? [Audience: Yes] Some of you would know. And then after that, if you talk to other people who are not yet initiated, have not yet rediscovered the partial quality of their wisdom, you will see a vast difference between them even though on the outlook, there's no distinction.

Enlightenment can be likened unto someone who has already stepped inside the house. It doesn't matter how near he is to the door, or how far he has already advanced into the depth of the house in order to discover how much treasure there is inside, once he steps inside the house, he is out of the cold, out of the danger of the wolves, the tigers, and all the other natural disasters, should they come by. There is a very big difference. Once we are in the house, we know what is inside. If we are near the door, we know at least the inner interior design. If we step further into different rooms of our house, we will discover the treasures, all the furniture, and all the precious things that are within the house. And we may go back outside and tell the people what is inside.

The people outside of the house may listen to the story and may repeat it again to someone else, that something is there, such and such are in the house. But there is a difference between repeating, and seeing and enjoying, and also deriving the benefit from the safety of being inside the house.

Some people ask me, "I don't need enlightenment; what for? Is it okay not to be enlightened?" I say, "Yes, it's okay." There is no choice anyhow. But when we are outside the house, sometimes it is safe, sometimes it is sunny, but sometimes it is raining, sometimes there

is a typhoon, and a lot of things happen. And once we know we have a house, we can even step outside sometimes, but whenever we want, or when it is necessary, we step inside. There are such wonderful things inside the chamber of our soul that no worldly treasures can equal, and nothing of this world can bring such happiness to us as when we discover our true greatness.

Everyone Has a Share of This Wisdom

The more we discover how great we are, the more humble we become. And that is a very paradoxical thing, but it is like that. We will become like a child; we will become like a very innocent person. The great sage is like a very innocent person. It seems like you can tell him anything you want, about your talent, your ambition, your intelligence, your degrees, and he will never object to you. It's not that he will always try to force his wisdom upon you. It only comes naturally, by circumstances, or by request. And after speaking, most probably the so-called Master will forget everything that has been spoken, completely or maybe just remember one or two sentences, because the wisdom comes from the Universal storehouse and is for the common use of all beings. It doesn't belong to one per-

son or any group of persons. It belongs to the ignorant as well as the enlightened. It belongs to the child as well as to an aged, senior citizen. Everyone has a share of this wisdom, but only if they truly want to know It.

By knowing this wisdom, we do not forsake the world; we will not lack the enjoyment of the world. But actually, we enjoy the world more when the opportunity is there, and even when the opportunity is not there, we will be happy all the same. And that's the difference. That is the only difference because if we do not know our enlightened nature, we always crave for some things that will bring us happiness, or that we think will bring us happiness. Therefore, we become sometimes ambitious, seeking fame and name, seeking property, seeking beauty, seeking ephemeral love, etc., thinking that these will bring us happiness, until we realize that these only breed sorrow most of the time.

Only when we are truly enlightened can we enjoy anything. Whatever comes, we enjoy. The good things come, then we take them as gifts from God, and we enjoy wholeheartedly without any guilt, without any reservation, without any obstacles whatsoever in our heart or in our thinking. The nature of the enlightened person is very free, very carefree, and very easy. Just like a child, if you give him something good, he accepts it. He will not think that you want to trick him or

whether he deserves it or not; he just accepts.

And when the circumstance does not allow that we have comfort or richness in life, then we are also happy to carry on that way. We have no desire for material greatness, but that doesn't mean that we do not strive to work for the society and that we do not try our best to fulfill our obligations as a citizen of the world. We do; we do, all the same. We do more effectively and with total willingness to contribute our part to the whole world. The difference is that we do without desire for reward, without desire for praise. And should we fail, or should people even misunderstand us or our goodwill, we still can bear it. We will not have any suffering in our heart.

Many of our fellow practitioners have told me that after enlightenment they are much different from before. They know more than before. They understand many things that they never understood before and they are so different from what they were before. I have forgotten what it's like to be "before" or to be "after" enlightenment, so sometimes it's difficult for me to know what they are talking about. But sometimes I happen to meet and talk, or stay and integrate, with some of the non-initiated people and then I realize what they were talking about; then I know what is the difference between an enlightened person and a not-enlightened

person. That is not discrimination. It's just a statement of what it is, of the reality; therefore, it's not a proud statement. It's just a realization of the difference between a person who steps inside the house and the person outside.

The Greatest Way of A Gentleman is Enlightenment

If I have not the opportunity to truly have a very deep understanding with the non-initiated people, sometimes I would forget, because most often I see people as myself. I forget whether I am enlightened or they are not enlightened. I never remember these things when I meet people. That's why sometimes, apart from feeling some kind of discouragement during my mission, I also feel in my heart, deep down, that there is no need to teach anyone. There's no need to run around the world, no need to answer the invitation of my disciples worldwide and tire myself out on smoky airplanes, in crowded airports, and with all these hectic schedules.

I think there's no need to do it because I don't see any necessity, but then, just when I think like that, sometimes the Almighty power would remind me that

it is necessary. Because there is a big difference between knowing you have a treasure and making use of it, and just knowing you have a treasure but without knowing where and how to use it. There is a big difference. Therefore, if I continue to travel around the world according to the sincere request of the disciples, it is because of these instances that I know some people do not know that they are great, and they long to know.

It is not because we want to be proud of our greatness, but because it is a duty to know our heritage. We cannot just be born into this world, live a few decades of hectic schooling, working, sweating, earning money, struggling with children and family problems, and then be “kaput,” finished, [Laughter] and nothing more to it, nothing more to life, nothing more to the great meaning of human life.

And worse still, at the time of leaving this world, we suffer. We suffer because of the attachment with our family members, we suffer because we do not know where we are going, and we suffer because of the fear of the unknown. And all the family members or the beloved ones are just standing around helpless seeing us suffering. Therefore, the great way of a gentleman is enlightenment. We must know where we come from and where we are going, very clearly, very decisively, because we are great human beings.

We live the life of a hero. We walk the life of God on Earth. We should not live like slaves to our money, to our possessions, to our “whatever desires” that the world has labored and found a way to stick onto our minds. We were not born with desires, we were not born with hatred, we were not born with racial discrimination. We were born innocent and beautiful, so we should remain like that. And we should even be wiser, apart from being innocent. That’s the way of a gentleman; that’s the way of the great beings.

What Jesus and Buddha Could Do, We Can Do, Also

If we worship Jesus, if we adore Buddha, if we long to worship, to bow to the sages of the Himalayas of the ancient time, then we should know that we could be one of them. There is no difference between a sage and ourselves, only one hair apart, very thin. And when we traverse that, we are there in the circle of sainthood. If we stay behind, just one hair apart, we are ignorant beings bowing down to all the pressures of the world, fearing all kinds of things, persons and beings, knowing not what we are before and after our life. Even though we have eyes, we are just like the blind. We have ears, but we are just like the deaf because the

heavenly teachings, we do not hear. The heavenly kingdom, we do not see. Our greatness, we cannot perceive. It is a pity if we continue our life like that.

We want so much to help the world. We want so much to bring peace to our Earth, to make it into Heaven, but how do we do it if we don't have wisdom? How do we do it if we are not above average? How can our head keep from being wet if we are not above water? So enlightenment is the tool for everything in this life and the life after. We'll travel far and wide into the galaxies of the universe; we'll know things by which even the most brilliant scientists in this world are dumbfounded. That is the ability of a human being.

A true human being is not flesh and bones only, not the outer appearances of beauty and charm, but is the great storage of wisdom, of Almighty power that can move mountains and do all kinds of marvels. Whatever Jesus has done is child's play. Whatever Buddha has cared to demonstrate while He was on Earth is just a joke because what He and Jesus can do is above all that even. It's a billion, a trillion times greater than that. And we can, (that's what I discovered and that's what I would like to remind you), as soon as we pray, we draw our attention inside, and don't care much for the material comforts and possessions. It doesn't mean we leave them. We stay in the same house, eat the food

that we can afford, wear the clothes that we think are fit for the occasion, but our attention is not there anymore. That's the important thing. It's not the things in themselves that are the obstacles to our sainthood; it is our attention that's the obstacle. Therefore, the attention we should withdraw inwards, and then we will know everything that Jesus knows, that Buddha knows, and all the sages of old and the future will know. This is because our nature is like that.

Just like if you put a diamond in your pocket and then you look all over, even if you look all over the world, you'll never find it. Not only your house, you search the whole world, you will never find the diamond if you don't know where it is. Meanwhile, all the while, it's in your pocket.

The world would not be in the state that it is right now if all of us are enlightened, or at least half of us are enlightened, and better still, the majority of us are enlightened. And then there's no need to talk about peace; peace will come. No need to want anything because we have wisdom. Wisdom is the Lord. *The Lord is my shepherd; I shall not want.* [Ps 23:1] The Lord is within us. That is our Almighty power, which stays there dormant, and we can awaken It anytime and make use of It, at least to our own contentment.

Enlightenment Brings Happy Lives

Enlightened persons never know “uncontentment,” never know want, never know unhappiness, at least not for long. In the beginning of the practice when we are not yet stable in our habits and the mind still has the upper hand, sometimes we might think we want this and that, but then immediately we realize our mistake. It is not like before enlightenment when we don’t even realize that we have desire, let alone stopping it. Therefore, the difference is very obvious. All these things I tell you from my experience. It doesn’t mean that after enlightenment you sit pretty, cross-legged, somewhere on the sofa, and all things become Heaven. No! We still have to undergo a little bit of give and take of the karma, the law of cause and retribution, while we are on Earth. But we have a great power behind, backing us up, and it doesn’t matter what kind of rain or typhoon we encounter, we are very stable, safe, secure, content. We know nothing can happen to Life Eternal. Something may happen to our body, but not to the real Self. If we want another body, we create one. And that is a very, very definite feeling of the enlightened person.

The enlightened person does many things, but never feels he is doing anything. Even physically, he gives away many things but he never feels that he is a giv-

er; he endures many things but he never feels that he has patience. He might show his temperament now and again, but he never feels guilty because it is fit for the occasion. Therefore, the way of the enlightened person is free, happy, and wise. That is the life that all of us should remember because that is our Self.

It's not the life that we think we are now, full of worry about every little thing, about electric bills and telephone bills, and every little thing makes us trouble. After enlightenment we still have all these bills coming, no doubt. [Master & audience laugh.] God will not take them away because they are yours. [Laughter] But the attitude and the means to overcome them are entirely different. We will find life more relaxed, and it will be easier to meet the demands from all sides. If we truly, truly sincerely seek for our wisdom, that's what I can promise, because I have learned to know this myself. It's not from books; it's not from any teacher. It is from my own experience. Therefore, whatever I share with you is absolutely true, private, and at no cost, because it's from me. I don't borrow it from the bank, no need for interest. [Master & audience laugh.] And then you will come to realize all these things and more for yourselves according to the capacity of your demand and of your work, and of the way the Universal Brotherhood sees fit to give you because of your mission in life or your position in this world.

Therefore you see sometimes, when Masters reach mastership, they are equal, even that, but you see slight differences between Masters and Masters. You can see that through their discourses, or through the progress of their disciples, or through the way he expresses his understanding about the inner realization. Therefore, there is a slight difference between Masters, even. Why? - Not because they are different in the quality. It's just because of the different background or positions. Such a Master could make use of so much, so he has that much or he draws that much from within himself to give out. And other Masters in different circumstances, in different generations, different nations, will need more or less of different kinds of qualities of speech, of explanation.

Therefore we have many of the so-called religious doctrines, and many different names for different religions that point to the same Truth. After enlightenment we will know that very definitely. We will know that the underlying principles of all religions are the same. We will know what they taught when they were alive - the founders of these religions. We will know Buddha and Jesus taught just the Quan Yin Method. We will know that what Lao Tzu talked about in the Tao Te Ching is the Quan Yin Method, about the light and the sound of Heaven, which lift us up above mundane ideas, above all the pettiness of our computer

mind, in order that we meet with the higher level of consciousness, and then we know our Selves. Then we know God.

I am just so happy today. I don't know if what I'm saying is suitable for you or not. I just blab, blab on. [Master laughs & audience applauds.] I think I'll just stop now and then you might ask me questions, and I'll have the opportunity to explain further. Is that okay? Thank you so much. [Applause]

Questions and Answers

Q: Jesus is no longer on this planet Earth. Does He have the power to reach those who believe in Him now? Can we have two Masters at the same time - a Master who left this Earth and a Master who is still on this planet Earth?

M: Yes, we can. Fortunate are those who meet the Master who is still living, but who also is the inner Master at the same time. But while you meet the living Master, you can meet the ascended Master also. If you reach up to the level where Jesus resides at this moment, then you can see Him. Many of our disciples saw

Jesus, and many of our disciples saw Buddha. Is that not so? Are there any disciples here? [Fellow initiates say: Yes!] Anyhow, sometimes the Buddhists will see Jesus or Mother Mary, and sometimes the Christians will see Buddha or Mohammed.

Q: How do I go about suppressing my ambitions that have been burdening and obsessing and bothering me so much?

M: It is because we are not enlightened, and the nature of our ambition is the urge for enlightenment actually. There's nothing else, nothing of a very base nature. It is because we know in our subconscious that we are something greater than that. We used to be the boss; we used to be the "president of the universe," and therefore, it is difficult to remain lowly while we are on Earth. That's why we have greed and why we have ambition. After enlightenment, you will know how to handle your ambition for the good use of your life, as well as for the world. There's nothing bad about ambition, just the way we handle it. If we handle it wisely with wisdom, it will be of very good use.

Q: What is happiness and how long can it last?

M: All of you know that worldly happiness is ephemeral. It lasts how long according to the person and circumstances. But the true happiness, which is derived from our true nature, is everlasting. That's what we would like to introduce to you, that which is already within you.

Quan Yin Method Takes You to The Source of All Beings

Q: What are the steps to enlightenment, and what level of enlightenment does this technique take you

M: It will take you to the Source of all beings, where you came from and where all beings will return. Between this earthly level and that absolute level, there are five levels of consciousness, or different planes of existence. And if we, through the practice of the heavenly light and sound and the guidance of an experienced Teacher, pass through these five levels, then we arrive there, at the house of the Masters. This plane is where all Masters come from and return to after their mission, and where we also will come from in order to help other beings, should we desire to return to Earth or any other earthly planet in the universe. So the first step

is to get initiation, and then everything else will come.

Q: Is the only way to go to God through initiation in the light and sound?

M: Yes, it's the last part of the journey. You have many other ways also, but if you don't reach there, then you're not there. Just like the door of the house — it doesn't matter from which road you traveled if you do not pass through that gate, you do not enter the house. So we start from there because we are more fortunate.

Q: Is there more than one initiation?

M: No, only one. Only one physically, but many inwardly, inside. It depends on the individual. At the time of initiation, the Master, or the representative of the Master, gives the same verbal instructions, but the initiation doesn't come from these instructions. The initiation comes from within, from the awakening of your own nature. And even then the levels are different. Therefore, two persons sitting in the same place or next to each other will have entirely different levels. Also, the Master will, from inside, teach each individual differently, and only he inside knows what the Master

teaches him. And his experience is different from that of his wife, or his kids, or his father, brothers, etc. So you can call that different initiations if you wish, but I would say that it is the continuation of learning by different individuals.

Q: Master Ching Hai, I have at times a strong desire to become nonexistent. Please share Your thoughts, if there are any, on this desire.

M: Oh, I'm also like that. I'd also like to be nonexistent so that I don't have to travel, and I don't have to be such a great "Master," and all this and that and others. But since we are already in this existence, we stay. We stay to see what happens next. Meanwhile, we get enlightenment so we can be in the existence level and the nonexistence level at the same time. But that nonexistence level is by no means empty, by no means nothingness. It is a life full of richness, full of splendor, full of glory, full of happiness, full of creative energy. We will enjoy that life more than the so-called existing life, which we know as the human life here. But we can have both at the same time. It's very wonderful! Very wonderful.

Q: My children are very important to me. After initiation will I be able to continue to love them, and not merely share an existence with them? What changes will occur in that regard?

M: Oh, my God! [Laughter] You have become like a child. Do all my disciples throw away their children or what? What do you do with all your children after initiation? [Audience: Love them more!] They said they love them more than before. So you are safe, okay? Keep your children. Don't worry; I don't want any! [Master laughs & audience applauds.]

Q: Is there such a phenomenon as soul mates in this world? If so, what is the spiritual significance of this for the people involved?

M: A soul mate is someone that when you meet him or her, you feel a very great attraction to each other and you both will be able to complement each other in life and especially in spiritual progress. That is what is called a soul mate. But in the world of non-duality, there is no soul, no mate. It's just the talk of this world. So, whomever you feel is very attractive to you and very helpful to your daily life activities as well as spiritual endeavors, then that is your soul mate - while we

are here, if we need a mate at all.

True Master Awakens Your True Self

Q: How can we tell true Masters from false Masters?

M: Oh, that I don't know. I haven't met any false ones. I've met only true Masters. False or true, it's up to you.

There are many ways to discern a true Master. When the so-called Master just clings to one part of the Truth and forsakes the rest, and then teaches the disciples only one part of that from the whole Truth, then we call him a false Master. But actually, the name is not very correct. Maybe he is a kind of "partial Master," "part-time Master," but not false. [Master & audience laugh.] And when a Master teaches you the whole Truth that is within yourself and awakens that which already exists within you, that is the true Master because he awakens the True Master within you. That is the true Master.

And what is your true nature? What is the True

Master within you? That is God. That is the spirit that dwells within your church, your temple [body]. When that God manifests, we can hear the teaching through the heavenly music; we can see Hirm through vision, through abundant illumination like thousands of suns sometimes. That is our true nature when it is awakened. If any Master can awaken these heavenly wisdom vibrations and heavenly light within you, which is your self-nature, which is your self-mastership, then that is a true Master. It takes one to know one.

Q: Regarding the five requirements you must follow in order to be initiated, what would happen if you don't follow them?

M: When you don't follow them, what happens is that you don't follow them. What else can I do? Then try again. If you think that it's good for you and good for others, and it's a kind of protective fence around your spiritual sapling, then you keep them and don't make any damage to your just-grown sapling. But otherwise, no one is there to condemn you or do anything to you, except your own conscience. So try to keep to that and whenever you fall, stand up and try again.

Q: What is the easiest and safest path to take to Self-realization and God-realization?

M: This Method, “Immediate Enlightenment,” “Quan Yin Method.” That’s the best, the easiest, and the quickest. You get enlightened immediately, without any preparation, without any cost, without any condition, today after the lecture. And if you don’t get enlightenment immediately, money-back guarantee. [Laughter & Applause] Oh, by the way, there is no money-back guarantee because we don’t charge even a penny. [Applause]

Q: How should we protect ourselves from the violence of nature and the violence of man?

M: We don’t need to protect ourselves. What do we have that we should protect? Before you were born, what did you have? After you die, what do you possess? What is it that’s so valuable that we should protect? Throw everything away. Let it be; whatever comes will come. If your body dies, your body decays, you’ll have thousands, billions more. Don’t worry about anything. If a possession should be yours, you can’t even get rid of it. If that girl should be your fiancée, no one can snatch her away. If that job should be yours, ordained

by Heaven, no one can replace you. Don't worry. Just relax. Get enlightenment. [Applause]

All these fears keep us from living a happy present moment. Therefore, all guilt, all conflict, all hypocrisy, arise out of this fear of the self, of the ego-self, that I have this or I have that. I have fame; I can't lose face. I can't do that because I am in this position. I can't scold people because I'm the Master; I am supposed to be very graceful, very soft-spoken, very gentle, etc. Just throw everything away, and be at the moment. Whatever is required at that moment, do it wholeheartedly with faith in God and with faith in the whole plan of the Universal Project. [Applause]

Q: Christianity teaches that we are all sinners. Are we still sinners when enlightened? If so, does it ever end - our being sinners?

M: Yes, we are sinners because we believe we are, because we have no way to raise ourselves above the sinful level, above the mud. If you are in the mud, of course you look muddy, dirty. But if you rise up, what does the mud have to do with you, whether it's there or not? So rise up, be enlightened! [Applause]

Q: How can an enlightened human being who is living in a society that is in conflict, for example Northern Ireland, help to remove the conflict in their society?

M: Very difficult. We can only remove the conflict within ourselves. If everyone does that, there is no conflict to remove. Therefore, even though Jesus was so great, and Buddha was so grand, they couldn't remove the conflict within their own borders. And even sometimes disasters will also affect their lives. It is because the majority of the people of the world were not at peace, were not enlightened. Therefore, enlightenment is the only requirement for any illness of this world, for any wars, for any conflict. Nothing else is necessary.

True Nature Is Without Anything, No Dust Can Cling to It

Q: I've heard many people say that when you are enlightened, you are supposed to shave your hair and wear no make-up. [Laughter] What do You think of this?

M: What do you think? Is that correct? [Audience: No!] They said "no!" [Laughter & applause.] I give an

“A” for you. Beautiful! Beautiful! I love that. You are very open, very enlightened, at least to some degree.

If you are still clinging your attention to any thing of this world, whether it's there or not there, you obstruct yourself. Your nature is without anything. No dust can cling to your nature. No make-up can cover your Buddha nature [God Self]. No lipstick can blur away the light of Heaven. If you have eyes, you'll see I am radiating light now. Even if I put a whole box of charcoal on my face and make myself black, I am still very white and bright. [Applause]

If you shave your head, then you are enlightened? Is that right? Why don't you do it if it's so easy? [Laughter] All of you do it. Steve, your hair is too long for enlightenment. God doesn't care whether your hair is long or short. It's stupid! [Laughter] Never mind, do what you like. It doesn't matter. Otherwise, all the beautiful Miss Universes cannot get enlightenment, or what? [Laughter] And if we say that, all the barber-shops, all the beauty salons will close. We will create unemployment even more! [Laughter] Is that the life of an enlightened person? If I preach like that, Mr. Clinton will not be happy! He will not give me permission to preach in America. [Laughter]

Q: The ego is a strong force. How does one overcome the ego?

M: By being enlightened. Ego is the clinging attention to a small self, which is like, “Oh, I am a doctor; I am a scientist; I am a teacher; I am such and such intelligent and high-positioned person.” That is the ego. But when we know our Greater Self, the ego lessens in size because we are not only the doctor, we are God, or at least God’s children. We are Buddha. That’s the only way to melt the ego within the greater frame of the Self.

Q: What is the source of the world?

M: I don’t know; it takes too long to research. Why don’t we just live today, get enlightenment, and then we can see for ourselves? If I were to tell you, it would take a long time. You know that our world, at least geographically speaking, has been in existence for trillions of years. And if you want to make a research about it, I’ll never have time for the lecture. The truth about the world’s existence lies within us. We have a library inside and when we get to the second level, we can look at it. Then we know everything - not only about this world, but about many worlds in the universe.

Q: If one is initiated by You, Master Ching Hai, do we remain Your disciple forever? What is the job of a disciple?

M: The job of a disciple is to become a Master. [Laughter] Therefore you don't need to be my disciple forever. You don't even need to be my disciple; you are already a Master. You just don't know it, so I tell you how to recognize your Self again, that's all. There are no disciples actually. It's just a name that we call ourselves in this physical world.

Q: Could You please explain to me what the mind is?

M: The mind is nothing but a bundle of attached thinking, and ideas and information that we gather in our daily relationships with other beings, and that we call "me," or the mind. And then we cling to all that, and say, "Oh, I am like that. I brush my teeth three times a day; that's me. I never apologize even when I am wrong; it's me. I don't fear anything; it's me." But all these are what? They are just collective information. Before you were born, you didn't brush your teeth. You had no teeth! [Laughter]

Therefore mind is nothing, and we would be very

unwise to listen to this kind of so-called mind. It's just the collected habits, information from others, from society, and from our own interrelationships. And then we think we are like that. "Oh, I have to eat this. I have to drink coffee, because it's me; it's my way of life; it's me." But who is that "me"? Who drank the coffee before you were born? Coffee wasn't even there hundreds of years ago, for example. Therefore, these things are very unreliable and very nonsensical. They are not you. And that is what most of us call "me." That is the mind.

Q: Once you become enlightened, can you lose consciousness of your enlightenment?

M: Oh, yes, it's possible - when you sleep. [Laughter] Yes, sometimes when you meditate and then you sleep, the light comes, enlightenment comes, but you're not aware of it. [Laughter] And, when you are not asleep, then you're aware of it.

Q: How do we quickly give peace to our previously made enemies?

M: Hug him and kiss him. Give him a candy. [Master laughs & audience applauds.] That's what I did this

morning, because some people cannot be enlightened by words, or by explanations, or by initiation even. Some people need that - just direct love - physical as well as mental as well as emotional.

Q: How do I escape from my flesh and love desires toward the opposite sex?

M: No, don't get away from it; otherwise, we'll have no more children! [Laughter] Just stay cool. Have one at a time. Have one partner only, okay? If you have a soul mate that you found who is good for you, and you have three-dimensional love - physical, emotional, and mental, it's fine. And then the so-called fleshly desire will lose some of its stronghold on you after we regulate it with a stable relationship or within marriage. So don't worry. It's just the beginning, and afterwards it will die down. It will lose its attraction. Just stay cool. Have one partner; it will be enough. [Applause]

Q: How can we best help someone who is experiencing serious illness?

M: The car has trouble sometimes. The car sometimes burns out, sometimes the tires blow out, some-

times the fender is scratched or something. What do you do with the car? Try to repair it, and so the same with the body. And if sometimes the car is irreparable, it costs more to repair than to buy a new one, then buy a new one. It is the same with the body. Whatever you can do with the car, this car, the body, do it; if you cannot, then just leave it, and God will give you a new car - a new body. [Laughter & applause.]

Most people pay so much attention to this car, and they have all kinds of fear and troubles because of this car. They kill each other for survival just because of this car. They hate each other just because of this car. They do many things that are against our own conscience just because of this car. We have to realize that this is only an instrument just like a car that you buy.

Q: If a person has a desire to get liberation or go beyond the three worlds, is this desire different from ordinary desire?

M: Yes, it is different because by having that desire alone, all other desires die down. Otherwise, we have too many desires and then we have trouble because we are pulled from different directions. Whereas if we have only one upward desire, we're pulled up, and then

we'll be happy. We will reach our high nature.

Q: Is love intoxicating? And if so, must we refrain from it according to guideline number five?

M: Oh, no. Intoxication means drugs, alcohol, and all the things that make you become addicted, make a slave out of you, also blur your vision, damage your brain cells, and impair your ability to think, to see, and to do things clearly. These are drugs; these are intoxicants.

Q: In what way can we get energy from meditation?

M: In the effortless way. The energy from meditation is already within us. By the power through a Master, at the time of initiation, it is awakened. Therefore when we do the meditation in our so-called "method," which has no method at all, we get the direct energy without doing anything. It is a very effortless effort. That is the best way, the natural way, because we get what we have. We don't borrow, we don't try, we don't steal, we don't force things to happen, but things come and happen because they are already there.

Q: Is enlightenment another term for Zen Buddhism?

M: Yes, if you need that title so much.

Q: How likely is it that the few enlightened humans on this Earth now can effect the awakening of the sleeping or distracted masses?

M: They will have some impact, yes. But of course, it's best when the majority of the people are all awakened.

Q: Would You please address the issue of karma and how we resolve our previous karmic debts, and how that relates to enlightenment?

M: Karma is the Sanskrit term for the law of *As you sow, so shall you reap*, [Gal 6:7] which is the law of the lower universe. When the Master gives you initiation, He pulls you up further; therefore, the karma downstairs can be burned and doesn't affect you. The Master just leaves a little bit for you to carry on this life, which is already smoothed out and lubricated by the Master power.

After initiation you have no more stored karma so you don't have to be reborn again if you don't want to. If you want to be reborn again, it's very easy. We can create karma or we can borrow it from many other sentient beings and use it to come down. Initiation is the destroying of all karmas in the past so as to leave no more opportunity for the beings to come back in the future.

Q: What do You mean by immediate enlightenment after initiation?

M: I mean "immediate enlightenment." Instant! [Master snaps Her fingers.] Like that. [Applause]

If I show you something, which is in your pocket, can you immediately take it out or not? Yes. That is what it is because you have it within you. I just point to you where it is so that you may get it.

Q: Master, there are billions of people alive today who will pass from this life without being initiated into Your program. Does this mean they cannot reach enlightenment in this lifetime by any other means?

M: Yes, they can, but the degree is different. Sometimes in deep prayer, they have glimpses of enlightenment but that is flickering, and sometimes it's gone again and they don't know. Again they are back into ignorance, but initiation means permanently. You know definitely where the switch is and you switch it on anytime you want, and you are inside the circle of light.

But enlightenment from other ways is not always permanent and sometimes it's dangerous because people do not know how to handle the newly discovered energy. Therefore some people become mentally disturbed and all kinds of queer things, or they start abusing magical powers, which are from a lower level, and become anything - magicians, healers, any kind without reaching the highest level of consciousness. Without the guidance of the Master, we do not know where we are heading and then we stumble around and we play around with all kinds of things, and sometimes it's dangerous. The path of enlightenment is full of tricks and pitfalls that we should avoid. And with the experienced guide, it's easier, faster, safer.

But what can we do? The world is like that. That's why it is the world. If the worldly people are all enlightened, we wouldn't call this Earth "world"; we would call it "Heaven," and the atmosphere around us will be different. Everything will be different. And then

we don't even need to work for food. We don't even need to want anything. All things will be there, just like in Heaven, because our merit will be different, will be many folds, a thousand fold.

Up to now, just a few millions of people are enlightened, and the merit is not enough to cover the whole Earth population. Therefore, we still have disasters; we still have war, even though it's less than before. And all the "politicalisms" have already lessened in intensity, and the threat of a fourth world war or fifth world war is far away now. It is because the majority of the people have a higher awareness in the present century due to the mass media broadcasting the messages of enlightened Masters around the world, and due to the large numbers of people who have joined the enlightened circle of the Sage. Therefore, our world is better.

Q: Jesus spoke not just of such wonderful ideas as peace, love, and eternal life, but also about the scary idea of eternal punishment. Do You believe that God would ever condemn someone to eternal punishment?

M: No, he condemns himself. If he refuses the light, then he stays in darkness. And as long as he refuses it, that's as long as he will stay in darkness. He

can stay eternally if he refuses the light eternally. So it's up to the individual. [Applause]

Q: As human beings on Earth, we have to fulfill earthly obligations such as food, clothing, a roof over our heads, and make enough money to pay the Internal Revenue Service. How can we break away from this and start nurturing our spiritual needs?

M: You still keep the roof above your head. Don't take the roof away! Just get enlightenment. Don't worry about material comfort! I stay in a tent and I am still all right. Sometimes the tent blows away, no roof is there, but I am still okay. [Laughter]

We had a meditation hall, very large, accommodating about 7,000 people. But last year, some people said some things and then it was pulled down. Okay, we let it be pulled down. We did not protest; we did not complain; we did not explain the ungrounded accusations. We didn't bother. And now we plan to bring raincoats when it rains, and bring umbrellas when it shines, and just sit there and meditate all the same. But when we are enlightened, all things will be okay also. Jesus has promised, *Seek you first the Kingdom of God, and all the things shall be added unto you.* [Matt 6:33] I prom-

ise you the same. [Applause]

Q: Is it true that if a woman doesn't have a child of her own, she doesn't have a complete life?

M: He wants a nonsensical answer or what? Do you agree? [Audience: No.] They say, "no."

If God doesn't ordain you to go through the terrible labor pain, then you should be grateful for Hiers blessing! [Applause] We have enough children in the world.

Q: It is hard to quiet my mind for meditation. It is like a monkey that wants to run and play, but not sit quietly. How does Your meditation help quiet the mind to realize the true Self?

M: I just put the mind to sleep by the light and the sound. The music will nurse him to sleep, the light will comfort him, and then he's fast asleep. Only the soul will be awake. But nevertheless, continue with your meditation if you do not want to join us, and you will get used to it a little bit more.

The thing is, if you sit in meditation and you use all

your effort to concentrate on the breath, or on the heart chakra, or whatever chakra, all-over chakra, and you get nothing in return, then of course the mind will get bored. It'll say, "Hey, what are you doing? You make me sit here for what? I want to see the cinema; it's even better than this. I want to go and drink coffee and talk with friends; it's better."

I have a fellow practitioner. She is pretty old, about sixty, oh no, fifty something. Before she met me, she had many other Masters and they taught her many methods. "Continue with the breath, sit in Zen for fifteen hours a day," and all that, and "eat one meal." She said she sat and sat until she could sit no more and her bottom was about to fall off, and she could get nothing! Therefore, she couldn't bear it. And after she got enlightenment, she said sometimes she sits for four hours and she's so happy, tremendously happy. Because of her happiness, her whole family of eight members is all happy. They told me this, even though they were not initiated. They told me how beneficial it is - my work. So they encouraged me to continue. The non-initiates, yes! [Applause]

Q: Why is being a vegan so important to enlightenment?

M: It is important to you. You can get enlighten-

ment without being vegan because I don't require you to be vegan before initiation, but after only. Therefore you get enlightenment all the same, through the grace of the Master. But we have to keep a loving attitude toward all beings because they are ourselves. If you eat all of your body's members, afterward you'll realize you have nothing left. [Laughter]

And also, we should not sink so much into the material tastes, but be immersed in the bliss of Heaven. All beings deserve life, and therefore we grant them the happiness of survival.

Q: I believe I could achieve a closer relationship to God if I could erase the idea of God in the sense of being a person. Will Quan Yin help me in this regard?

M: Yes, that's what it is for. We erase completely the separation, the individual self, and then we don't do, but God does through us.

Q: I cannot believe that intelligence exists on this planet alone. Do You?

M: Yes, true, it doesn't. It exists on all planets, to

a more or less different degree. It depends on the location. There are some other planets more intelligent than we; there are some other planets that are less intelligent.

Q: How am I to know my mission in life?

M: I suggest that you get enlightened first, and then you can see better.

Q: Do You work with the White Brotherhood or the Universal Brotherhood?

M: Yes. I also work with the black brotherhood. [Laughter & applause.] We don't discriminate.

Yes, of course he meant the White Brotherhood. It is the title for those enlightened beings that help the whole universe. It was just a joke only; there's no black, no white, over there.

Q: When one becomes a Master, will he or she ever have fear, doubt, or anger? We call Jesus a Master, however, according to the Bible, Jesus was frightened the night before He was crucified. And before

His death, Jesus cried, “Why, God, have You deserted me?” Please explain, If Jesus had fear and doubt, how can we have no fear and doubt?

M: Yes, they probably would have fear and doubt, but that fear and doubt are not deep-rooted like in us. If Jesus had no fear of the crucifixion, then His sacrifice was not so great. He had fear, but He accepted it. Whereas when we have fear, we run away and we try to blame it on others, or we try to escape. We try to put that cross on someone else. That is the difference.

We might have fear, we might have emotion, but we can withdraw it anytime, or we can make use of the fear or emotion for the benefit of other beings. After enlightenment, all the feelings or the emotions are still there because we are made to have these in order to use them to understand other brothers and sisters. If you have no feeling, no emotion, how can you understand human beings? How can you help them? But the fears of the Masters are different.

The fear of the Masters sometimes is also affected by the fear of the disciples. He takes the fear from the disciples, so the disciples are fearless. The Master will take some degree of that fear, but that is only very shallow and not deep-rooted - only illusionary. And the Master on one hand has fear, but on the other hand defi-

nately has no fear. He knows he has to have fear, but he doesn't fear the fear. [Applause]

Q: What does Quan Yin really mean? Please explain.

M: Quan Yin, in our group, means the observation of the inner Word, inner teaching, inner music, heavenly music.

Q: Can love be truly unconditional? If God loves those who don't sin and loves and forgives those who do, why are we spending our lives trying to avoid sin?

M: Because it hurts us, not because it hurts God. Whenever we do something that we know is sinful or not correct, we hurt ourselves. Our conscience will scold us, make us trouble; therefore, we try to avoid it. God loves all alike. Therefore, the sun shines on all, and the rain doesn't desert those who are poor, or sick, or sinful. It's just that we, ourselves, are responsible for the feeling of separation between us and God if we do something unrighteous. Therefore, we should avoid it. Also, it is our duty when we live in this world and we have interrelationships between each other, we have to

keep an orderly society.

Q: The beings that live on other planets or those that come in UFO's, do they share the same fate as human beings, the same vulnerability to suffering, the same need to reach enlightenment?

M: Yes, to some degree, but less than our earthly "Earthians" because they are more advanced. They are closer to the Father/ They have more light, more wisdom.

Q: Once one becomes initiated does one need to denounce one's religion?

M: No! No, please do not. We say that with initiation, you don't need to change your profession, you don't need to change your way of life, and you don't need to change your religion. No problem; don't change anything. Just eat vegan. That's all.

Q: Will we meet our beloved pets and animal friends in Heaven after our life's journey is over?

M: Yes, if you want them. If you want them and

if you are enlightened, you can take them along. But if you are not, you have no force to bring them, you have no power. You couldn't even bring you, yourself, to where you want, let alone your pet.

Q: What is the purpose of epidemic diseases such malaria, AIDS, etc? Are humans interfering with the natural process by trying to find cures for these diseases?

M: Yes, you find some cure for these and another disease will breed itself out. Only when man realizes that he should surrender to God, to the Almighty power which is within himself, only when man realizes that in him there is a great healing power for all diseases and that he should rely on that power alone, then all the diseases will cease. All these are warnings to tell us that we should return to God.

Q: How long does it take to become enlightened, to reach the highest level of God-realization?

M: It depends on you, and how diligent you are, how much you want it. And also it depends on the Master. Is the Master powerful enough to take you through

these levels of consciousness and lead you to where you want to be?

Q: How many kinds of samadhi levels are there?

M: Oh, many. There are many levels of consciousness, and therefore, also many levels of samadhi. But the last one is the “non-samadhiic samadhi.” It means that you carry on working in the world just like an ordinary person, but at the same time you are always in samadhi, and that doesn’t smell. It doesn’t give out any odor so you can smell that the person is in samadhi. That is the highest samadhi.

Q: Can one separate religion and science successfully and believe in both? I mean by this, can I believe in God and evolution at the same time?

M: Sure. The evolutionary theory supports the spiritual progress of mankind. It is the same, very similar, in science and religious theory. The only difference is that sometimes science reaches only a certain height and stops there, and religion goes further and is broader.

The End

Turn Inward and Listen to the Heavenly Teachings

Spoken by The Supreme Master Ching Hai

April 17, 1993

Montreal University

Montreal, Quebec, Canada

(Originally in English)

I am very honored to be in this great country, this country of prosperity, of peace, of loving kindness, and humanitarianism. Your country has what many countries do not have - warmth and human love between each other, as well as very elevated spiritual standards. I was very touched to know that in your country there is no death sentence. That shows that in this land, love rules above all things. Let's hope that other countries will learn from your example to let God rule justice and not to take revenge.

I had the opportunity to speak to some of the people who live in this land - the immigrants, for example the Au Lac refugees who have been welcomed into your country with love and nondiscrimination. They're

all very happy in this country. I am sure this will add more merits and blessings to the great nation that you happen to reside in. Only a very spiritually elevated country can possess such qualities of loving kindness, of non-racism, nondiscrimination. If every nation were like this, at least our world would become a small paradise. But unfortunately, there are many other things that prevent people from understanding the basic truth that “Love is the greatest law in the universe,” and therefore, many people do not enjoy life the way they should.

We Are God

The more we cling to life in a forceful way, the less we can enjoy the flavor of it. Therefore, enlightened persons are happier and more contented, and from this very stable state of mind, they can do many wonders because they are quiet enough to understand where their wisdom lies, where their greatness is, in order to make use of it. When we are very busy, or we are in a panic, or in a hurry, most often we forget what we want to do, or we do things in an incomplete way. Therefore, the tranquil mind of an enlightened person can see things more clearly. That’s the only logic of this

science.

Be still, and know that I am God. [Ps 46:10] Who is that “I am”? That is the one that resides within us. That is the true Self, and therefore we are God. This realization doesn’t come through hearing people saying that or through believing alone, but through self-realization. And just as in any other science, there must be a special technique. Everything we learn and master in life is all done through self-experiencing. Similarly, enlightenment can be achieved through some persevering self-experiencing, and therefore it will be lasting. That’s the reason why we have heard a lot of saints and sages of all times saying that God is within us. If God is within us, that means we and God are one. If we and God are one, we are God. But even then, we have heard so often and we have read so many Bibles and so many statements from such great men like Jesus, Buddha, Mohammed, etc., but we do not truly believe that we are That and we cannot find the God that is supposed to dwell within us. It is because we lack self-experience; we have not known it by our own discovery but only by hearing.

In the old times, when science had not reached the height of today, we had many problems. Even the rain would trouble us; even the snow bothered us. Anything, any small thing, big thing, obstructed our dai-

ly activities, even the rain for example. Now we have umbrellas, we have raincoats; we can walk in the rain. We can even enjoy the rain and we can work in the rain. Better still, we have cars, we have buses; we have all the things that protect us from the different weather changes in nature. Therefore, we are very comfortable. In the ancient times, if we were to hold a meeting like today, many of you who live at a very, very long distance could not be here Not because of the distance only, but because of rain, because of weather, and all that. So in the ancient times, people hid themselves in caves, in mountains, under trees, to protect themselves from natural disadvantages. Many people still do today in some of the undeveloped countries, but that must not be.

Enlightenment is like that. It's just like we add more comforts into our life and be happy in whatever condition. Suppose we don't have a raincoat, we don't have an umbrella, we don't have a car, if it rains today, we are stopped from all our activities, from all the things that we love to do and want to accomplish. Similarly, life is fantastic if we have enlightenment. There is nothing in this life that could be named suffering, terror, or trouble. It is only because we lack protection that it seems to be so. Take for example the rain, if it doesn't rain, we don't have water and all the trees, the flowers, cannot grow. All the crops that we need for

survival would never be there. Therefore rain is not terrible in itself, but it is if we don't have an umbrella and we walk miles in the cold. We will shiver, we will catch cold, we will be ill, and we may lose our life even, though it is such a very harmless and useful, natural phenomenon. Even a very natural, beautiful phenomenon becomes harmful to us if we lack the equipment to protect ourselves.

To Change the World, Change Yourself

Many people want to change the world, to change the way we live our lives. But the sages with enlightened spirits say, "No, change yourself!" because if we change ourselves, we change the world around us. Even if the world still stays the way it is, we are not affected. If each person changes in this way, there's no need for any wars and there would be no disasters. If everyone has an umbrella, a raincoat, what is the need to change the season, to stop the rain, or to make magical power to control the rainy season? Many people would like to learn and possess this magical power. It can stop the rain, can make it last longer, can push it to another direction, and it takes a long time to learn this magical skill. But why bother? We just wear the raincoat -- it's

cheap, it's simple, and everyone can use it.

Once the Buddha wanted to cross a river by boat, and the boatman did not want to take Him because He had no money. At that time He was, of course, a renunciant, a monk, still, who possessed no property, so the Buddha had no choice but to walk over the river. These days, quite a few yogis in India, Tibet, and elsewhere still can do that. Many people ask me about magical power because people are curious about things that they cannot explain, and also about things that they scientifically think are impossible. So I tell them, "Yes! These things do exist." But nevertheless, they are not to be used at random, and also not to be done for show. Even Jesus, who possessed a lot of magical power, didn't always use it. He was very reluctant; therefore, He raised only one dead person to life, He cured maybe only two or three blind persons, and did not run around all the time raising all the dead back to life. That will bring the natural law into a chaotic situation. That is a thing an enlightened saint would not do.

Each one has to yearn within his heart to know Himself, to know God, and then the Kingdom of God will come, and the Master will come to help that person. If we use magical power or any other supernatural way to convince people, we unknowingly lead people astray because we limit God's power within these magical

skills, which could be learned by some experts. Also by doing that, we interfere with the flow of nature and, of course, will bring some disasters upon ourselves. What we seek are the eternal things, like wisdom, love, and the greatness of the Universal power, not the small corner of these low level gains.

Greatest Miraculous Power Is To Do Without Doing

When we possess the great wisdom, we also possess numerous miraculous powers. But at that time, we have so much, too much, that we might not even know how much we have, and things just come out from us automatically without us intentionally doing anything. That's why the saints do things without doing, without even thinking, without even wanting to do it. It's just like a very, very rich person; he has no idea how much he has. He can never count it, and can never see all of his treasure.

Therefore, the enlightened person is always happy. At least most of the time he is happy. And even when he encounters unhappiness, brought to him by his very close contact with someone he loves, maybe then he is affected. Because of the love for that person, he may

share the suffering or unhappiness of that person, but even then, he is very, very calm inside. He knows that the unhappiness is only of an ephemeral nature. He's not kind of dragged and sunken into this unhappiness like most of the people are. Therefore, if we even want just to be happy in this life, we should get enlightenment.

Of course, I should tell you that you have to seek God for God's sake alone, not because of wanting happiness in this life. But I do think that these things come together. If you are enlightened, you are happy, and the more happy, the more you believe in enlightenment and the more you will appreciate God's nature anyhow. What is the use of expecting an everlasting happiness in Heaven while we grovel here in darkness and in misery every minute of our lives? An enlightened person enjoys both worlds - enjoying Heaven at the same time as enjoying this world. Why? Because he knows that whatever is manifested in this world is also the will of Heaven, and it's also a copy of the real manifestation in the higher Kingdom of God. Because he is very relaxed, has no fear, no anxiety, whatever he enjoys, he enjoys to the utmost.

Many people think that after enlightenment, maybe you don't know how to love your wife, your husband, or children anymore. It is the opposite. Only when you

are very happy and know your true worth, can you truly love another person because you will see your reflection within her. You will respect that person and love all the good qualities that God endows in that person because you have realized what God has given you yourself. Then you know that God gives all beings the same amount of qualities. But we choose sometimes to go in the opposite direction; therefore, we suffer and then we blame God. We say, "How come God has such almighty power and cannot turn this world into Heaven?" The power doesn't lie in God's hands. It lies in your hands. I know all this through experience, not through books and not through any Bible. I know this also through the experiences in the lives of my disciples.

Sharing the Bliss of Enlightenment

We are seeing each other today due to the kindness of my disciples. They want to share with you what they have discovered. So, they have gone through a lot of trouble, expense and time to organize this day's congregation. We do not do this with a very burning ambition to convince you to come into our path, but we do it with a very happy attitude of just a happy person.

Therefore, we do not care to wear very special renunciative dress to impress you. We do not try to make a very holy appearance of ourselves to convert you. We do not try to give anything to you, gifts or any kind of magical power, to let you come in into our circle. We do it as a duty of a brother to another brother. And we just do it for the sake of doing it. Actually, we're happy whether you are convinced or not convinced. We will be contented whether you come or you go because nothing is that deadly serious to us anymore. We do it or not do it; it is the same thing to us. I could be sitting pretty on top of a mountain in Formosa and enjoying my samadhi power or I could be sitting here knowing more of the people of the Earth planet; it's the same to me.

If you feel that you're ready for this happiness, which is the true happiness because it comes from the root, because you know the whole thing from Heaven to Earth and hell, you know everything, then you choose what you would like to enjoy. Therefore, your happiness will be true and lasting.

Otherwise, most of the so-called enjoyments in this world, we are not free to choose. Sometimes we are dragged along to a party and we try to enjoy it. Sometimes we are forced to get married because of some political or business reasons, and try to make the best

out of it. Sometimes we're dragged along with a big family, trying to feed them, working from morning till night, and we think that we are great because we are taking care of the family. But it's not always a choice; therefore, we do not feel happy in many things we do. Somehow we feel that we are not the one who controls all this. We are not the host; we are just like a guest. We are blown with the wind, and go along with whatever the situation is. We lose many interests and joys in life through not knowing why we are doing all this and that. But after enlightenment, it's different. Whatever we enjoy, we truly enjoy. We understand the values of life as well as the values above this life.

There are two lives on any planet; one is of material existence, and the other is of an everlasting nature. If we know only one, and we lack the other, just like most people in the world, they enjoy only the material existence of so-called life, but they do not know the real picture of this projection. They know only the shadows, so they enjoy the material life and fear losing it. But the truly enlightened person knows both, the everlasting and also the copy of it, and he can enjoy both at the same time. Or he can choose to enjoy one and not the other, or he can choose to enjoy both. But I think while we are already here, we might just as well enjoy it. And there's nothing in this world that we should not enjoy, really, except those things that are harmful to the

lives of other beings. Therefore, we just suggest a vegan diet, so the fish can always swim in the sea as much as he pleases and the cow can graze in the pasture until nature calls him back to where he belongs. We can enjoy them and they can enjoy us.

Some of the enlightened persons, I don't know to what degree, choose to live on the inside, on the other side of life, the spiritual side of life. And therefore they give the impression to people that all enlightened persons have to be like that -- have to go to the Himalayas, have to go into the cave, have to forsake all the beautiful things in this life in order to be an enlightened being. But that must not be so, because we will be too aloof from this world, and many people will find it difficult to associate with us. If they find it too difficult to associate with us, how can they help themselves? How can they know what we know? Of course, maybe it is more pleasant for a saint or an enlightened person to stay away from the hustle-bustle of the world and to be carefree in his or her own way. But on the other hand, there are many other brothers and sisters who need our assistance.

Stay in World But Remain Above It

Everything in this world is of some use and if an enlightened sage becomes a useless being, then it is a waste of nature's product. Therefore we should just stay in the world but remain above it. We can have our house, our cars, but we no longer are slaves to these possessions. If we have them, we enjoy them. If we don't have them, we just don't. It's a very simple life. I had beautiful cars when I was in Formosa but I just sold them before I went on the world tour, because we were a little bit short of airplane tickets, so I sold them. And in the future, should I not have any more of these beautiful and expensive cars, it would be fine. I'll go by bus. Or my disciples have many cars, and I can go with them. No problem. I can borrow one day from this person and the next day from another person. Why should I have my own car, anyhow?

Therefore the things in this world, we will enjoy if they are there, and if they are not there, it makes no difference to us. That is the way of the enlightened. Not that we have to run away from the material existence, but we remain above it. I think that this is more practical for most of the people on this planet because we

are in the material surrounding; we are in the material existence. Wait until we leave this physical world, then we can enjoy completely the spiritual atmosphere of the real life. So why be in a hurry? If everyone gets enlightenment and runs into the Himalayas to stay there forever, soon we would have no more enlightened persons left. And the others would never know of enlightenment because everyone is gone. No connection; no message; no example; no one who walks beside us, who shares with us all the ups and downs of the world, who encourages us to walk in life as an angel, as God.

In the old days, it was very difficult to know where the Master was, and who was the enlightened person. People had to climb mountains, to cross the sea under a lot of hardship and trouble in order to find an enlightened person. Therefore, our world did not develop in the ancient times. People lived in poverty, and lacking of a lot of comforts, so I think that it's not very ideal. I think the enlightened person must live in this world; must do whatever he has to do; must take care of whomever God places in his hands, and be happy, be enlightened. Even if we run away into the forest, we can't run away from the universe. We are still in here, where can we run away to?

Many people think an enlightened person must have a very special appearance, maybe a very long beard. I

happen not to have one, but today with technological advancements, I think I could grow a beard even with some chemical stuff. [Master & audience laugh.] Or maybe an enlightened person has to just stay in the Himalayas. There are maybe some enlightened persons who stay in the Himalayas but it must not be like that; it must not be that all of them are doing so.

I don't want to cite the Bible or scriptures anymore; otherwise, I will be in trouble. I'll just talk about what I know and forget about the scriptures. I was going to cite a Buddhist scripture for you, but I thought I had better not. The less you know, the better, the more simple. [Laughter] Then you don't add more complicated intellectual nonsense into your brain because the Bible cannot enlighten us. The menu cannot satisfy our hunger, but what we need is the direct teaching.

Turn Inward and Listen to Heavenly Teachings

There are two kinds of teachings. One is the theoretical doctrine, which comes from the Master while the Master is still alive. That is to teach His disciples about how to behave in the society. It is just for the mind and just to suit the customs and laws of that na-

tion at that particular period of time, and also to correct some of the bad habits of the disciples and to guide them in many aspects of life, like in politics, business, marriage, and things like that. But these are all worldly; all are within the level of material existence.

There is another teaching, which is the real one — the original and the lasting one. This teaching is non-verbal and can be done through what we call thought transference when the disciples turn inward and listen to the teachings from Heaven. At the time of initiation, we will tell you how to do that, and not because we tell you that you can do it but because you're ready for it. The Master power will switch on the button of your age-old wisdom, which has lain dormant within yourselves, life after life until now. Just like we switch on the light, all the darkness will disappear instantly. That is the immediate enlightenment process and that is very possible for everyone who is sincere and who wants to know how great he is, how he connects with the whole universe, how God dwells within himself, which he didn't know all this time. Then everything else in life will take care of itself. Truly!

I have asked all of my disciples, and none of them said that they are not happier than before; that they are not more contented than before; that they are not more intelligent than before; that they are not more capable,

more powerful, than before, even just a few weeks afterwards, or even a few days afterwards, depending on the person and how receptive that person is. Even after initiation, just a few minutes, even within initiation, you know you've changed forever, and you accelerate. You are no longer within the human standard, but you enter the circle of sainthood without changing any appearance, without running away to anywhere, without doing anything dramatic in your life. Just be where we are and enjoy both worlds. Enjoy the real as well as the ephemeral nature of the projection of the real life. That's what we have discovered, that's what we continue to discover, and that's what we would like to share with you. [Applause]

Questions & Answers

Q: What do You think should be done about hatred and violence in everyday life, for example, prejudice and racial discrimination? How do we get the message to those who don't want to listen?

M: I think all these phenomena are the result of the non-enlightened mind. If we are enlightened, everything is solved without having to speak with each

other, without having to preach at all. So actually, all these things such as anger, hatred, greed, and all that, come from the lack of enlightenment in that person because he is so unsatisfied with what he has in life.

He is so discontented within the framework of his life, so it becomes natural that he is agitated. He's aggressive, he's angry, he's greedy for more, because he thinks these things will satisfy him more and make him happier. Actually, the deep root of all this is the yearning for a happier state of life. It is a deep yearning for enlightenment. Therefore, if we want to cure all this illness, we have to introduce enlightenment into people's lives and make them happy.

Q: Why has my ego risen? [Why has his ego become bigger?]

M: How do I know? It's your business! [Laughter]

Perhaps no one ever scolds you; perhaps your position rose in society; perhaps you're too successful in your business; perhaps your wife or your husband spoils you too much. [Laughter]

A Truly Enlightened Person

Q: I wish to be enlightened. Why should I bother about staying in this society?

M: Why not? It's your choice, of course, but why choose? Why bother to choose? We were born in this society; we owe a lot to this society - to survive, to grow up, and to enjoy all the comforts that we have now. Therefore, it's also okay to stay in the society to repay some of this kindness, just to be present, just to be one of the whole, and nondiscriminating as to whether I am enlightened or he is not enlightened. "I am an enlightened person. I don't mix with unenlightened people!" and these kinds of things. When a person turns inward all the time, he doesn't mind who's around him. He doesn't even know that he is in the society or out of the society. He will just be himself and do what must be done at that moment. Always in the present, that is the truly enlightened person.

Q: Is it possible to become awakened without a spiritual guide?

M: Yes, it is possible, very much possible. But

without guidance, you probably cannot go very far. To be awakened and to be completely awakened are two different things. So when a Master who has already traveled from the material existence to a higher awakening state can guide you, it's best and faster and safer.

Q: How, through this enlightenment or initiation, can we bring all people and living beings to supreme enlightenment and destroy all negative things and suffering?

M: We cannot bring all beings into the state of supreme enlightenment just because we are enlightened. But to us, the enlightened persons, all the beings and all the suffering disappear. That's most important. When you are enlightened, when you are in the state of samadhi, there are no beings, no suffering, nothing exists.

When you come out of the samadhi state, if you wish and you come in contact with those who are not enlightened and who see things as suffering, you may try to help them. Whoever likes to know of your state of non-suffering, they can come. If they do not, it's fine; they have to learn their lessons. You can't force all the children in your family to become professors at

the university just because you are one. But you can guide them step-by-step until they become grown up and educated enough to be like you.

Q: How do I get rid of the fear of death?

M: Oh, I die every day! There's no need for fear when we know that death is just a stepping from one room to the next. It's quicker than that. I could just sit here and die, but you don't know. Very fast. A step from one plane of existence to the next - that is the process of so-called death, and it can be done in a second, not even a second! So there is nothing to fear about it.

If you fear death, come to me. I'll teach you how to die every day, and you'll get used to it! [Laughter & applause.] Just like when you first drove a car, you didn't know how to drive, so you were very afraid. If you drive it every day, you'll get used to it.

Positiveness

Q: According to You, what is positivism?

M: It is probably a kind of attitude of some people. They try to hypnotize themselves into thinking that everything is great and everything is possible in life. But thinking alone helps only very little. If we know the root of all the problems by shining the torch of enlightenment on all corners of life, we tackle problems better, not in a positive way, but in a right way - be it positive or negative.

If we only are positive, we neglect another part of life, which is very important. It's just like if you only choose men and you don't care about women. Can we do that? No, we can't. An enlightened person knows how to handle positive and negative, not to reject anything, but to make all things into full use for life and the life after. I don't preach extreme things.

Q: What do You think of the future for our youth? Do You have a lot of faith in the future generation?

M: Our future will be very good. More people are enlightened these days than during the time of Jesus or Buddha, or any other period of our Earth planet. So I think our future will be very bright. It's already getting brighter. The political situation of the world is already very hopeful. Many of the great archenemy nations

shake hands with each other and want to talk about peace and economic resurrection. So we should feel positive.

Q: How can we earn our living without depriving others of their chance of earning their own living? For example, if I don't have a job, somebody else will have it and be happy. If I don't cut a tree to make a living, that tree will feed numerous different beings.

M: You have a job because God gives you that job. Even if you are out of that job, no one can take that job if it has not been meant for him. So do not feel guilty. Whatever you get, you get. It's just if we try to compete with other people, try to put that person down, and try to do many tricks in order to trick him out of a position, and then we replace him, that is a different thing. But if we get it naturally in the competitive society, it's first come, first served. If the other person wants the position, he should be as fast as you or as capable as you.

And about cutting trees — you can cut that tree and plant ten more. So don't worry about that. Just plant more trees! We respect nature but we do not become slaves to nature. The tree is there to serve us in different ways. It may give us shade when the shade is

necessary; it may give strength to a house if a pole for a room is needed; it may give warmth to your house if you need wood for fuel. Don't worry about cutting trees if it's allowed and if they are abundant in your country. You have to look into the situation and not always become nature-worshippers because human values are the topmost. If you cut all the trees and do not plant new ones, of course it's no good. But if you cut one tree and plant ten or twenty, what's the harm? We cannot be fanatics. We have to be flexible in different situations.

Q: Is it we who decide to become an angel or a devil?

M: Yes, sure, but also circumstances. If we are not strong enough to withstand the temptations of life, then of course we will fall into the other side of nature, which is negative. When we are strong enough, we stay in the middle, and we can have both positive and negative at our disposal. That is the way of the enlightened person.

The Samadhi State of An Enlightened Master

Q: How can we reach a permanent state of samadhi?

M: There are many kinds of samadhi, of course. There are some kinds that are very short-lived that you get at the beginning of your practice after initiation. And there are some kinds of long-lasting samadhi, which sometimes last for hours or days, but that's after some time of practice. And there's another kind of samadhi that is very ordinary, and you have it for twenty-four hours while you are working in this world; that is the samadhi state of a Master. A Master looks like a very ordinary sentient being but the wisdom is very obvious, and the blessing and the power are very transparent.

Q: For Christians, God's love is fundamental for union with Hirm. Is this ingredient enough to save us?

M: It's only the imagination of the mind that we have faith in God, that we love God, that we are united with God. The real union truly does take place, but this is when you merge into Hiers glory, when you see the

light from Heaven, and you hear the Word of God. *In the beginning was the Word, and the Word was with God, and the Word was God.* [John 1:1]

If we hear that Word through initiation, through meditation practice, then we can say that we love God, that we know God, and that we are in union with God. Otherwise, it is all imagination, all novelty, a romance of the mind. We can imagine that we have money but we don't necessarily have it. That's the difference. [Applause]

The End

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.
- * Reduces pollution from untreated animal waste
- * Maintains cleaner air
- * Saves 4.5 tons of emissions per US household per year
- * Stops 80% of global warming

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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 “sauteed 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 vegan 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>

VOLUME I INDEX

A

- Adultery - 119
- Alcohol - 5, 115, 147
- Ambition - see Ego and Greed
- Amitabha - 204, 275, 278
- Ancestor worship - 349, 365
- Angels - 70, 232
- Animals - 2, 32, 42, 58, 70, 78, 100, 124, 166, 183, 333
- Anuttara Samyak Sambodha - 298
- Arhat - 300
- Astral travel - 220
- Atheist - 148
- Attachment - 206, 253, 334
- Avalokiteshvara Bodhisattva - see Quan Yin Bodhisattva
- Awake -

B

- Bahai religion/Baha Ullah - 343
- Baptism - 25, 203
- Becoming a Master or Living God - 198, 285
- Being saved - see Liberation
- Being free - see Liberation
- Belief, inadequacy of - 185
- Bible - 163, 198, 374
- Blessing - 11, 51, 131, 227, 368
- Bon religion - 77
- Breath - 304
- Buddha - 3, 32, 56, 77, 78, 97, 105, 114, 164, 208, 251, 253, 272,

281, 284, 300, 317

Buddhahood - see Mastership

Buddha Land - 78

Buddha Nature - 32, 68, 251, 257

Buddhism - 3, 7, 77, 104, 114, 275, 288, 359, 370

C

Catholicism - 7, 14

Cause and connection - 117

Cause and effect - see Karma

Chakras - 130

Chanting - 26, 135, 315, 332

Chi - 47, 226

Chi Gong - 340

Children - 107, 123, 228, 229

Chod Yoga - 73

Christhood - see Mastership

Christianity - 7, 39

Christ Self - see God Power

Cigarettes - see Drugs

Clean & unclean - 41, 122, 133, 195

Colors - 90, 237

Communication with the dead - 223

Compassion - 42, 166, 322

Creation - 273, 301

D

Dark force - see Negative forces

Death - 30, 62, 123, 155, 188

Demons - 19, 31, 45, 98, 200, 290

Depression - 180

Desire - 144, 204

Destiny - 114, 137, 173

Devil - see Demons

Diamond Sutra - 253

Dreams - 120, 346

Drugs - 5, 197, 209

E

Eggs - 278

Ego - 8, 34, 73

End of the world - 182, 191, 219

Enlightenment - 32, 58, 60, 67, 74, 75, 126, 145, 156, 176, 201, 207, 227, 243, 250, 294, 334, 366

Essenes - 104, 161

Eternal life - 62, 158

Ether - 47

Ethics - See Virtues

F

Family - 50, 221

Fear - 34, 329

Five Guidelines - 37, 107, 118, 156, 193, 252, 274

Forgiveness - 234

Free Will - 150

G

Gambling - 5

Gandhi - 13

Garlic - see Onion family

God - 68, 157, 190, 251, 281

God, existence of - 298, 380

God Force - 200

God/Master/Buddha, contact with - 7, 53, 63, 142, 148, 153, 180, 199, 202, 267, 289
God Power - 33, 36, 68, 136, 195, 251, 263
God's Blessing - see Blessing
God, separation from - 53, 54
God's Love - 143, 195, 200
God Within - 144, 159, 179, 190
Good and bad/right and wrong - 37
Grace - 156, 184
Great White Brotherhood - 154
Greed- 235, see also Ego and Passion
Grief - 24
Group practice - 126
Guru - 1, 65

H

Hallucination - 120
Happiness - 4, 141, 144, 180, 204, 217
Healing - 222, 322, 373
Heat current vs. Sound current - 130
Heaven - 188
Hebrews - 179
Hell - 155, 177, 200
Helping others - 136
Hope - 207
Humility - 236, 239

I

I - see Ego
Illness - 121, 166, 205, 222, 322, 373
Immediate Enlightenment - 88, 142, 254
Immortality - 4

Initiation - 5, 23, 69, 71, 97, 129, 130, 142, 160, 172, 174, 202, 203, 254

Initiation age limit - 38, 69, 122

Initiation, requirements for - 5, 38, 69, 101, 122, 156, 297, 308, 321, 357

Inner ear - 1, 60

Inner eye - 1, 165, 244

Inner Light - 22, 29, 32, 132, 181

Inner power - see God Power

Inner Self/world - see Real Self/world

Inner Sound - 1, 22, 29, 30, 32, 58, 132, 181, 210, 253

J

Jesus Christ - 7, 21, 25, 32, 56, 97, 104, 105, 132, 146, 147, 161, 164, 177, 178, 179, 208, 348

John the Baptist - 105, 203

K

Karma - 6, 55, 83, 84, 108, 116, 125, 138, 173, 184, 187, 229, 233, 244

Karma, cleansing of - 27, 40, 55, 58, 84, 109, 177, 184, 187, 277, 333

Killing - 27, 40, 55, 58, 104, 109, 110, 133, 147, 152, 164, 183, 184, 245, 291, 292, 333, 364

King, Martin Luther - 13

Krishna - 151, 157

Kriya - 328

Kundalini - 226

L

Lamas - see Tibet

Lao Tzu - 190

Levels of attainment - 214, 248, 285
Levitation - 19
Liberation - 30, 56, 150, 221, 250, 338, 347
Life, purpose of - 15, 41, 319
Life after death - 82, 188, 318, 336, 337
Light - 1, 50, 71, 176
Lineage - 231
Local gods - 265, 286, 345
Lotus Sutra - 7
Love - 99, 143, 149, 195, 211, 269
Loving kindness - see God's Love
Lust - see sensual enjoyment
Lying - 309

M

Magical power - 81, 125, 299, 300, 362
Man and Woman - 204, 230, 317
Manifestation body - 224
Marriage - 112, 149, 211, 233, 247, 355
Martial arts - 55
Master, living - 72, 97, 146, 313
Master, more than one - 59, 113, 241, 358
Master, purpose of a - 31, 97, 125, 145, 177, 189, 213, 227, 285
Master, real - 1, 72, 76, 189, 224, 266, 287, 316, 371
Master, true - see Master, real
Masters, ancient - 72, 125, 151, 231, 313
Master's enlightenment - 66, 91, 266, 280
Master's finances - 354
Master's life - 114, 144, 186, 240, 280, 325
Master's love - 195, 196, 341
Master's power - 50, 331, 344, 367, 375
Master's teachings - 261, 262, 323, 376, 378, 379

Master's title - 324
Mastership - 126, 285, 369
Meat eating - 77, 78, 103, 104, 118, 121, 133, 147, 164, 166, 208, 222, 272, 283, 296, 359
Meditation - 36, 46, 48, 75, 109, 174, 180, 199, 241, 242, 246, 249, 271, 276, 277, 279, 293, 302, 303, 304, 305, 306, 307, 310, 311, 315, 328, 329, 342
Mental illness - 18, 49, 180, 377
Messiah - 179
Milarepa - 178
Mind - 74, 128, 304
Miracles - 19, 50, 239
Mohammed - 151, 157, 261

N

Nanak, Guru - 131
Near death experience - 30
Negative forces - 71, 79, 80, 200, 263
Negative thinking/vibrations - 35, 171, 200
Nirvana - 126, 145, 319, 335, 336

O

Omnipresence - 61, 189, 224, 294
Onion family - 57, 327
Out of body experience - see Astral travel

P

Pain - see Suffering
Passions - 57, 256
Past lives - see Reincarnation
Peace - 183
Pets - 87, 320 see also Animals

Physical exercise - 340
Planes of consciousness - see Levels of attainment
Practice - see Meditation
Prayer - 135, 170, 245, 264, 286, 305
Guidelines - see Five Guidelines
Prejudice - 74
Pride - 144, 179
Protein 121, 225
Psychiatrists - 49
Psychic power - 43

Q

Quan Yin Bodhisattva - 135, 268, 275, 350, 352
Quan Yin Method - 20, 22, 29, 33, 63, 68, 84, 169, 173, 183, 210, 242, 246, 253, 268, 295, 352
Quan Yin Method, comparisons to - 252, 267, 277

R

Real Master - see Master, real
Real Self/world - 32, 36, 60, 76
Reincarnation - 6, 16, 107, 108, 150, 160, 173, 192, 214, 218, 227, 229, 232, 248, 353
Religions - 25, 52, 247, 261, 274, 282, 297, 312, 314, 343
Renunciation/monkhood - 89, 114, 308
Rituals - 72, 77, 162, 315, 365

S

Sai Baba - 362
Samadhi - 93, 94, 212, 226, 249, 270
Satan - see Demons
Satori - 213, see also Samadhi

Science - 47, 165
Scriptures - 67, 185, 198
Seeing - 330
Self defense - 41
Selfishness - 195
Self importance - 236, see also Ego
Sensual enjoyment - 96, 102, 103, 205
Sex - 96, 124, 149, 211, 355
Sex, premarital - 119
Shakyamuni Buddha - 78, 275, 279see also Buddha
Silent transmission - see Transmission and Initiation
Sin - 125, 184, 216, 333
Sincerity - 238
Socrates/Plato - 157
Souls - 17, 106, 333
Sound stream - 130, 132, see also Inner Sound
Spirits - 372
Spiritual diary - 35
Stealing - 28, 117
Suffering - 33, 141, 171, 177, 255
Suffering, humankind's - 171, 186, 191, 260, 364, 381
Suicide - 32, 95
Sumo wrestler - 52
Surangama Sutra - 78, 272, 296

T

Tantric Yoga - 72
Tao - 126, 128
Tao Chi Chan - 231
Taoism - 77
Tathagata - 97, 300
Ten Commandments - 147, 156, see also Five Guidelines

Third eye - see Inner eye

Tibet - 73, 77, 78, 162

Trance - 270

Transcending life and death - 30

Transcendental body - 19, 300 see also Manifestation body

Transmission - 22, 29, 142, 175

V

Veganism - 40, 42, 55, 77, 78, 100, 103, 104, 112, 121, 147, 161, 164, 166, 170, 208, 225, 259, 272, 278, 295, 302, 356, 360, 361

Vibration - see Inner Sound

Virgin Mary - 157

Virtues - 37, 83, 216, 290

Visualizations - 162, 293

W

Wisdom - 75, 136

Wisdom ear - see Inner ear

Wisdom eye - see Inner eye

Word, the - see Inner Sound

Worldly problems - 64, 269

World population - 70, 353

Worship/prostration - 134, 144, 313

Y

Yoga/Yogis - 130

Z

Zen - 32

"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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