

THE KEY OF  
IMMEDIATE ENLIGHTENMENT  
SPECIAL EDITION

THE SUPREME MASTER CHING HAI'S  
1993 WORLD LECTURE TOUR  
VOLUME 5

The Supreme Master Ching Hai  
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## **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.

## **Let God Serve Through Us**

Spoken by The Supreme Master Ching Hai

April 20, 1993  
United Nations  
Geneva, Switzerland  
(Originally in English)

I'm very happy for the world that in the United Nations people meditate. Since ancient times the great kings were always those who had deep insight and those who practiced meditation methods in order to be connected with Heaven and to know the will of Heaven before they were able to govern the Earth's affairs. That's why since ancient times, the great kings of wisdom always ruled with compassion and a wise system. And their names always stay forever in the hearts of the people. They never have to use violence or armed force to conquer, but they use love and wisdom. And we have reason to feel happy that here in the United Nations such people exist, because actually, the personnel in the United Nations are more or less kings of the world. We don't rule only one nation, but whatever service we do here affects the whole world.

I'm so happy that there is a tradition here that we meditate not once a week, but also every day at home.

Once a week is only when we get together here to do it in a symbolic way but the more important practice is carried on at home, and even at work. Our system of meditation is a continuous process, twenty-four hours a day, for those who seek wisdom, and for those who like to serve the world with love and dignity, and of course, wisdom. When we are connected with Heaven through different means of meditation, or deep prayers, in a sincere longing to know the will of God, we will be able to serve the world in a better light. The light from Heaven, which comes through meditation, will be able to shine on our path, in whichever path we choose to serve the world.

Of course, here in the United Nations, your work is most noble, most important. I have always been following the activities of the United Nations, and I feel very happy that our Earth, our planet at least, has such a universal body which serves the whole world, not only one or two governments, and selflessly, and sometimes sacrifices even their precious lives for the peace of the world - for instance, like the peace army in Cambodia or in some many other not very stable countries. This demands sometimes the sacrifice of personal comfort and safety, and even lives. And let's hope that in the future, all the world will heed the advice and the direction of the United Nations, and that we will live in a more loving atmosphere of brotherhood. And of

course, the meditation practice that is headed by the group would be a great benefit.

As I have said, since ancient times, all the wise kings ruled with love and wisdom and never with force. So it is very, very good, that the personnel in the United Nations do meditation together. That is very, very touching to know. And if you would like to try some other kind of meditation, of course we are willing to offer it and with no conditions, no binding, no charge whatsoever - just with love, to serve the world through you, to let God serve through us.

Because the time is not very long, I think I'll let you ask me any questions you wish to.

(Throughout the question and answer session, Master used English, Chinese and French alternatively to answer questions asked in different languages.)

## **Questions & Answers**

**Q:** About the vegan diet, what if somebody has

the willingness to follow it and unconsciously or not knowingly eats meat? How would that affect him?

**M:** That probably would give you a little bit of a stomachache but you meditate a little bit more that day, and that would be no problem. We can't always avoid these problems. The vegan diet is only to propagate more loving kindness, which already exists in us, to polish it more, to bring it to full extent to all beings, including our younger brothers and sisters. That is just to show our love and also to polish our compassion, but if we do something unconsciously, why no one can blame us. God would not.

**Q:** I would like to know what initiation means.

**M:** Initiation means that you are very sincerely longing to know our Kingdom of God within, our own greatness, our inherent wisdom. And if you want to know that, then we arrange for it. We have it inside; you just forgot and don't know where to switch the button. And because the button is not visible, it has to be done invisibly within us. At the time of initiation, the experienced friend, or open, guide, will help you to push open that button. And from then on, you enter into the circle of sainthood, and you know your wis-

dom. When the button is pushed there is some signal - like bright light coming through, or heavenly music. Those are the signals of the opening of the Kingdom of God within you. You already have it, the Master or the Teacher doesn't give you anything, just helps you to rediscover it. That is the initiation.

**Q:** You've done a lot of work recently for the refugees of the world. How about the drug problem of today? What kind of visible aid can we give?

**M:** Drugs begin with ignorance and frustration of the young people of our age. Many of the so-called holy organizations sometimes have failed in satisfying their needs for a higher meaning of life, more than just the material, because the material world today we don't lack. Therefore they're charmed, they're seduced, into taking drugs because, in taking drugs, sometimes they can have hallucinations and feel comforted for a very short time. But little do they realize the very grave consequence after that. Therefore meditation is the best way to relieve all this suffering of people when they want to know God; they want to know happiness inside. Our happiness through meditation, through the light and music of Heaven, is everlasting. And it always improves, and there is always more and

more happiness, and never any consequences like from a drug. If we can propagate more the benefits of meditation, then the drug affect on people will be less and they will understand where to turn for a longer lasting happiness.

**Q:** I'd just like to come back to the subject of enlightenment and initiation, which I see You put the word "immediate" in front of it.

**M:** Where is it? [Master looks at the sign behind Her.] My disciples make trouble for me again.

**Q:** Immediate enlightenment. . .

**M:** Immediate enlightenment means "immediate."

**Q:** But the initiation periods in ancient Egypt, for instance, were at least seven years. And usually initiation is regarded as a rather long process by which one earns enlightenment.

**M:** Yes, true.

**Q:** I know it suits our modern life to say "blip" and we can now be enlightened, but I wonder what the process is?

**M:** In the ancient times, it's not easy to find a master even. And if you find one, he tests you for long years, tests very long. Like Milarepa of Tibet, his master tested him for four years, with a lot of scolding and beating sometimes. But today if you do that, the master will be put in jail. [Laughter] It's not allowed anymore. And besides, in our world, with a very fast and advanced way of life, we can't just cling onto that kind of method of testing disciples. Today we have to tune in with the modern pace of the society. Of course, it makes more trouble for the so-called Teacher because he has no time to ground the disciple, or make him earn what is very precious. But what do you think? If a master does that, how much longer will it take until we will be enlightened? It takes a long time.

The enlightenment is very fast, but the process of seven years is to test the disciples and to ground them in moral discipline. That is very good also, but because of that, in ancient times, not many people were enlightened. And because of ignorance, they crucified Jesus. Not many people know what is enlightenment and what meditation practice is. It is so new and so strange; therefore, today many masters make it open to the public. That is at the sacrifice of the master's time, expense, and a lot of effort to bring the disciple into a fast moral standard and a very high level of enlightenment. It's a different time.

Enlightenment doesn't mean you are completely enlightened. You have a taste of enlightenment so that you are encouraged to go further with it. In the olden times, the masters didn't do that. They let you first work and really suffer for it. And then you appreciate it more.

**Q:** Could You define or describe enlightenment, as You understand it?

**M:** There are two levels within our existence; one is the so-called ignorant, the other enlightenment. And when we step through the border, we come into enlightenment. Enlightenment implies light. So when you sit in quietness, through the help of the experienced Teacher, you have light, you see light floating through you. Then you feel elevated. You feel changed. You enter into a different dimension, and once you enter there and register, you never come back again. You still work in the world; still do your business, fulfill your duty as a housewife, a husband, or United Nations personnel, but inside you are contacted with a higher world. And it's not only light that we see, we see beautiful heavenly mansions, which like Jesus said, *In my Father's house, there are many mansions.* [John 14:2]

We can visit, we can see sometimes, ancient Masters and learn from their wisdom in order to put this

into use for our daily service to the world. And that is why we work more effectively, with less effort but more results, because we are wiser; we learn from the Masters. These Masters never die; they just ascend into a higher level of existence. And if we ascend to their level, we meet them also. We can learn from them. That is a better way than just to learn from limited scriptures or Bibles, which sometimes we don't understand the meaning of anyhow.

**Q:** To my best knowledge, the monk Kung Ching died in 1986 at the age of 96, and through his life, sometimes he meditated as long as four months without eating anything or drinking anything.

**M:** Right, that is possible.

**Q:** And this thing happened four times through his life. Before he passed away, he said, "I will be reincarnated and come back. Next time when I come back, I will be in the province of Quay Hsi, China." Could You comment on that?

**M:** Well, that is his business. Why do you ask me?  
[Laughter]

**Q:** How can it be that he comes back in Quay Hsi, why not Quay Tung?

**M:** Well, he likes Quay Hsi better, you see. [Laughter] That is his choice. Some saints do come back at will. Once we enter the circle of sainthood and mount into a different level, a higher level, we can choose to reincarnate wherever we want. But sometimes they choose to reincarnate in a place where they have more affinity with the people. That is all.

**Q:** [Spoken in Chinese]

**M:** She asked if I could teach her something that is faster, because she has meditated for many years and didn't feel much effect. So I said, "Yes, sure. You come to my house after your work and I'll teach you." That's what it was, okay? No problem. Tonight!

**Q:** What is Your view of life after death?

**M:** Well, you ask me too early. [Laughter]

**Q:** Everything either is finished or is there something that is going on and how would it be going on?

**M:** We die every day during meditation. Many people do not know what dying is because they don't die every day. When we meditate, sometimes we die. We die but we come back again because our silver cord is not broken yet, as it would be at the time of death. So we die, we go to different worlds; we leave this physical world for a while, maybe sometimes for some hours, or months like the monk Kung Ching, but we come back again.

That is the process of death. Just like you walk from this room outside the door, any time; there is no problem. But that is to the ones who are virtuous, who live up to the will of Heaven, who meditate, and who contact the Kingdom of God within. Then they die just like walking through the door to a better room, a more glorious world. But to those who are heavily burdened, who do not fear God, and who do things which are not according to God's loving Law, then they have a lot to fear. At the time of death, they suffer tremendous pain. And also they sometimes sink to a little lower existence, which is more terrifying, more suffering, and that's what we call hell. For us, no problem, we die every day.

**Q:** I wonder if You could give us a few basic points

of Your teachings. I noticed You have written a few books, and I just want to know very briefly what are the basic points of Your teachings, or Your theory? What should one do to become enlightened? What should one believe in? Those basic points.

**M:** Our teaching doesn't advocate any particular religion, but you stay with your own religion. We just help you at the time of initiation to make contact with your faith. For example, you believe in God and we help you to see God. If you believe in Buddha, fine, you'll see the Buddha. And you can learn from God or Buddha directly, through the nonverbal teaching from Heaven. We don't have to use language; therefore, at the time of initiation, I don't talk. We just sit quietly and then in silence, you will be enlightened because your Nature is enlightenment.

**Q:** Having read Your doctrine about meditation and enlightenment, and the various levels of existence You have described, it sounds a bit frightening.

**M:** Which level?

**Q:** I don't know which level. There are many levels that You have mentioned. When one meditates, how does one overcome this kind of fear, when you go into different levels?

**M:** The first, or maybe some lower level, is frightening but the other ones are not. Maybe you read the first one, no? The first level is called the astral level. There are many tricks there because it is a lower level. It is still a level of illusion and maya, and hells exist there also. Of course, you might traverse it and then maybe you encounter some kind of unfriendly beings but the Master is there. That's why - to protect you, to pass through this unfriendly region and to go higher. No problem. Many of my fellow practitioners are very happy; they are not frightened. Very, very beautiful, very excellent in feeling. You will feel renewed, like you are charged, full of energy. You will be like a new-born person. You will not be frightened.

**Q:** I would like to ask if You have been attacked by the negative energies causing interference in Your work?

**M:** I have been attacked also by some of these so-called negative energies. But when they encounter the light, which surrounds a practitioner, like myself for example, then they melt like noodles, or like nothing. So I have never been harmed. I never fight back, just naturally they stopped. They just melted.

One of the practitioners, after she became a disciple, told me she was a kind of Taoist. She had practiced until she could manifest a knife that long, [Master demonstrates with Her hands], a knife, but an invisible knife. And whomever she directed that knife to is assured of death. She directed that knife to me while I was lecturing somewhere, without telling anyone. It is invisible; it is a form of light, sharp, about that long. [Master holds out Her hands] But when it came to me, the light that surrounded me just melted that knife, and she surrendered. Now she has become a disciple. We have that even on tape. She confessed that after becoming a disciple; otherwise, no one would know and I would never talk about it.

**Q:** Have You had contact with the wisdom center in our planet, like Shambala, or things like this?

**M:** There are many people in the past with whom we can have contact. It is no problem. For my disciples, it is already much easier. All of my disciples, my fellow practitioners, can contact them also. And they see Jesus, Buddha, sometimes even already at the time of initiation.

**Q:** What do You think about the phenomenon of UFO's on our planet?

**M:** They are from the other planets that are more advanced in technology. In our universe, there are many planets like that. Sometimes they make UFO's for sale. Maybe in the future, we can buy one. Yes, it's not a joke.

**Q:** I don't understand why we say God is good, yet there is so much suffering in the world?

**M:** This is not God's fault. It is our fault. We see things with different eyes. We should see with the "true eye," and we will see the true goodness of God. For me, the world is perfect, and no suffering, nothing. But for you, there is suffering; therefore, I'm here to tell you to go into a world of non-suffering. You will see differently. Just like a cat, if you put him in front of the television, he doesn't see movement. Or the owl, in the daytime the sun shines brilliantly, but he never knows there is a sun and he says there is no sun, no sun. But for us, there is a sun because we have different eyes.

**Q:** Yes, so when the people near You are suffer-

ing morally and physically, You don't see this anymore with Your third eye?

**M:** If I don't want to see the evolution of this world, then I see nothing. But because of those who suffer, I come down and see the world as they see it to help them. If I want to help them, of course I have to come down to their level and understand, and help them to go up. It's just like you help a child to learn ABC's, even though you have a Ph.D.

**Q:** But can we help the suffering of the world directly by meditation?

**M:** Yes, somehow we help, but everyone must be enlightened himself in order to get out of the suffering; otherwise, it is no use. It helps, of course. Just like you are a professor in the university, and of course you help your child to be more intelligent by helping him with the homework. But he, himself, must be a Ph.D. later in order to know how to work, how to earn money, how to have a high position in the world. So it helps a little bit, but each one must be enlightened. Otherwise, one Buddha enlightened would be enough. One Jesus would be enough.

**Q:** How did You go through the separation from

Your family?

**M:** With my husband? It was terrible. It was terrible. I don't want to do it again. He waited for me six years, my husband, and then remarried. And now I cannot go back and do anything. So it stays like that. It is fine. It was painful - not easy, no. It was not easy, but I was crazy for God. My husband was crazy for me, and I was crazy for God. So I chose God more than a husband but because I was not enlightened. I was not enlightened. That's why I did it. You don't have to.

To be enlightened, you don't need to run away from your family. You don't need the Himalayas, nothing. If you have a Teacher at your home, you don't need to go. I did not have a Teacher at that time, I wasn't enlightened, and I didn't know where to go to find a Master, so I had to leave home. I wanted to run around to look for a Master. And after that, my husband remarried, and my love, also my passion, died down somehow, so we stay like this.

**Q:** Did You have any children?

**M:** No, not with him. We were married two years only. No child with him. We didn't have any.

**Q:** Can children practice Your method?

**M:** The children, when they are six years old, if they are with initiated parents, can be initiated into half of the Method. When they are twelve, if they have parents who also practice, they can be fully initiated. If they don't have parents who are initiated, they have to wait until 16 years old.

**Q:** Do the parents decide on the initiation of children?

**M:** The children must want it. We respect young and old. And I always tell people never to force other people into initiation or any kind of practice if they are not ready.

I think we have to conclude our meeting, and I have to thank God for allowing such a noble meeting to take place through the kindness and egoless service of Madam, the President of the Meditation Group. Yes, "Coordinator" is the same name. In New York, they call that the President of the Yoga Society. So, I'm very touched by her efforts, kindness, and generosity. And it is because of her invitation, the invitation of the United Nations that I even made the trip to Europe this year, which I hesitated to do for a long time even though I

have long been invited. So it's a kind of a push. The United Nations invitation is good for the whole of Europe. You see that — how good the United Nations is. Thank you very much. [Applause]

I wish that you continue with your noble work; that will be beautiful for the world. And because I know today that you skipped your lunch, we've made some Aulacese food for everyone who would like to eat.

The End

## **Perceive the Truth by Inner Wisdom**

Spoken by The Supreme Master Ching Hai

April 21, 1993

Geneva University

Geneva, Switzerland

(Originally in English)

I'm very honored to be in the most beautiful and peaceful country on the Earth planet. It's been a long time since I left Europe; I nearly forgot how beautiful it is here. I nearly forgot how clean Switzerland is and how beautiful the people in Switzerland are. It is nice to remind myself again. And I even forgot that the weather is so nice in Europe, and there are so many flowers. I had a walk this morning and admired all the flowerbeds around Geneva. And it is so beautiful! The Swiss people truly know how to please their visitors.

Before I arrived, I was escorted by two cars with the attendants and in the two cars were the personnel of the U.N. One of them told me that every document that comes out from the U.N. is in six languages. I said, "Wow!" When our documents come out, maybe it will take sixty languages because we have many disciples, many fellow practitioners, around the world.

It is because of the invitation from the United Nations that I've come here. We actually have to thank the people of the United Nations who invited me, who gave me an excuse and a reason to overcome all my fears of traveling, my fears of cigarette smoking in the airplane, and to include Switzerland in our journey. And since I am here, I would like to present to you the best, the fastest, and the easiest way to reach your highest virtue, your most beautiful virtues inside. Since our theme is "Truth, beauty, and goodness," we will be dwelling on these virtues.

## **Truth Is Perceived Through the Inner Wisdom**

Truth is what we perceive through the inner wisdom. It is not always what we think or what we receive through intellectual or literary teachings. All the scriptures are the introduction to the Truth, just as the menus in a restaurant are the introduction to the real food. After we reach the Truth inside, we have both virtues and beauty. All that we want to cultivate for a great gentleman, we will find after we have realized the Truth. And there's nothing that we can describe about the Truth, except that when we perceive It, we will be changed into oneness with this Truth. Then we will be

living a life of Truth, beauty and virtues, the life of Jesus, the life of Buddha, the life of Lao Tzu and all the other great Masters since ancient times.

There is something by which we can recognize when we know we have perceived the Truth inside: when we see with the inner eye the brilliant light from Heaven and when we hear the heavenly music through the inner hearing faculty. But we might think, “What kind of body inside us has an eye and ears?” If we operate on this body, there are only internal organs but no eyes and no ears inside. It is our true Self who actually needs no ears to hear nor eyes to see.

Man is the greatest creation in the whole universe, greater than the angels. When we are virtuous and enlightened, there are angels who will surround us, protect us, and serve us. As you remember, when Jesus was born, there were angels who came to greet Him. If we have the inner eye, or what we call the wisdom eye, open we can see the saints surrounded by different beings, including the angels. And if we practice the enlightenment way, we will also be surrounded by angels of different levels.

## **Spirituality and Science Do Not Breed Conflict**

## With Each Other

Within us, there is the Kingdom of God, there is God Himself, and because God has made man in His own image, we have the Almighty Power. The reason why we do not have access to this power is because we have forgotten how to use it. The saints, like Jesus and Buddha, are those who have remembered how to utilize this greatest power within ourselves. Within this power, there lie beauty, virtues and the almighty ability to do a thousand and one things at once. But at that time, a person doesn't need to do anything because he has transcended the level of mundane activity and entered into a level of the Almighty Network.

Recently, some scientists also have discovered and mentioned that man has many different layers of consciousness. When he sleeps, he is at a different level and when he enters into deeper sleep, he is on a different level. When he enters deeply into the recesses of our wisdom, he will be able to do many other things without effort. They call these levels something like alpha, beta, delta levels, etc. I guess you have heard of these, have you? [Audience: Yes] Yes.

Actually, spirituality and science do not breed conflict with one another, but complement each other. Just

like 2,600 years before, the Buddha said that in one glass of water there were billions of beings. That was before we had a system of hygiene or microscopes in order to discover these invisible beings in the water. Therefore, the saints do not need to study biology or chemistry in order to understand the universe. What takes scientists many decades or sometimes many hundreds of years to discover, the saints know in one lifetime or in a few hours of meditation. What made these saints great, we also have; we have it inside us. And if we take the effort to discover it, we will be as great. But actually it doesn't take any effort at all. When we practice the meditation of our system, it is effortless.

There are many kinds of so-called meditation practices, which sometimes involve a lot of work and asceticism and very special surroundings, and also a very, very special diet. For example, some yogis can only drink milk and eat nuts and fruits during their meditation practice. Otherwise, maybe the side effects can be very undesirable. But with our system, we do not need any kind of asceticism. The requirement to refrain from taking meat is only from a compassionate point of view so that we may see the fish when they swim in the sea; we can see the chickens or the rabbits running around.

When I was in Formosa, there were one rabbit and

one chicken that came to my residence. And we three got on with each other very well. The rabbit used to come into my kitchen and steal my vegetables. But afterwards, when he saw the chicken eat some dry noodles, he also began to eat noodles; he didn't eat vegetables anymore. When the chicken ate some bread, he also liked to eat the bread. If we take the time to learn from the animals, they are fantastic. And even the rabbit changed his behavior just because he loved the chicken. He always ran around chasing after the chicken. He wanted to kiss her all the time. Therefore, maybe he ate the bread and the noodles just to please the chicken. If the rabbit can do that, we can too. It means that we can change our habitual way of eating to please the Lord, who is our most beloved and who lives within our hearts. Because whatever we do, we know it. We know it because of the Lord within us.

## **The Lord Is the Source of All Love**

Our wisdom is the source of all learning, of all intelligence in the world. The Lord is the source of all love - be it mundane, fatherly, or between man and woman. Therefore, when we seek this wisdom, we will have all intelligence; when we seek this love, all de-

sires are quenched and we will never seek for anything more. All beauties and virtues will come to us and stay. All love will be filled within our being and will stay without any effort because we are love, we are wisdom, we are beauty. Sometimes when we have the opportunity to ascend into a higher level of existence, we will see how beautiful we are - more beautiful than any make-up in the world could offer. (But don't tell that to the Christian Dior Company.) [Laughter] When we are in this world, we can still use make-up just to pass our time, just to beautify this world, just like when we plant flowers in the parks, botanical gardens, or on the streets to please ourselves and others.

I normally very seldom go out sightseeing anywhere. But when I came here, I went out immediately because it's so clean, so beautiful, and there are flowers everywhere. I wanted to do some painting but I was so busy looking at the flowers and the time passed so fast that I didn't do anything. You are very lucky people who stay in Switzerland. When I get older and have no more teeth, I will come and stay here. When I have no more excuses to travel, maybe if God's willing, I will come and stay here.

**To Be the Representative of Truth, Wisdom,**

## And Beauty

The beauty outside, we can accomplish with many materials, like flowers, clothing, make-up, decorations, etc., and the inner beauty, we can decorate with virtues, goodness, and wisdom. If we only have the outer beauty, we lack half of it. We should be the representatives of Truth, wisdom, and beauty on the inside and outside. The peace and love that we most often talk about and seek, we have within ourselves. After we attain wisdom inside, we won't even talk about peace and love anymore; we will just be peace and love. And then wherever we go, whichever location we live in, we will represent and radiate this kind of inner beauty. It doesn't matter how or what the outer appearance is, people will still feel that we are the most beautiful beings, the most peaceful, and loving.

That is the reason why we sometimes see that many people flock to some so-called Masters in India or elsewhere to sit at their feet. It's because of the inner beauty, wisdom, and love from their Master. The Master might look very old and wrinkled through the eyes of the world; not attractive, but still, the inner attraction is irresistible. This inner beauty we possess and we can rediscover it again through a simple effortless technique. When we call it a technique, it is not really

fair because there is no technique in the Kingdom of God. It is just our own wisdom that has awakened and wants to find its own Source.

## **Rediscovery of The Wish-Fulfilling Gem**

When the disciple is ready, the Master will help. Perhaps we can say there is a little invisible button inside ourselves that has to be pushed at the time of initiation, as per request. And then everything will be opened, just like “open sesame.” In the olden days, people used different parables to describe the opening of the inner eye, the wisdom eye. They called it the rediscovery of the wish-fulfilling gem, or opening the gate to Heaven, or the key to Heaven, etc.

Since I’m already here in Switzerland and have brought the key with me, if you would like to use it, you are welcome to borrow it. And once it’s open, you will have immediate enlightenment, a taste of enlightenment. Maybe it’s not the complete one, but it’s a taste of it. Then we will see the light from Heaven; we will see Heaven and we will hear the direct teaching from God, but not in six languages like the United Nations, only in one language - the language without language,

the music of Heaven. And in silence, we will hear it. So at the time of initiation, we don't need to speak with each other, and in silence, God will reveal Himself. God is our true Self, filled with wisdom, beauty, and virtues. These are the true qualities of man.

We have the choice of living a life of an ordinary being or to be a saint, to be separated from the Creator or to be one with God, to be ignorant of our greatness or to recognize that we are the top of creation. The choice is absolutely ours, and it takes only one split second to change. That's why we call it immediate enlightenment. Once we step beyond that gate, we go forever upward. But if we stay around in this life and death circle, we are forever inside. Heaven and Earth are less than one hair apart. Therefore, the suffering in this world and all the unfulfilled feelings are not God's fault or God's intentions; it is our own choice.

## **Wisdom and True Love Are Memories of Heaven**

If we like to remain in the water and get cold and wet, that is our problem. But if we want to step on the shore and inside a warm and welcoming home, it's our right. This body is just a kind of clothing and actually

we wear too many clothes, one on top of the other, and still we do not feel very pleased. These bodily and fleshly clothes we can leave any time to ascend into a different dimension where the glory we have no language to describe, and the life eternal and happiness forever, we have no way to imagine. We have seen many paintings about angels and the heavenly Kingdom but they are lousy copies. Sometimes when we ascend to Heaven, we can't even look because it is so brilliant.

The colors of this world, however beautiful, can never paint the true picture of the Kingdom of God. And all the jewels in this world, diamonds and all that, are nothing in the higher world. In the higher kingdom, diamonds are truly diamonds, perhaps used for making UFO's, or to pave a road, or to make a wall. The beings there do not need them to decorate themselves. They are furnished with every dignified, beautiful, virtuous and glorious raiment. It is because of these glorious memories of Heaven that when we come into this world, we love jewels, beautiful clothing and beautiful mansions, etc. It is because of our memory of the true love of Heaven that when we come here, we seek love within each other, that we love each other as man and woman, as parents and children, and as friends. Also, it is because of our memories of our wisdom that we love to study in this world, that we want to have a higher degree of education.

That's why when the sage finds the true wisdom, the true love, and the true beauty inside, he is completely satisfied. The sage may even marry, or have children or possessions, or may have jewels and all the beautiful things in the world, or he might not want them. Both are equally all right with him. And the sage may possess two or three Ph.D.'s or not, that's also equally unimportant to him because the sage knows the true Source of all that we want to seek.

All the unhappiness and craving in this world come from dissatisfaction because we do not know the real thing. If each one is enlightened and rediscovers his own greatness, there would be no more crime in this world. All the greed and all the possessiveness come from the memory that we had all things in Heaven before we came down to this world. Therefore, to end all this, we should go back to where we belong, not by condemning ourselves or our neighbors, but by knowing that we have all things within ourselves, also by helping our fellow men to reach the same level of consciousness.

## The Memories of The Prince of Heaven

If a prince was lost in a jungle and then found his way back to the palace, even before he reached the palace, he would already feel happy. He would not demand anything from the farmers. Even if the farmers gave him something, he might or he might not accept it, but he knows he is going back to the kingdom. Even if the farmers gave the prince the most precious things, still they could not satisfy the prince. Similarly, when someone is enlightened and has rediscovered his own greatness, his own glorious being inside, he is satisfied for all time. That is the best way to correct all our shortcomings and to fulfill all our desires because all shortcomings come from the longing for our birthright, our real possessions inside.

Just like the prince who always wants this and that and others and is never satisfied in a farmer's house because he is not used to that way of life. It's not that the prince is very hard to please or that the farmer is not hospitable, not polite enough; it's just that life is different for both of them. Even if the farmer tries his best, he cannot please the prince, and even if the prince is very compassionate and very polite, he couldn't lie to himself and say, "I am happy in the farmer's house." It is the same situation with us. We are the princes of

Heaven; that is why we are forever unhappy here - until the time comes for us to realize that our Home is not in this world. Then we will find a guide to lead us back to where we came from, a guide who has already gone Home and come back again; one who knows the road very well. We call that a teacher, a friend, a colleague, or whatever we like to, but that person is experienced. That's all there is to the initiation, to the enlightenment and to our situation on this Earth.

Since I am already here in your country, I would like to present to you a gift before I go, just like a good guest would do. It is the gift of eternal virtue, eternal happiness, and eternal beauty. When you wear it, you will be forever beautiful; you will be forever wise, forever virtuous, and whatever you wish for will be there. That is the way of a great man, the way of the saints since time immemorial.

## Questions & Answers

**Q:** If we were all in the world of the beyond, why are we here on Earth?

**M:** We are all part of the whole chain from Heaven

to Earth. We are the link from Heaven to Earth. We are the invisible and visible; therefore, we are better than the angels. The angels only have an invisible aspect so they cannot bless the Earth directly. We can, but only if we remember the great blessing power inside. That's why man is in the highest, most precious position in the whole universe. All the angels have to bow to us; that is, if we are virtuous and wise.

**Q:** You mention that everything that happens to us that's painful is our own choice. What about illness?

**M:** It's also our own choice. Because we choose to live an ephemeral life, we have forgotten the eternal life aspect of ourselves. But even if it is not true, our body is just from the material of this world. It's just like a car; it gets damaged sometimes and goes out of order. So it's no big deal being sick.

**Q:** Master, why did You say that our life is not here? Why would God send us here?

**M:** I said our true home is not here but we came here to bless the world, to bring God's power upon this planet. Only, after some time we have forgotten our

greatest position and then we identify ourselves with our habits, our thinking, and our material collections from this world. That is why we need to be reminded again. And once we want to remember, we will. Then all the questions will become clear to us and we will know why we are here, and at the same time we will know where we belong. Then all the searching will come to an end and you will be sitting here answering the questions and not asking the questions.

**Q:** Isn't it true that the Kingdom is already here, that we don't have to die to reach it?

**M:** Right, we can see the Kingdom while living, but for that we die also. We die daily and come back daily. We die many times a day and resurrect many times a day. That is the life of the enlightened beings. They live in both worlds at the same time.

**Q:** Why have we left paradise?

**M:** Well, we wanted to do something. We were not contented being happy and enjoying the bliss in Heaven while other created beings were suffering. Also, maybe we wanted to come here to play, just like sometimes we

go to see the theater or the circus, even though in our house we have enough “circuses.”

## **What Buddha Taught Is the Same As What Jesus Taught**

**Q:** How can the idea of Christianity and reincarnation be compatible?

**M:** Jesus had no time to explain everything. Buddha had 49 years, so He could talk a lot. But also the Bible has been censored in some parts according to the “Dead Sea Scrolls”; it [Dead Sea Scrolls] supposedly was written during the time the Master was still alive. And some of the later generations probably left out some parts that they did not understand or did not agree with. But also, we see that some of the information leaked into the Bible. For instance, when people asked Jesus if He was the reincarnation of Elijah or the Masters before Him, He didn’t say “Yes” and He didn’t say, “No.” If it were not true, He would have said, “No, there is no reincarnation.” So we have to be alert while reading the Bible in order to find good information for ourselves.

**Q:** Why was Jesus crucified?

**M:** How do I know? I was not there! You are much older than I am, you must know better. [Laughter]

Anyhow, it is stated in the Bible that it was due to political competition, economical possessiveness, and the vicious ignorance of the masses at that time. In the olden times, to find an enlightened Master or to be enlightened was extremely, extremely difficult. Even today most Masters do not travel. Even if the Master travels and comes to you, maybe you'd think, "What? It is so cheap! Why have you come to offer this for free? Maybe you are no good!" They risk criticism from the masses and risk losing their reputation and dignity. Before Jesus, no one openly taught people.

According to the information I know, Jesus belonged to the Essene Brotherhood of that time, who were extremely secretive in their spreading of the doctrine. Anyone who wanted to enter had to go through a lot of tests and introductions from many members, and had to take a vow not to reveal the secret to the public. Jesus broke that vow in order to serve the masses through His boundless love and sacrifice. Therefore, the majority of the people did not know what a liv-

ing Master was and what enlightenment meant, so they crucified Him. It was a lack of education at that time.

**Q:** In the Bible, it is said that God is a jealous God.

**M:** No!

**Q:** Why do You associate Buddha with God?

**M:** So, do you think God is jealous? What do you think? God cannot have that quality. Is that what you think? God only has love, right? Jealousy is a human quality, and we pick it up only because of the circumstances here on Earth. We are not even born with jealousy, but when another child comes and snatches our toys, then we begin to have that quality.

Buddha is the Son of God. Buddha was one with God. Whatever Buddha taught is just like what Jesus taught: love, compassion, and wisdom. Therefore if we say God is jealous, we have no grounds really. Even though the Bible states it in one sentence, who guarantees that the Bible was written by God? We have to go and ask God Himself whether He is jealous or not. With the Method I will teach you, you can go to Him

and ask Hirm directly. But when I go to Heaven, I see God, Buddha, and Jesus, all drinking tea together, no problem. [Laughter] I can only tell you from my experience and from the experiences of our disciples that God is not jealous.

### **A Person Of Enlightenment Stands On The Middle Path**

**Q:** I feel I am on the path of spirituality, but I feel like my energy is out of balance. How can I stabilize my aura?

**M:** That's why enlightenment is necessary. A person of enlightenment stands on the middle path. With the real enlightenment and with the real meditation, we can balance both the negative and positive, and make use of both. And then there is no kind of struggling or feeling of energies competing.

**Q:** Was Prophet Mohammed also a Master?

**M:** Well, He also taught people wisdom, love, compassion, and if His disciples at that time adhered to that, then He was a Master. We have to judge the tree by its fruit also; if He fulfilled this category, of course He was a Master.

**Q:** How many lives do we need until we can free ourselves from our karmic bondage?

**M:** One life, with our way, and you will never come back again. Only if you want to, you can.

**Q:** Isn't it difficult to meditate such a long time, two hours per day, in our time with work, earning money, and so forth? Isn't it a long way?

**M:** Yes, it's difficult, but if you want it, you will pay the price. We work eight to ten hours a day just to feed our bodies that last about sixty years. And if we work two and a half hours for eternal life, it's worth it, isn't it? For me, to work in the world eight or ten hours is even more difficult. You are the true renunciant. You renounce Heaven and practice asceticism for ten hours every day, and you don't complain. [Applause] You're better than all the yogis in the Himalayas.

I always marvel at how people in this world endure, and how they sacrifice for a short life span, that's even full of sickness, unhappiness, and misfortune, sometimes. Whereby, to step into Heaven is so easy, full of love, bliss, and happiness every day. And we can even have the worldly life at the same time, without forsaking it, only at the cost of two hours and a half. Just throw away the beefsteak, that's all! And many people don't want it. And they worship all the yogis who do nothing but enjoy only the bliss of God. So I think I worship you.

**Q:** Do You agree with the scientific theory of the origin of the Earth which is the big bang theory?

**M:** Yes, I agree, but scientists only explain it in the material and physical aspects. They have not discovered the real essence, the invisible force, behind the big bang. It also helps to understand the spiritual aspect of creation.

## The Master Power Can Minimize Our Suffering

**Q:** Can You explain God?

**M:** No!

**Q:** What is the purpose of hell? And how many dimensions are there?

**M:** Does he want to go to hell or what? [Master asks MC] Many people go there anyhow because the road is very wide and easy to drive on. There are no traffic lights, no traffic jam hours. [Laughter]

There are many dimensions, many levels, to reach the Kingdom of God. And on the first level, there is hell. Sometimes you see hell on Earth also, during war-time, during famine, during big disasters, or when there is disease, and also within the family when it's not in harmony. Hell is just a kind of big hospital, where all kinds of surgeons and instruments are necessary in order to purify some illness of the psychic being, such as excess hatred, excess greed, excess ignorance, etc. And after the maladies have been corrected, then the being will be wholesome and be reborn again as human.

**Q:** How can one accept the death of one's child?

**M:** It is difficult. But again it's our choice; our choice to recognize that before we were born, there was no child born to us; our choice to realize that life is eternal. We must have the courage to face whatever happens in this world instead of wallowing in our misery. So, that is our choice. It's very difficult to choose, but very noble when we choose the life of courage and intelligence.

**Q:** Can we change our fate?

**M:** Fate is the result of past actions; therefore, it is difficult to change. It is similar to when we cut into our flesh and the blood comes out. We can minimize it; we can lubricate it, but we cannot change it completely. Nevertheless, the initiation will help us to purify, to burn out, all the past karmas and just leave the karma of this life for us to go on. And even then, the Master power will minimize our suffering when necessary, when we cannot bear it. That is the only way we can alter fate, and alter it forever.

**Q:** How can we use the knowledge that we have

learned in a past life in this life?

**M:** Well, the present time is more important than the past. If in the present life, we are enlightened, we are initiated by a Master, the future is no more a problem, and the past is also disconnected. Otherwise, we have so many lives on Earth and so many past records that we can't correct them all.

## **Tao Is The Great Self**

**Q:** What is Tao?

**M:** Tao is what you call the Kingdom of God, the Buddha nature, the great Self, and the Wisdom.

**Q:** Is sexuality a way to free the energy that we have inside of us? Like in Tantra?

**M:** No, it's just a release of some physical pent-up energy because the physical energy has nothing to do with the spiritual energy. Just like the engine of a car has nothing to do with the driver. But sexuality is

also a copy of heavenly pleasure; therefore, we like it because we remember the ecstasy of Heaven. And that's just about the nearest thing we can find in this material world to comfort our souls while we have to live here. But when we find heavenly bliss and we can compare them, then sexuality loses so much charm and it doesn't bind us that much.

**Q:** Master, do You believe in the nirvana of Buddhism and how can we achieve this?

**M:** This Method will lead you to nirvana. Nirvana is a Sanskrit name for the Kingdom of God. It means the state of desirelessness. "Nirvana" - no desire. Only when we enter the Kingdom of God, will we have no desire.

**Q:** Is Your Method any different from transcendental meditation?

**M:** Yes, we don't teach people to hop around. [Laughter] Maybe that is the difference. Also we don't charge money for anything we teach. Otherwise, whatever you prefer to practice is okay. Whatever you are happy with, that is your way. Don't ask me to criticize

or to compare things. It is no good for our neighbors.

**Q:** In Your opinion, why was it necessary for Christ to multiply the fish, if You say that we should be vegan?

**M:** Because the people who came were not vegan.

And also, I'll tell you what, maybe He didn't eat fish; maybe it wasn't fish. Most of the time we hear He broke the bread and He blessed the figs. But you know sometimes, like in our vegan diet, some people make many things that we call fish, pork, or dried beef, but actually they are all vegan. They can even make it look like a chicken or a fish, just to be artistic, or maybe to satisfy their longing for fish and meat.

When you go out to the health food store, you see a lot of vegan ham and sausages and pate and all that. Normally we would say, "Okay, fetch me a vegan ham," but sometimes we are lazy and we say, "Fetch me the ham." Yes, so maybe here is a language problem. I do not believe Jesus ate fish. According to the treasury that was written during the time the Master was alive, it states that He belonged to the Essene lineage, and the Essene lineage was completely vegan.

**Q:** Why don't we feel the same compassion for the vegetable? In fact, why do we have to kill for eating?

**M:** Okay, so we'll get initiation and die together! Eat nothing out of compassion.

It is okay to be a vegan, to eat vegetables. Do you remember in the Bible? In the Old Testament, on the first page, God said, *I made all the fruits and vegetables in the field and they shall be your food.* [Gen. 1:29] We can't refuse God's gift, can we? So we take them. The legumes, when you cut them, they will grow more branches. That's the difference. If you don't cut them, sometimes they die, and they don't grow! It is out of compassion to cut them and make them grow more abundantly. That's their way of survival. So the legumes, the vegetables, represent life. When you cut the head or the shoulder of a pig, it dies. It doesn't grow one more pig or three more pigs. So that represents death. We eat life to get life. Don't worry. We can eat vegetables. [Applause]

Oh, but you are so compassionate! I only ask you to leave the beefsteak and you even want to leave the carrots. Fantastic! If only everyone was like that, the world would have no more war.

## Enlightenment Is The Only Ideal

**Q:** Don't You think that many religions are sometimes responsible for wars? Why is it so?

**M:** It's not the religions that are responsible, but we are responsible. We make discrimination between religions. We force people into our belief by violence, and that was never the intention of the founder of any religion. Even when Jesus was alive, He never forced people to believe Him. He said, *Give Caesar what belongs to Caesar.* [Matt 22:21] And even when people crucified Him, He didn't protest. He wanted to show the disciples the way of surrender, the way of forgiveness, and the way of love. But if nowadays the Christian, the so-called Christian people, in the name of God, fight with each other, it is not the fault of the Christian religion. [Applause]

**Q:** How do You visualize an ideal society in spiritual harmony? What can the East give to the West from the spiritual standpoint today?

**M:** The ideal society is a society in which everyone is enlightened, because, *Seek you first the Kingdom of*

*God, and all the things shall be added unto you.* [Matt 6:33] All virtues, beauty, goodness, and wisdom lie within us. That's what we call the Kingdom of God, and if we cannot find it, we will be forever unhappy. Then our unhappiness will breed all kinds of undesirable effects. So enlightenment is the only ideal.

**Q:** What do You think about AIDS? Is it man's fault?

**M:** Yes, of course, because we do not abide by the laws of nature and the Ten Commandments, for example. Eating flesh is also a cause of all kinds of diseases and wars in this world. I risk offending you by telling you this, but I have to tell the truth. According to research, Americans are the highest beefeaters in the world and they have the highest rate of cancer. All the countries like China, or Russia before, have the lowest rate because they don't have much meat. And also other kinds of diseases stem from many poisonous substances in a meat-eating diet.

All the diseases are a warning to us that we should go back to our virtues. As long as we forget this, we will stumble across a variety of diseases in different periods of time. If we succeed in curing one disease, God

will create another. I don't mean God; it is the Lord of karma, the god of karma. It is the law of nature, of cause and retribution. For example in the Bible, it said, *Meat for the belly, and the belly for the meat, and God shall destroy both of them.* [1 Cor. 6:13]

**Q:** In Your book, You mention the great and the small enlightenment. What is the difference?

**M:** The difference is that one is small and the other is great. [Applause]

**Q:** Is there any relationship between kundalini and enlightenment?

**M:** Kundalini is a force that is curled at the bottom of our spine. When it has awakened, it gives us a lot of power - the power of distant seeing and hearing, and all kinds of magical powers. But when we are enlightened, every power is awakened, including the kundalini, without much painful experience. Enlightenment through the light and sound from Heaven is the best. It's all-inclusive.

## Take Care Of The Buddha Nature Inside

**Q:** Why are there are so many different religions in this world if we are all from the same Source? These differences cause so much suffering.

**M:** There is only one religion. If you take time to study all the scriptures, almost all of them say the same thing, which is to preach the one Truth that we have to reach, and to live a virtuous life while we are in physical existence. That's the main motive of any religion: to find Heaven while we are on Earth. All other things are just different ingredients for the main meal, according to the different tastes of different nations, at different periods of time in history.

**Q:** Can we really go past suffering?

**M:** We can, when we are in samadhi. Also, we can with wisdom. Maybe the suffering is still there, but for us the intensity is much less. Some of our disciples, when they know they have an illness which requires correction by surgery, they just say, "Okay. Fine! I'll just let the doctor take care of my body while I go to Heaven, sightseeing for a while and I'll come back lat-

er, so no problem.”

**Q:** How can we give spirituality and teach the vegan diet to children in Buddhistic simplicity?

**M:** First, we must set an example. And then the children will see how easy it is, and how much better we have become: a better temper, more loving, more patient and more understanding. Then the children will follow us. Sometimes the children will ask for themselves without us having to explain anything. Most of the time it's like that because we don't force the children to believe. The children are very, very pure and intelligent and they can pick it up very fast. Therefore, whatever they learn is mostly from their parents and from the environment. So, we set the example first.

**Q:** If man is greater than an angel because he possesses both the nature of the visible and invisible, then is man greater than God - God that is only invisible?

**M:** No, God is also visible, because you are God. You house God; God is inside you. So you are both visible and invisible, that's God. It's God who sits next to you.

**Q:** After being enlightened, can we see our past lives?

**M:** Yes, we can, but I'm afraid you wouldn't want to, because it's not always pleasant! Also, in the future there lie so many things to discover. Heaven offers so much. Therefore, we don't want to look at the things of the past. But we can. In the second level of existence, there exists a library where all the lives are written inside. You can go and check it when you reach there.

**Q:** Aren't killing and suicide things from hell?

**M:** Yes, from past karma that the person is too weak to resist.

**Q:** How can we again find our awareness of Heaven that we've lost?

**M:** With the Quan Yin Method. Come for initiation and I'll tell you how. It is very fast.

**Q:** I have a Quan Yin statue that has been in our

family for a long time. As we were a Catholic family, I did not know how to pray and take care of the Quan Yin. The only thing I know is that Quan Yin has been protecting our family. Could You please tell me, “Is Your Quan Yin Method related to this Quan Yin statue?”

**M:** No, it doesn’t relate to any statue. But the Quan Yin Bodhisattva practiced this Method, when the saint was alive, to get enlightenment. And you don’t need to take care of a statue; take care of your own Self. Why do you take care of a statue and forget the Buddha inside? The Buddha inside needs to be taken care of but the statue doesn’t. A statue is only from marble or from wood. It is due to the handicraft of man that the statue came into existence. Dust it when it is dusty, that’s all there is to take care of.

## Search For The Eternal Heaven

**Q:** Does one have immediate enlightenment in a few days or in one life with Your meditation? What do You think about what Buddha taught us about rushing for everything, including enlightenment? Is this dangerous because it might become a vanity and then blind

us?

**M:** That happens when you have no Master. If you don't rush for enlightenment now, when will you?! You are already forty, fifty or sixty years old, when will you rush for enlightenment? The Buddha rushed for enlightenment before He reached thirty even. We are already too late, so rush fast!

There are two kinds of enlightenment in Buddhism that are clearly stated. One is called "sudden enlightenment." If you are familiar with Zen, you know this. And the other is "gradual enlightenment." You're welcome to choose one of the two. We offer the sudden enlightenment. If you don't like it, you can go to gradual enlightenment elsewhere. [Applause]

**Q:** Do You remember Your last life and how was it?

**M:** I don't have time to take care of this life with all my world tours and thousands and thousands of disciples. I don't even have time to eat and sleep sometimes because of you people, and you still ask me to look for a past life. [Master laughs]

There is no need for a past life. I've told you al-

ready, if you want to, you can go to the Second World library and look. But according to my disciples, they say they have seen a lot of my past lives. There are many tapes in which they talk about it. If you want to know, you can get some tapes outside. The price is like the cost of an empty tape with no profit. If you don't have any money, then you can get them for free also.

**Q:** Isn't animal suffering necessary for their own evolution?

**M:** Yes, they must pay for their past karma because they owe us something. But if we enter into the give-and-take all the time, then we'll never get out of it. That's why we forgive. We don't eat them and we cut asunder the circle, and we are liberated.

**Q:** Can we enter in spiritual contact with a dead person?

**M:** That is very easy. You don't have to be spiritual to do that. Many witches can do it. It has nothing to do with the spiritual. But sometimes when we practice spiritual enlightenment, we will see our deceased beloved ones in our vision. They come and tell us that

they are very grateful that because of our initiation they have become liberated. The initiation guarantees at least five generations of your family will be liberated - liberated from suffering, not to become a Buddha. If you practice, you can become a Buddha, but they, because of your merit, will be liberated. Sometimes they come back just to say that they are very fine and to thank us for giving them this opportunity. Our disciples have experienced this.

**Q:** Why does suffering bring us close to God and force us to find God inside, and not in religion?

**M:** It's because when we realize that the world, the material existence, is not reliable, then we will find that money, possession, and position cannot afford us protection. Then we'll turn to look for something more eternal, more strong, and more powerful. That's why we want to find God.

**Q:** Is it true that we always have an angel who is helping us?

**M:** Not all of us - the virtuous ones, yes.

**Q:** Do we have a work to do here on Earth?

**M:** Yes, to bless the world with our presence. And we can do so more if we are connected with the blessing power of God which is within us. And then we can truly fulfill our purpose of being here. Otherwise, we keep coming back and back again until we know what we should do. That's why we keep reincarnating. Once we fulfill the purpose of blessing this world with God's power, then we are finished! That's when we have graduated. [Applause]

No more time. Thank you very much. Thank you for your love. I feel your love so much. I feel that European people are truly very classical and very noble. And all your questions are very, very high level, and that has pleased me so much. Thank you.

The End

## **Rediscover Truth, Goodness, and Beauty**

Spoken by The Supreme Master Ching Hai

April 24, 1993

The Mutuality Palace

Paris, France

(Originally in French)

I have not returned to France for almost twenty years. I studied French here for one year, but there has been little chance for me to practice it since long ago. Setting foot in Paris, I can taste the wonder and the beauty of this metropolis again, especially the evenings of Paris. I strolled around the city at dusk, and enjoyed a cup of coffee with friends. I had almost forgotten the fascinating lifestyle of Paris, the cordiality of the people, the magnificent historical relics, and the prosperous culture. In some aspects, Paris has not changed much. She is still as fascinating, beautiful, and elegant as before. She is always so artistic and romantic, representing the typical style of French living.

### **Everyone Loves Truth, Virtue, and Beauty**

We all love Truth, virtue, and beauty. This explains why women wear make-up and men put on smart clothing, people paint and furnish both the interior and exte-

rior of their homes, and build beautiful houses, parks, gardens, fountains, and the Eiffel Tower. All sorts of artworks were also created for this reason. We do all this to express our admiration for beauty. Even children demonstrate their tendency to this quality. They love showing their new dresses to others; they can easily forgive others, which is a demonstration of virtue. Children never lie because they are closer to Truth, virtue, and beauty, which are divine qualities.

We show that we love Truth, virtue, and beauty because these qualities are inherent within us, but we have been contaminated by the environment as we grew up. It seems that our Nature, this “Original Nature,” has long been forgotten by us. We fight for existence every day and collect useless information from society, so we are no longer as happy as when we were children. In childhood, we were so pure and innocent and we had more “Truth, virtue, and beauty” than we could express. We can never be satisfied in our present situation, because the memory that comes with us from the Original Source is much more magnificent than anything we see in this material world.

Most people are seeking endlessly for something, but they do not know what. We hope to find, in this material world, something that could lead us closer to our Original Source, the Kingdom of God; however,

the Kingdom of God is within us. If we can find our Truth, virtue, and beauty again, then the material world will become more meaningful to us and the world will be more beautiful. We can find Truth in this illusionary world because we can always track down the real thing by following its shadow. Then we'll have no more discrimination. Even the longing for the Kingdom of God will vanish because we can see the Kingdom of God here and now.

Our fellow practitioners who were initiated and are now practicing the Quan Yin Method are very happy. They also share their happiness with people around them, as they know how to accept and appreciate the Original Face of life, and improve it by the knowledge acquired through meditation. Their every action reflects their underlying Truth, virtue, and beauty. These qualities are extremely abundant and account for our existence, but we can never find sufficient Truth, virtue, and beauty from the material world. So we will never be satisfied with this life on Earth.

## **The Real World is the Source of Happiness**

There is nothing wrong with material life. However, if we indulge too much in the material aspect, we are only chasing after the shadow and forgetting the

real object in the end. Similarly, you may have a photograph of your fiancée and no matter how beautiful the picture is, you shouldn't get attached to the photo and forget the real person. Undoubtedly, this photo is helpful to you when you are apart; however, when your fiancée is right in front of you, she is the source of your happiness. You can only be fully content when you are with the real person. Such is the case with our Original Nature. If you can discover and appreciate it, it is absolutely incomparable. We may keep the photo or even take some more, but no matter how well the photograph was taken, only the fiancée in person could satisfy us. An enlightened person can still enjoy this world in the same way a husband appreciates the photo of his wife. However, the beauty and the real bliss come from the original person and not from the photo, which is most important. Similarly, worldly pleasures are only the copy of the real world. Only the real world can bring us real, eternal happiness.

Before we were born, we were given a precise Method to find our real Life. Our way Home was paved inside us long ago. Should we forget this life-saving map, we will be forever trapped in the cycle of life and death. This path is so real and distinct when we observe it with our internal eye of the soul, but we can't see or feel it with our physical eyes. It will automatically manifest when we are sincerely seeking it.

Nonetheless, it is better to have the assistance of an experienced guide because most people have forgotten the path. Even if we can remember, the way Home is so long and risky that we need a guide to lead our way. This guide has walked this path before, and he knows all the ways between this world and the superior world.

Thanks to the grace of God, I have found this way back Home. I offer this discovery to all who wish to remember, and I offer to help them retrieve this long lost blessing of bliss. Through initiation, we can taste Heaven again, right here and right now. Initiation is the transmission of a power that shakes and wakes up our Real Person, and brings us Home. We'll be totally renewed after initiation. We'll be full of life and vitality. All the greed and desire will leave us. We will still be living an ordinary life, but we won't be frustrated anymore when we fail to realize our goal, or be upset when we can't get something we crave in this world. These longings can only be minimized after we have found the True Source.

### **An Enlightened Master is the Best Guide**

After initiation, you will get from God the intense internal light that shines all along the path back to our Original Source. A constant melody from Heaven pro-

vides us with all we should know on our way Home. The enlightened Master, the experienced Guide, will stay forever by our side, protecting and helping us to complete this extraordinary journey until we have passed through all the worlds en route. This Guide will do His very best in anything that comforts and benefits us. We shall say farewell forever to distress and to lonely feelings, even when we are still in this world.

The Guide understands that we have been away from Home for so long that we are both exhausted and have no courage. For this reason, He gives us all possible help while we are on Earth, as if we are in Heaven. This Guide knows the way well. Our life on Earth would be extremely tiring without Him. Without the help of such a true Friend, who accompanies us through the ups and downs of life and supports us in facing all the obstacles and traps, it is very difficult to reach our destination, the Eternal Heaven.

## **The Internal Light and Sound are Vital in Achieving Eternal Life**

To achieve eternal life, we depend on the internal

light and sound. Without them, there will be no happiness, either on Earth or in Heaven, and we can never reach a state of perfection, in spite of however hard we try to become a virtuous or elegant person. These qualities belong only to the interior world. All the words of so-called beauty, Truth, and virtue manifested in this material world are inferior duplicates. My dear friends, I sincerely welcome you to join the group heading for Home. There are absolutely no fees or obligations. Even the keeping of the five guidelines and vegan diet is not compulsory. However, if we only have intelligence and technology, but no sincere compassion for other beings, then our life is not complete. Our inner Self would feel isolated and feel an unspeakable sorrow.

This is simply logical. If we wish to bring Heaven into this world, we must live in the same way as the beings there. That is to say, live in harmony and respect the freedom and right of existence of all lives. We ourselves created the karmic cycle, and this is the cause of wars and of different opinions. We have suffered enough from the conflict between individuals and groups. The five guidelines and the vegan diet are not compulsory rules but are aspects of an upright and noble lifestyle, and the demeanor of a great gentleman. The love of a kind, noble, and virtuous person should embrace all living beings. Being the most intelligent of

all living beings on Earth, we ought to implement our true love and sincerity into actions to bring peace to the world. We should widely spread our love and care, and protect all the beings living on Earth.

## Questions & Answers

**Q:** What are we to do with our psychological problems, and what can we do after enlightenment?

**M:** Psychological problems are the result of the numerous pressures from our society: work problems, family problems, and personal problems, etc. Sometimes these pressures are too much for our physical and mental strength, and this is why we encounter psychological problems. But at the source of these problems is our thirst for a spiritual life. This is why, if we are enlightened, all these problems will disappear.

And do not worry that you won't have anything to do once you are enlightened. Look at us, we have so much work to do and there is never enough time because many people in the world ask for our help, and there are many things to do. Plus, after enlightenment we will be able to solve our problems in a more effi-

cient way, no matter what line of work we are in. This is why we should be enlightened.

**Q:** Could You speak of the different inner levels?

**M:** I have spoken specifically on this subject at the United Nations. I think that we distributed a copy of it, so take it home with you and take your time in reading it.

**Q:** What exactly is “immediate enlightenment”? How can we achieve it?

**M:** Immediate enlightenment is possible because we already possess the enlightenment inside of us. It is like a diamond that is already a diamond, we only need to clean it a little and we will have it. So we can have immediate enlightenment because it is already here. It is only because you have forgotten where it is, but we know where it is. We will show you where it is and you will find it immediately.

**Q:** What is meant by abstaining from all sexual

misconduct?

**M:** It means that if you already have one wife, it is enough, or if you have a lover, a man or a woman, it is enough. [Laughter] If you have too many men or women, you will have problems and won't be able to find your inner greatness. So, if before initiation, you have a partner and both are happy, then do not worry, and don't go looking for someone else. [Laughter]

## **Our Original Nature is Light**

**Q:** How can we know that we are enlightened? What are the manifestations?

**M:** It isn't difficult. Enlightenment means with "light." If we are enlightened, we must see the inner light but not with our physical eyes. When you are enlightened, you will see immediately the inner bright light, and this is the sign of enlightenment. It works instantly because our nature is the light from Heaven. We are not our physical bodies. They are only clothes that we can remove and put back on whenever we want, if we know how to do it. I will show you how to do it during initiation.

**Q:** Is suffering absolutely necessary for the soul to progress?

**M:** No, it isn't always necessary. It depends. Some people have almost never experienced the world's suffering, but they still have a thirst for God. These people have a lot of goodness, virtues and grace. It is maybe influenced by their past lives.

**Q:** Why do animals suffer?

**M:** Animals suffer like us. We are not animals, but we sometimes suffer. It is the cycle of birth, illness, and suffering. If we leave this cycle, we will never experience suffering again. And animals must wait a little longer until they become human beings and can take the road that will lead them Home.

**Q:** What are the dangers one might encounter on the path without an experienced and living enlightened Guide?

**M:** There are several dangers we may encoun-

ter if we do not have a Guide to help us. If we do not know the traps on the road ahead, we can sometimes be cheated, and the road Home is very long and steep. This is why we need an experienced Guide. The dangers include mental disturbances, physical suffering, and being possessed by other spirits.

**Q:** Can we meditate anywhere, at anytime?

**M:** Yes, but not for all kinds of meditation. There is a meditation you can do in public, and another that is better to do in private. We will teach you everything during initiation.

**Q:** What do You think about meanness? And what can we do against it?

**M:** There aren't really bad people. There are only people lacking security, wisdom, and the knowledge necessary for living in a pleasant way for themselves and everyone else. Maybe they have many inner problems and no confidence. They are more pitiable and need more of society's love. This is what I think.

**Q:** When a person reaches enlightenment and meets a guide in a dream who shows him the heavenly Kingdom, what can we do to see him again?

**M:** You must practice more the meditation taught by your Master and then you can see him again and again, not only in dreams, but also in reality; in the internal vision, but also externally, just like the way that I see you now, very real.

**Q:** Could we call the Guide to help us in resolving some important problems?

**M:** Yes, anytime, but it works more efficiently if we take the initiation with a Master because we can have a direct line of contact.

**Q:** How many Masters are there today?

**M:** I don't know, one, two, three, four at the most. Not many, right? How many Masters do you want to have? Am I not enough? I am very pretty. [Laughter & applause.] One Master is enough for everyone.

## Christ Has Always Been Within Us

**Q:** What can You tell us about the return of Christ?

**M:** Christ is always within us. No need to wait for Him to come from Heaven, He is always here, inside of us. [Applause] But if you want to see Christ in His form, it is also possible with initiation and the daily practice of meditation. You can even see Christ during initiation. Some of our fellow disciples have seen Christ, Buddha, and other ancient Masters. So can you.

**Q:** Isn't it too late for enlightenment and redemption of our inner faults?

**M:** No, it isn't your fault. If no one can show you the path, you will not know how to find your life. Isn't it so? Now, if you do not find it, it is your fault, but before today, no.

**Q:** Can meditation decrease the need for sleep?

**M:** Yes, meditation decreases many of the negative

aspects that we get from society and outside associations.

**Q:** Do you think that enlightenment through meditation could protect us from illnesses?

**M:** In some cases. But we want enlightenment because we want to find our inner greatness and our True Life, and not only to get good health. Health belongs to the physical life. We can see doctors and take drugs. We must come for God and God only. It is better, more sincere, and we get better results.

**Q:** Can we reach enlightenment by repeating “Namo Renge Kyo” of Japanese Buddhism without receiving initiation from an enlightened being?

**M:** If, when you recite this, you see light and hear heavenly sound and music, you can say that it works; if not, you need to be initiated.

**Q:** Are the Five Guidelines mandatory after initiation?

**M:** It is better for you and everyone else, for your conscience, the peace on Earth, for your wisdom, and your nobility, to keep the Five Guidelines.

**Q:** What should we think about when we meditate?

**M:** Nothing. We already think too much all the time, so why think again during meditation? [Applause & laughter.] But there is a way to calm our thoughts and our minds that I will teach during initiation. We need time to sit down together and talk for a while. During the real initiation, we won't be talking, including me, and in this silence, you will find your Original Nature.

**Q:** Can we still take care of our families after we get enlightened?

**M:** But of course! What do you want to do with them? - Throw them away? [Laughter] My so-called disciples are normal people. They have families, jobs, studies, whatever, some occupation. They still lead a normal life but they know inside their consciousness another invisible life, an inner paradise. We see it and hear the teachings from Heaven, and we become more

intelligent, wise, and compassionate.

**Q:** Is it fair to receive sickness in exchange for all of the good we have done on Earth? Does goodness only go in one direction?

**M:** I think not. It isn't necessary to pay for goodness with sickness. That is not the law of the universe. [Master laughs] God is very merciful. Sickness comes from the fact that we misunderstand the laws of nature.

**Q:** Who is Your spiritual guide: Buddha, Christ, Mohammed, or someone else?

**M:** All of them, and some others from Heaven, and myself. [Applause] I am also my own Master, and you are, as well, though you do not know it at this time.

## **The Quan Yin Method is Compatible with All Religions**

**Q:** Is Your teaching compatible with Islam?

**M:** Yes, why not? Islam teaches people to be good guests on Earth and that it is necessary to find Heaven while we are alive. I also offer the same thing. I tell you to respect the Five Guidelines, which give us nobility, wisdom, and peace on Earth. I also offer you the path by which to find God immediately. Therefore, our path is compatible with all of the good religions.

**Q:** Can You give enlightenment to everyone? Are You capable of altering the profound nature of someone?

**M:** Everyone has the right to be enlightened but it is your choice to wish for it or not. After having found our True enlightened Nature, our greatness, and our wisdom, we will change ourselves. For myself, I do not change people. It is they who change because their true Nature is exceptional; it is their nobility and their wisdom. And he who finds his true Nature will rid himself of all negative habits.

**Q:** What should one do to help someone who is possessed?

**M:** That is not difficult. You should tell him that God is in all of us, that Buddha is in all of us. We need to believe in our greatness, in our internal wisdom, and not in the negative forces that are only illusion. It is necessary to have a strong faith, and afterward everything will be better.

**Q:** How should we get rid of constant thoughts that bother us during our meditation?

**M:** We practice, and with time we forget all of our negative habits. We need to take the time to practice our meditation. If that does not work, you can try our Method.

**Q:** If I need to kill a person in order to save a thousand other people, have I committed a sin?

**M:** Yes, even then. But when we do something so that many people benefit, then it is necessary to make the sacrifice. But it is better to be enlightened and afterward you will know whether it is necessary to kill or

not, because maybe that is part of the Universal Plan. It is necessary to know what it is that one is doing.

**Q:** Does hell exist?

**M:** Yes, it exists, but mainly for people who are very disturbed in their minds. People who are virtuous and good never experience hell, for those who are initiated, never.

**Q:** Is there benefit in eliminating negative tendencies through hypnosis?

**M:** There are cases where that works for a bit of time but it isn't enough to eliminate all the negative energy, because we collect negative energy from a long time in our past, from many lifetimes in our past. Enlightenment is necessary because the light inside is very strong, very brilliant, sometimes like a thousand suns, and it can enlighten our past, present, and future lives. That is how we truly become purified.

**Q:** Does meditation imply the practice of prayer or

does it refer simply to mental concentration?

**M:** We can do everything in the beginning, but afterward we don't have to do so much. We will immediately connect with God, and communicate directly with God and with paradise. We do not need to pray because we are already in paradise.

**Q:** How do You know that You are a Master?

**M:** Because I looked and I found. [Applause]

**Q:** You speak of virtue. What is virtue for You?

**M:** True virtue includes all goodness that we can know in our lives, plus more - the highest qualities of Heaven. If we possess this true virtue, we are not even consciously aware that we possess virtue, and yet at the same time we shine out this internal virtue to everyone around us, and everyone around us knows but we do not. It is like the sun that shines on everyone but the sun does not know that it, itself, is great. That is the true virtue. [Applause]

**Q:** What do You think of the practice of yoga and all similar disciplines? Can we achieve a certain state of enlightenment through the practice of yoga?

**M:** That depends on the yoga you choose. If that yoga practice helps you to obtain internal enlightenment and to see a great and intense light inside, that is a good yoga. If not, you need to keep searching for another yoga.

**Q:** When we hear a voice speak to us inside, is that our spiritual guide who is speaking to us and giving us guidance?

**M:** That is not always the case. It depends on your guide and what he is telling you. If you have a true, reliable guide who can be here and at the same time in Heaven, and sometimes this guide talks to you, that is the best. You need to know a method by which to verify if that is the true path or a negative path. That is why an initiation with an experienced guide is necessary in this regard.

**Q:** Are we reborn after death? And if that is true, how?

**M:** Well, I don't know yet. I am not dead. [Laughter]

After death, we have many choices. We might reincarnate like other human beings and continue to study until we have come to awareness of our Internal Heaven. If we are enlightened when we are alive, then we will go straight to Heaven and will stay there forever in eternal bliss. If we have ignored the laws of nature in this life, acted against them, and do not know God, and in opposition, we react against the laws of the Universe, we will temporarily stay in the so-called "hell," according to what we did on Earth.

**Q:** What is man's purpose on Earth?

**M:** Because God wanted to bless the Earth through us, we came down to be a link between Heaven and Earth. But because we have been exhausted and tired for so long, we have forgotten our great mission. This is why a Master comes once in a while to remind us of our true Nature, and this is why we are here. [Applause]

## **Enlightened Masters Come to Earth at Any Time & in Any Generation**

**Q:** How can You be Catholic and Buddhist at the same time when God demanded that we only listen to Jesus and to His church?

**M:** Buddha is also a son of God. Jesus and other Masters came down because God has many children and there are numerous children on Earth that need God's help. So He sends sometimes one or two of His children for us. Buddha was one of them. We should not discriminate between Masters. If we do, we make wars and there have been already so many religious wars. [Applause] We live and let live. We believe in God and let others believe in their own.

**Q:** I feel ready to receive enlightenment. I'm very receptive. Would it be possible to meet with You?

**M:** Later, you can register. [Master said to the MC, "You can answer."]

**MC:** Yes, there is an initiation session that follows the lecture. If you are interested, you can consult the

information desk outside. Master, of course, will be here.

**M:** With pleasure! We say in French, “Avec plaisir.”

**Q:** I have been a vegetarian for a year, but I don't have time to meditate because of my studies. What should I do?

**M:** We have plenty of time, but you do not know it. You can meditate on the bus, on the train, on the airplane, in a park, at work during a break, ten minutes here, twenty there, fifteen minutes now, fifteen later. Get up earlier in the morning and go to bed a little later. Do not watch too much TV or read too many magazines and newspapers.

**Q:** About hell, do You really think that it is only for people with mental illnesses? I am quite surprised to hear this.

**M:** Hell is a great hospital to help people whose spirits and minds are sick. It is similar to our hospitals on Earth where illnesses are cured.

**Q:** What slight trouble may we experience during initiation?

**M:** Nothing, no complications, only harmony, happiness, and a feeling of elevation during initiation.

**Q:** How do You define karma?

**M:** There are two kinds of karma, one bad and one good, but both imply attachment for you on Earth. After initiation, the karma from past lives will be erased, but the Master does not touch the karma for this life. If so, you would die immediately. We must stay here for a while to bless the world and to help our friends, and afterwards we can go to Heaven and never return, if this is our wish. Karma is an invisible force, very fair and strong. And what we have created will come back to us. This is the law of cause and effect.

**Q:** Does God exist outside of man?

**M:** Yes, God exists inside and outside of us. God is everywhere. We cannot say that He is outside or up there. He is everywhere. This is why we should not do bad things, because He knows everything. [Laughter]

**Q:** You speak of God, but I thought that God did not exist in Buddhism?

**M:** We still speak of God, if not, where would Buddha have come from? He didn't say God because people's conceptions of God at that time weren't very accurate. The Hindus would sometimes put a stone on a table anywhere, bow to it, and pray with all their hearts and call it "God." Naturally Buddha told them, "Such a God doesn't exist!" [Master laughs] People's mind-set was different, so Masters had to use different methods to break the superstitions that ignorant people believed in. But in some places, Buddha spoke of God, and He said something to this effect, "I do not say that God exists or does not exist. I say that there is one Thing from which everything comes and returns to." What is this Thing? It is God, no? It is the same thing. [Applause]

### **Use Your Wisdom to Judge the Authenticity of an Enlightened Master**

**Q:** Jesus said somewhere in the Bible that there will be a time of false prophets and that you have to be vigilant. What do You think about it?

**M:** Yes, a false master is one who teaches us bad things that go against the teachings of the Bible, of Buddhism, of Islam, etc. Someone who entices us to steal, or who lets us do everything we like, who doesn't ask us to be virtuous and peaceful. But a Master who reminds us of our inner virtues, who praises the glory of Heaven and God, and at the same time brings us back Home, is a true living Master. You must verify with your intellect, your virtues, and your wisdom. It is not good just to repeat everything or criticize someone who is good to you.

**Q:** Do You think that AIDS can be cured by enlightenment?

**M:** I cannot guarantee it. When I was searching for God, I didn't make any material demands, so I do not know if it works or not. I encourage everyone to only seek the Kingdom of God and everything will be fine. We should not come for enlightenment just to cure our physical body, because this is very material and not very noble. Forgive me for being so honest with you, but I must. [Applause]

**Q:** How can we communicate with our inner Master?

**M:** Through initiation and the daily practice of meditation

**Q:** I just started to meditate. I hear the inner sound and see the dot of light, but I do not feel a sense of eternity or love. Could you tell me what I should do?

**M:** It is because you have not reached a very high level. Keep practicing and soon you will know more. If you reach the first level, you will know the magical powers and will see inner sceneries that are from a lower paradise. If you reach at least the second level, at that time, you will feel more strongly the eternal life. So keep practicing. Maybe your Master doesn't have enough power. You can look for another if you are not satisfied with him.

**Q:** My body always wavers when I am meditating. I also feel a vibrating current. Would you please explain this phenomenon?

**M:** It's the same. You will confuse the audience because you didn't mention which meditation method you are practicing. If you have a Master, you may consult him. It is very simple and more convenient.

Nonetheless, I am happy to give you a little advice. Do not direct your attention to your bodily feelings before, during, and after the meditation. Concentrate only on the method instructed by your Master. It's that simple.

**Q:** Since I am a student in medical school, I have to perform anatomy on animals occasionally. May I also get initiation?

**M:** You are getting me into trouble. If I say yes, there would be a problem because it is against the guidelines. If I say no, I would feel sorry for you. How about I simply close my eyes and allow you to fill in the initiation enrollment form? I observe nothing with my eyes closed! [Laughter]

This is not really your fault. You don't want to be violent. It is only the necessity of your profession. You don't understand this before the initiation. It would be better later when you are graduated from school. This is not really serious, but of course, you would incur

some karma. When you suffer from mysterious illnesses now and then, you should know why.

**Q:** May an enlightened Master get married?

**M:** Yes, of course. Why not? Are you going to propose to me? That depends on whether I have the time or not. If you are an enlightened Master, you don't have much time for your family. Therefore, many enlightened Masters are single because they couldn't spare the time. When I was conducting my worldwide lecture tour, I couldn't even find the time to sleep and eat. Sometimes we worked all night long. Besides the normal work, there are many matters and people that need your attention. You have to live for the world. Your life, your privacy, your time, and your health all belong to the general people. You almost have no private time at all. I would consider it, if you really volunteer but I am promising nothing! [Laughter]

The End

## For a Happy Life, Go in My Direction

Master Speaks With Journalist

April 27, 1993

Health Center

Vienna, Austria

(Originally in German)

Master Yes, I was once in Austria for a while.

Journalist Really?

**M:** Yes, but only briefly - on vacation.

**J:** And where do You consider Your main residence now? In what country do You mainly reside?

**M:** In the past years, in Formosa.

**J:** My question is, what is Your path now that You have become practically a spiritual center? Was the path an easy one? What brought You to it?

**M:** It was not easy. Not at all easy! But we need not always do the easy things. We can also try to experience the difficult path to have an adventure.

## **Search for Truth Is Deep-Seated in Man**

**J:** Did You have some significant experience after which You decided to follow the spiritual path, or was it always clear?

**M:** Even as a child, I had this tendency to search for the Truth. I think that is the way most of us are. And when we grow up, then maybe some of us continue with the childhood tendency, and some of us are too successful in other areas in life, in our profession or in science, and we forget the dreams and ideals of our childhood. But some people still retain that deep impression to look for God when they are adults. They do not forget it. I belonged to the latter group.

**J:** Wasn't it somehow remarkable for You, as I have heard, to become a nun during Your marriage to a German man? Or did it happen with Your husband's

consent?

**M:** With his consent. It was no problem. Yes, it was a problem. It was not easy to separate from a dear home and a beloved person with whom one wished to go through one's life. It was not easy.

**J:** Did You have to dissolve the marriage, or wasn't it possible?

**M:** Yes, my husband was very understanding, and we went to the authorities and separated.

**J:** But You still remained in contact, or did You lose touch completely?

**M:** Yes, for a long time, six or seven years, we remained in contact by letter. And also, once my husband looked for me in India, and we met in the Himalayas on my birthday. I was buying fruit on the street, and suddenly someone came up from behind, and put their hands over my eyes, and said, "Happy Birthday!" I was very upset at this lack of respect, and almost started to scold. But then I turned around and there he was - my husband, in the Himalayas!

**J:** But with the work, he did not help? You had to go Your way, and he had to go his?

**M:** Yes, he did not want to go with me, although we considered it. But we shouldn't bind ourselves forever. He gets a lot of joy out of his scientific work. He is very interested in his scientific research. That's why it's no problem. Six years later, he remarried. Yes, he waited six years. That's a long time for a man, and also for a German man. I was very touched!

But now I am away from that, and I cannot take on the burden of thoughts of a family anymore, and I became more and more involved in spiritual activities. Many people here come to me and take a lot of my energy. And I thought to myself, if I went back to my husband, it would not be good for him. I would not be able, ever again, to be a very dedicated wife, whether I wanted to or not. I have nothing against marriage and a family life, but I am always away from home and have a lot of other activities. And I know that if I went back, it would not be good for my husband. I am too busy. Too many people come, and his house would be an open house, and he would not want that. I know my husband; he is very quiet and introverted. He loves solitude and enjoys calm.

**J:** You had no children?

**M:** No. But now he has a child, from what I have heard, maybe even two now.

## **God Wants Me To Do This Work**

**J:** What do You consider to be Your main task in Your work and Your Method? What is the essence of Your work?

**M:** I have to admit that I do not really enjoy my business, but I can't go back. It is God's will. I would like to be a private person. I do not like it very much to appear before the public. Normally, I do not talk very much. I would like not to talk much. I like reading books and painting. I like being alone. You spoke of a task. I don't know of which task . . .

**J:** Of a spiritual one, perhaps of the Method. Is it important for You?

**M:** Well, it is like this. In this world, we all have

our responsibilities, right? You're a journalist, and inform the public about anything important. You have to communicate it to people. That is your responsibility given to you by God and you do it willingly because it is a pleasure, and it helps people. It is perhaps your pleasure and your service to humanity. And as I have no other talent, God wants me perhaps to share my discoveries about spirituality. Perhaps that is my task. God wants me to do this work.

**J:** And I'd be interested in knowing, this Method, the Quan Yin Method, how does it differ from others? Is it a form of meditation? They wrote, "the fastest way to enlightenment." What is the essence of this meditation or Method?

**M:** Yes, it goes very quickly. Actually, it is not a so-called meditation like many other meditations. With most meditation techniques, you have to practice a lot and push yourself hard. But when you do this one, it is automatic. You can just sit down quietly and then it comes. The heavenly light and music of paradise come automatically.

**J:** Can it be called an elementary exercise to sit,

turn inward, and to hear the inner sound, and let the light act, to become one with God and with the cosmos? Is that more or less right?

**M:** Yes, sure! You already know so much. Yes, it is not the first time that you have met with a meditation entity.

**J:** Yes, I also meditate, but everyone in their own way. And so my next question is - is there something special about it? Because there are a lot of people who meditate and get stuck somewhere along the way, or get caught up in their daily life. Is there some advice You can give, when all these people say, "I also meditate and try to introspect. What can I do to speed it up, the turning inward, and how can I also carry it over to daily life?"

**M:** Here with us, you bring it into your daily life, that which we get from God every day; this blessing comes twenty-four hours a day, and we share it with our brothers and sisters everywhere. It is automatic. You don't even need to think about it.

I do not know what kind of meditation you have already encountered, but with us you get the connection and have it always afterwards. Yes, it is always there,

inseparable, but it must become a daily habit (the meditation), just like we partake of food every day. We say two and one half hours a day, just like we eat maybe two or three times a day and get calories.

**J:** That means, how long should we all sit and meditate every day - one hour, two hours?

**M:** Two and one half hours a day. That is the minimum! On the other hand, we meditate almost the whole day, even when we sleep. We will show people how it is possible to meditate at work, and even during sleep, to be one with Heaven.

**J:** Okay, I have no more questions about the Method, as I was very thoughtfully given the books. I have just one more question about how to apply it. There are a lot of people who are spiritually enlightened or clairvoyant. What about You, are You clairvoyant?

**M:** Clairvoyant? Do you mean to see in the future?

**J:** For example. But anything, like Your being able

to see more than others do.

**M:** We see what we want to see, and what is necessary to help the world and to elevate the disciples. But otherwise, it is not very important to be able to predict if the world will end or not.

**J:** What do You think, for example, about the situation that the world is in today - pollution, catastrophes, wars, and dangers everywhere? How do You, as a spiritual person, see the whole situation? Is it precarious? What can one person do?

**M:** All of these things, fighting and everything else, come from our ignorance, our not knowing about God's wisdom. They come as advance notices, as warnings, that we should go back, that we should remember God, that we should find our own greatness. As that is sometimes difficult to be able to do all alone, you look for a friend, a being who has much experience in this area, with whom one can learn. That is easier.

## I Am An Ordinary Person

**J:** How do You see Yourself, as a prophet of God or . . . ?

**M:** I see myself as a very ordinary person, and besides the normal life that God has given to me, I have found something that makes my life friendlier, gives more intelligence and love to recognize the world better. I see myself as a normal person who has discovered special possibilities. For example, this lovely young woman here, she is also from Austria. She speaks German, but has also now learned English, and has developed for herself the capability so that she can better help me today.

**J:** My last question - this evening during the lecture, I will hear more. What is Your message to the world that You want to pass on to everyone or the most important thing You want to say?

**M:** I think that when you go in the direction in which I am already going, then you have a better life. You know yourself better, you can rediscover your best qualities, your beauty, goodness, and intelligence, and

so life for such people is happier and of a higher quality. You learn to appreciate things more, in love, in business, in science and so on. You will see more clearly and act in a better way.

**J:** Do You have courses or seminars in Austria or in Germany for Your Method or work, where one can learn?

**M:** Yes, we have contact people in every country possible, who give out a lot of information, and you can decide if this is for you or not.

**J:** When we publish this article, probably people will have questions in Germany, as well as in Austria. Are there books, cassettes, and also real courses, seminars, where this can be learned?

**M:** Yes, of course.

**J:** Then one can inquire?

**M:** Yes, when someone requests something, I will

send it. We only send when someone requests. We send to many different countries to help people, and everything is free of charge.

**J:** How is this financed? I heard that it is all donated. But it's so much expense: advertising, books, and so on.

**M:** The advertising is done by the disciples, and the rest is from me. For example, travel expenses and lodging are from me and my closest disciples and colleagues. We work when we have time, I mean, when we are not meditating or holding seminars. We do artistic crafts. I paint, and my paintings sell very well everywhere and that gives me a secure financial basis. No problem.

**J:** Just one last question.

**M:** Ask whatever you like.

**J:** As Your disciples, or in Your circle of friends, or those who donate, can You name any prominent peo-

ple or well-known doctors, actors, or someone who is internationally known? Could You tell us something in that regard, only if it is possible, of course?

**M:** I don't know if these people want to be named. But there are many high-ranking politicians with us, for example, in the UN, the United Nations, also many actors and actresses from different countries. But we have made a promise of confidentiality, unless they give us permission. Yes, in all countries, there are many, many high government officials, actors, and famous personalities. We usually do not publish that. It only happens on occasion because we might have to report in a newspaper about a special event for people to know.

**J:** Has there been such a special event?

**M:** I used to help the Au Lac refugees, and then had to deal with political circles. During that time, they sometimes took photographs with famous people. We had to report that to the disciples, and that's why you sometimes see some Presidents in the picture. But that's rare. We are seldom photographed intentionally with famous people.

**J:** Okay. We will take some pictures tonight. I heard that Your paintings will also be displayed this evening.

**M:** Yes, I think so - paintings, creations for interior designs, lamps, and such.

**J:** You are very creative. Somehow the spirit and the creative are almost one.

**M:** Yes, we must also earn money in order not to tax the disciples too much. They give what they want and can, and what they cannot, then they don't. Most people do not earn very much. But our work demands great financial resources, and so we must earn money ourselves. It's better like that. I want to give unconditionally in the world, and take nothing. The disciples contribute a little - 1 to 2 percent. Good for them, and we do appreciate it, but no one is asked. They do it if they are able and want to give. But we make no hints, nor put pressure on people. Let them give or not. Besides, the world today has such big economic problems, and I understand that.

**J:** Okay. I wish You all the best this evening.

The End

## **Retrieve the Language of God**

Spoken by The Supreme Master Ching Hai

April 27, 1993

The Congress Hall

Vienna, Austria

(Originally in German)

There is a language superior to all languages; that's the language of God. But the longer we are on Earth, the less we remember it because we have not the chance to use it, or no one with whom we can exchange the knowledge. The reason why we forget our origin is because we forget to communicate with God in the godly language. Suppose we have a lover who is separated from us for a long time, and we have not had any contact with him. After some time, love will be only a faint memory, and we will have little to do with each other. Then we both will be like strangers to each other. Many love affairs do not last if the partners are both too busy, or even if one of them is too busy. When we are busy, we forget everything, including the love relationship. Or maybe we do not completely forget, but the longing is not so intense. The memory of love is not so sharp even though there is still something that we feel is missing in our life. But because we busy ourselves in work, there is not much time to nourish the love that

we so cherish.

The longing for the true Home, the Kingdom of God, is always haunting us. Because we are too busy with the world outside in our struggling for survival, we have forgotten to communicate with God in the language of our origin. If we are in the company of our countrymen, we will remember, and with a little practice, we will again speak the inner language fluently. Otherwise, just like the languages of the world, the less we practice, the less we can remember. And we stumble on a few sentences here and there, which is not very useful. It sometimes even does harm because the broken words do not make sense, or are not spoken in a proper manner and circumstance.

This could create more misunderstanding and trouble. That's how we encounter obstacles in this world whenever we'd like to express our inner beauty, Truth, and virtue. Despite our best intentions, we often find ourselves unable to accomplish all the assignments in this world with perfection, because the treasure of wisdom inside is not in our full possession. We have it, but we forget where it is and how to use it. Sometimes, accidentally, we may be able to tap inside the source of the supreme power, but oftentimes we fail. Thus, all the beauty, Truth, and virtue within us lie unused.

## **We Are the Master of Our House**

We are not the helpless and unholy persons that we think we are or find ourselves to be, but truly we are the supreme power in the whole universe. We are here to bless the world, but we have forgotten the tools; therefore, we carry out our task poorly. We are the kings, but live our lives as beggars compared to the greatness that we possess. Brothers and sisters, I am here to present to you a better way to reach this supreme power; the way that we should, by all rights, bless this earthly planet; the way of the Masters, because we are the Master of our house, which is the universe. And the world here is just one of the rooms in which we stay, to decorate and beautify it with Truth and virtue from the Wisdom Sublime, within us — the Kingdom of God within. Once we are again in touch with this inner supreme power, all beauty, Truth, and virtue reveal themselves to us. Then we will not even have to try to reach these super qualities. They will find their way to us because, in fact, they are already there existing within ourselves.

We are not only ordinary human beings, we are also super beings, and we can only discover this through the Silent Knowledge, while still carrying on with our outer activities. We will dive deep into the ocean of wisdom and Love from which all beauty, Truth, and virtue

emerge and the waves of material life on the surface will no longer disturb our being.

## **The Wisdom Eye Can Clearly See Illusions in The Magic Mirror**

We will be protected by our own power throughout this adventure and our journey in this material region, as well as during our Homeward march. And the world here will once again be beautiful and virtuous because we will see the world with a different eye, the wisdom eye, which will reveal to us the hidden beauty of Nature, the law of Love and mercy. We will clearly see, in the brilliant light of Heaven, that all suffering, falsehood, and unvirtuous sides of this life are just illusions - that these things never existed in the first place. The kingdom of Heaven is truly here and now as always in eternity.

It is as if we are looking in a magic mirror which distorts our vision, and suddenly we remember to look back at ourselves and our real surroundings only to discover that all is true and beautiful, and the images in the mirror are only a poor, distorted reflection made de-

liberately to amuse the curious onlookers. So we may enjoy this life as a material projection or reflection of the Kingdom of God, but it's not all there is to life, so we should remember. If we cling only to this distorted image, we will suffer and we will blame God for all the sorrow in this world. Enjoy the world as those curious audiences at the circus, who like the strange reflections in a magic mirror, but at the same time know that they are in the real world. If we follow the direction pointed to by the Master, we will find our true Self, which is full of wisdom, beauty, and virtue, and all false images will leave us. We will find ourselves without any ugly qualities, any pain, any discomfort, because these are only the magic illusions through the mirror.

## **The True Master Can Take Disciples Traveling All the Way to The Kingdom of God**

I am here through the will of God to help you to re-discover your great Self, should you have had enough with the false life in which we suffer in many aspects. My service is free of all binding and conditions and at no cost, as this is the tradition of the enlightened saints. The Master is someone among us who, apart

from being a normal human, has discovered the supreme power within Him or Herself, and who uses it to serve the world better, and to travel all the way to the Kingdom of God. Consequently, the Master can take anyone along who wishes to go in the same direction but who unfortunately has not found the way himself. This is done through cooperation of both sides, beginning with the so-called initiation and ending with mastership for the graduate.

Everyone will graduate sooner or later, and the Master never leaves a student until he is graduated; that is, until the disciple reaches the highest degree in the Kingdom of God. At the initiation, our wisdom eye will be opened and we will find ourselves flooded with heavenly light and glorious heavenly attributes. Many of our illnesses will be soothed with the heavenly melody. Quan Yin means contacting the inner sound, the silent music without instruments, which is a direct teaching from God. This heavenly light and music come immediately at the time of initiation, so it's called "immediate enlightenment." It's immediate because it's already within us.

The Kingdom of God is within us, but we have forgotten where to look for it. With the touch of the Master in spirit, our switchboard of the whole powerhouse will be pushed open, and light and glory will fill our being.

We will be born anew, innocent and beloved by the whole universe. We enter the Gate of Heaven; we learn the teachings directly from God. We will converse with ancient Masters on occasion, and bring all these blessings back to the Earth planet. In short, we leave behind all burdens that belong to the lower worlds and enter the circle of sainthood, from which there is no return to the ephemeral level. But if we want to, we can come back to help those who are in need to find bliss and eternal happiness, but we come back only as teachers of men and angels.

## **Step Into The Region Above Time And Space**

In short, we have the choice of both the spiritual world and the Earth. That's the way of the sages since time immemorial. That's the life all of us can have if we work for it. But actually there is no work; it's more fun and excitement, on the contrary. After initiation you step into the region of effortless action, above time and space, and above all the laws of this world. Things will just start to happen in an incredible way, and truly we live in Heaven while staying on Earth. This is the life that was intended for us, because we are the children of God. God made us in His own image, so naturally we

are Godlike. If we take time again to remember who we are, we will lose nothing, but only gain in power and grace because this greatness is already within us. We are the image of God; we have godly qualities.

I have discovered this Truth. Many have gradually discovered this Truth through the Quan Yin Method, which allows us to contact the Heavenly light and sound, the manifestation of God or of our Supreme Being. You can also avail yourselves of this Method to find your own greatness. It's so easy, anyone can do it, and even children can. The five guidelines and vegan diet are a great help in this endeavor to speed up our progress, as well as to afford us a noble way of life - the way of a saint with the superior qualities of boundless true compassion, wisdom, and love. All other beautiful virtues come from these original qualities.

## Questions & Answers

**Q:** How do You see Yourself as a spiritual being and what do You think of life after death?

**M:** This afternoon some journalists asked me the same question. They asked what I thought of myself

— as the highest being, fantastic Master, or something like from a UFO that landed from some other planet or something? [Laughter] I said, “I see myself as a normal human being, a very normal human being, that happened to discover some super-power in myself.” And I will continue to seek further to discover more on the path of discovering myself. Just like this wonderful girl, [Master is referring to the translator] she is Austrian. She speaks German naturally, but she also has learned and mastered English, and hence can speak a second language fluently. And that’s a special quality this person has taken up for herself and developed and advanced further. Me, too, I am also a normal person like you. I also eat, I love beauty, and I love those exceptional types of people — I like people with love, like you. But otherwise, I happened to discover certain other aspects by a science to discover and perceive. Therefore, I have a little bit more than those people who have not gone in this direction. That’s all there is to it. I have something a little bit extra. [Master uses a special word in German and the audience laughs delightedly.] You can have that, too. [Applause] It’s a wonderful thing. You, too, can have it, because you already possess it in you.

**Q:** How can we help the people in Bosnia spiritu-

ally?

**M:** That's quite merciful on your part, but we must help ourselves first. We still have the time, chance, opportunity, and the good surroundings in which we can lead our life quietly. Let's make use of our chance now, and then perhaps help further. [Applause]

## **Unveil The Heavenly Eye To Observe The Real World**

**Q:** How can we attain goodness and beauty when everything around us is all dirt? By dirt, I mean progress, factories, automobiles, computers, etc.

**M:** Yes, as I've already said, the world is not real. What we see is just a blurred picture of the Truth; therefore we have to have our Real Eye opened and then we will see quite differently, very differently. For instance, if we happened to be amidst dreadful situations, like in war on the battlefield, then if we have our heavenly eye opened, we could close our physical eyes and see not any war around us, no person's death happening. We see only Heaven around us. That's tough to explain; you must have your own experiences. For instance,

you look into a magical mirror, become fascinated and feel bitterly sorry that your figure has become so bad as in the magical mirror. You then start crying, feeling awfully hurt, and I say, “Look over here, at the other mirror over here! You aren’t that bad. You are like this. Just turn around and look.” But you don’t turn around and look; you are so enraptured by the magical mirror. I just can’t help you, not even tell you to make you see you’re so beautiful, that you’re a born enchanting beauty! [Master laughs. Applause]

**Q:** What kind of light was around Buddha or Jesus?

**M:** Oh! I have it, too! You haven’t seen it yet? [Laughter] Seriously! Yes, have you? Yes, how big? [Audience: a very big beam of light; Master laughs] Very big? Big mass? How much? Three kilograms? [Master & audience laugh.]

The light around Buddha or Jesus, we can all have if our meditation practice reaches the level of Buddha or Jesus. Each one of us can get to that level once we work hard on it, meditate diligently. That’s why I have this light, too. Nothing extraordinary about that. It’s always there. I’m getting used to it, used to carrying it around, and seem to forget that I have anything like it

at all. [Applause]

**Q:** What is actually happening in mentally sick people? Can the spirit become “ill”?

**M:** The spirit cannot become ill, but if we identify ourselves with the illness, the physical body, or with disturbances of the mind, then maybe we suffer. But the spirit can never actually become ill.

And regarding people, who do have disturbed minds, there are quite many reasons. Maybe such a person can no longer bear the burden of our society; he is perhaps too weak. Or maybe he has a strong desire for certain things he cannot possess. There are several reasons. If one is in love and the loved one doesn't love in return, etc., we would become a bit sick too. Quite many reasons. There are people who meditate without a Master; they sometimes meditate and then are overpowered by inner energy that is too strong for them to handle. Therefore, it's sometimes dangerous if one meditates without the guidance of an experienced Teacher or Master.

**Q:** Does Master like the following quotation? “Man

is wise as long as he seeks the Truth. He becomes a fool the moment he thinks he has found it.”

**M:** No, it is not like that. It seems to be so. It looks like that when human beings have found the Truth; they seem to be like children. But not a fool! Not really. [Applause] They appear quite innocent looking, like very simple people, quite normal people. There is no sign at all that they have become great and wise. That’s why people in the Orient say, “The wise only appear as a fool.” But he isn’t really foolish.

**Q:** How does the Roman Catholic Church see and stand on Your teaching? May one take the initiation if one is not sure that he can fulfill the guidelines?

**M:** I’ve been in touch with clergymen and there hasn’t been a problem. I’ve always been reminding people of their inner greatness, of the Heavenly Kingdom. I never encourage people to steal or hurt anyone, or break the laws of our State or do something bad. So I think, not just the Catholic Church or other religious organizations, but all spiritual groups will agree with and support us, because I teach things that are helpful to people. You can take it or leave it. In addition, I don’t charge a penny. It’s all free of cost. I am not a

danger, not a danger for anyone! Thanks. You really understand! God bless you.

As for the guidelines, we're quite weak sometimes, and also are influenced by our environment. When we undertake to do something and then fall, we have to start all over again. That's not a problem. We try again and again till we succeed. Like when we were children once, we tried to walk, but fell down, again got up and walked further, until today, we can run fast. [Master laughs] No problem! God is quite merciful and very understanding. Don't be afraid!

**Q:** Is death predetermined?

**M:** Yes and no. It is so that normally when we must die, we then die, indeed punctually. [Laughter] But once we've practiced a spiritual life, we can postpone it a little. Earlier or later, but not very long, because no practitioner wants to live long. But we can postpone it a little, a few days or a few hours to complete a few things in this world. Yes, that's quite possible.

**Q:** I haven't understood what it means that all bad or evil in this world is illusion.

**M:** Yes, you can't understand that. I couldn't understand it either, but now I can understand because now I see it with the Eyes of Truth. I don't look anymore into the mirror. I look into the mirror when I want, but I turn around if I want to see the true world. I have the choice. And you see only one direction in which you can or want to see, so you don't see the other things. But through the initiation you can see the Truth in steps.

### **Stillness And Quietness Are Our Virtues**

**Q:** How can I reach stillness in thought? How can I come in contact with my Higher Self?

**M:** You'll get it with practice. Once you're still and return to your inner greatness, then day by day, we'll become quiet again because stillness is our quality, and quietness our virtue. We've forgotten that and we're restless because the world around us is restless, and that influences us.

**Q:** Why did God create man?

**M:** That, you can ask Hirm. [Laughter] Right? I know a way, another solution to that. You take the initiation, and after that you ask God directly why He created the world. [Applause]

**Q:** How do You see Your former marriage? Do You still meet Your former husband?

**M:** Ten years, more than ten years, we haven't met. Once he came after me to the Himalayas, and he met me on the road on my birthday. [Master laughs] That was the only time that we met again. And six years after I had left, he married again. Now he has, maybe, a son or two. And I don't know anymore. I am busy; he is also quite busy, maybe. I wouldn't like to disturb his new married life; that's the reason why I don't write to him anymore after his new marriage. It's better that way because he still loves me. I'm afraid that if I write to him again, or inquire, he'll perhaps start remembering our good times and that will introduce an uncomfortable atmosphere for his new wife, and that shouldn't be.

**Q:** Is it necessary to have a Master to attain enlightenment? How do I know if I have the right Master for

me? Why did Buddha require six years for enlightenment?

**M:** It is not necessary to find a Master if you find the way going it all alone. If you've already found the way, and seen the Heavenly light and can hear the Godly Music, then you don't require any Master. [Master chuckles] But if you don't have that yet, then it is better, quicker, and surer, if we learn from a Teacher who has much experience in the matter. It's like when we learn to speak English or German, or learn economic matters, we must have a teacher. It's better that way, and quicker.

And how do you know whether the Master is all right? As I said, you have got to have that inner feeling; pray to God so that you may have an answer. Why did Buddha need six years? I must ask Him too, and then I will give you an answer. Okay? I forgot to ask. [Laughter] We don't need to know why He required six or sixty years. It's not our problem. We only need to know how long it takes till we are able to reach Buddhahood.

**Q:** Why can't we see God?

**M:** God comes in several forms. When God comes, it's like a beam of light, like a hundred or a thousand

suns. And God comes with the music of Heaven. God also comes, sometimes, in human form, in the form of the Master, in the form of the inner Master. Once we have our Third Eye opened, then we can see and we can hear, not just with the ears and eyes, but with our wisdom, with our Self-nature.

## **Death Is Not The End Of Life**

**Q:** Is death not the complete highest level, where one is united with God?

**M:** No, death is not at all the complete highest level. There are people who go to hell and those who go to Heaven after death, and again those who come back to Earth after death. It is not the end of life. But when an enlightened being dies, he goes immediately Home, to the place where we really come from, to our Origin; otherwise, we go to other places. It's not the end. For the enlightened person, there is no death, no real death, but just a change of dress or an entry into a special place. There is no death, no pain, no problems, no hindrance.

**Q:** Can one attain enlightenment in this life, no matter how bad or good he lived?

**M:** It does matter. It's not a "makes-no-difference" thing. God gave us the Ten Commandments. And Hes has given us several rules we're supposed to keep so that we can get Home. We can also lead a lax life, but that hinders our progress in spiritual practice. If we lead a very moral life, we advance very quickly, very fast.

**Q:** What are the essential prerequisites for attaining enlightenment? Can You possibly name the most important?

**M:** Well, first you must find a Master. Second, the initiation. Third, keep God's commandments, and fourth, the vegan diet. And fifth, meditate every day according to the instructions.

**Q:** How can mankind progress at all if life on planet Earth will not be possible anymore? As for instance, if the ozone layer is totally destroyed, and all the plants are wiped out, the basis of all life.

**M:** It isn't that bad. So far we've certainly been

able to progress. And if it's not possible anymore, then we'll see. Right? Don't worry yourself too much. Once we are all spiritually enlightened, then there aren't any impossibilities. We are not facing a dreadful future. It is only dreadful if we don't obey God's voice. That's why all bad things happen on Earth.

**Q:** How does one perceive the inner light?

**M:** As I said, during the initiation you can immediately see it, and hear, too. But we need some time to sit together in a quiet place, so that others don't disturb us, and we needn't talk much.

**Q:** Is it true that the Master remains in us for the rest of our lives?

**M:** Yes! Not just for this life, for all eternity, until you've reached the highest level of Heaven.

**Q:** Is it possible to be “enlightened” and be “normal” at the same time? [Laughter]

**M:** Don't I look normal? [Laughter] To show you that I'm normal -- I'm thirsty! [Master takes a glass and drinks].

**Q:** What happens when we are physically dead?

**M:** Oh, that you'll know when you die. [Laughter] I already explained that there are several possibilities.

**Q:** What is the best that we can do to help the Earth survive?

**M:** Enlightenment! [Laughter]

## **We Deserve Immediate Enlightenment**

**Q:** The expression "immediate enlightenment" perplexes me! Isn't it probably a catchword for the impatient and shouldn't we be practicing some patience? Even Jesus had to go through an arduous path and wasn't immediately enlightened.

**M:** Yes, that was His karma! [Master chuckles]

We have searched here for a very long time until we found this moment! You have searched after Truth for many thousands of years here, maybe. It's not that simple that you find immediate enlightenment. You deserve it. You'll know after your enlightenment that you really deserved it. It's not so simple, but it is so simple, because you are already here, and because I'm here too. [Master laughs] Patience! You already have had patience for a thousand years here, and you could continue to be patient. There are many thousand more years in the future. If one doesn't immediately take enlightenment, then one must return and come back again and again. One doesn't know how long.

**Q:** Is meditation contemplation?

**M:** You can put it that way, too.

**Q:** How could one best combine the spiritual life with the normal life of our surroundings?

**M:** We don't want to combine anything! We don't have to. Spiritual matters belong to a higher life, and

we continue our normal life here like before. There is no conflict.

**Q:** Why do You call Yourself, “The Supreme Master”?

**M:** Well, my Father is the Highest Master and I have Hiers name, like you call yourself Mr. Muller and your daughter will be called Miss Muller. Right? [Applause]

**Q:** Who gave You this title?

**M:** I already said that it’s my Father’s name. [Laughter] Indeed, Hes is The Supreme Master. And I come from Hirm. You too, but you’ve forgotten it. That’s not my fault. [Laughter & Applause]

**Q:** What is Your opinion on extraterrestrial beings?

**M:** Yes, indeed there are. There are other planets that are more civilized than our technical civilization. They exist. They build UFO’s to sell them. [Laughter] Maybe we might be able to buy UFO’s in the super-market in the year 2500. [Laughter]

**Q:** Why is there an increase of souls on Earth?

**M:** Because we are having an advantageous, comfortable life here. It's not just more souls, but rather the spiritual part of minerals or plants evolve until they reach the human level. That's why we see more and more people. And sometimes some come over here from other planets too, but those are not many because we're already overpopulated! [Master & audience laugh.]

**Q:** Can one have more Masters?

**M:** Yes, sure, you can shop around.

**Q:** If not, then why? In the school you can have many professors.

**M:** Yes, right, because the worldly professors don't have scientific knowledge in all branches; therefore, we need so many professors. But in the spiritual world, we don't need that. Just one Master -- He knows everything. We only want to get Home and the Master knows the way well, very well; therefore, we need just one. But as you please, two or three, if you want to

confuse yourself, that's your business. [Laughter] Yes, it creates confusion.

**Q:** I'm enlightened, and found no God [Laughter], and rather got to the realization that no God exists. Is my eyesight bad?

**M:** Maybe you need glasses -- spectacles. Outside, there are many.

**Q:** Is Jesus Christ the highest Being in the Heavenly Spheres?

**M:** Yes, the highest one, but not the only one.

**Q:** How can one harmonize consciousness and unconsciousness and bring them into union?

**M:** They never come into union. Each has its own job.

**Q:** Master, we are out of time.

**M:** Okay, thanks a lot. [Applause] If you're not satisfied with the answers to your questions, or have more questions, please write to me. Then I will answer your questions in a letter. Because we don't have so much time, we must start the initiation right now. Many thanks, and I am quite touched by your love for God and toward me. [Applause] It has been a pleasure.

The End

# **God Gives the Most Beautiful Gift to the People of the World**

Spoken by The Supreme Master Ching Hai

April 29, 1993

Auderghem Culture Center

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(Originally in French)

It is a great honor for me to be here in this renowned city, the unification capital of Europe. We have the Common Market, a symbol of unity and of working together in peace and harmony; we have the United Nations, the agreements between the United States and Russia, etc. Last night, a great Master from Africa sent two of his disciples to visit me, bringing with them the first harvest from their plantation, to invite me to go to Africa. Even though this Master and I have never actually met, he has given me so much love and great appreciation.

The United Nations in Geneva also invited me to give a lecture, and the warmth I received there cannot be described with words from our languages. This invitation is one of the two main reasons for my visit to Europe this year. Another reason is an invitation to exhibit my works of art in Brussels - my paintings

and other artwork at the Gallery Yu I. These invitations symbolize the unification of mankind and the elevation of our spiritual aspect over the material aspect.

There are two sides in human life, one is physical, while the other is spiritual. If we only take care of the physical aspect, it isn't enough. That is why we always feel that something is missing in our life, even though we do not know what it is. The physical side - food, material comfort, and protection - allows the body to function in its physical and mental dimensions. But even with all the care that we give it, our body doesn't last long because it is made of temporary materials, and sometimes it even breaks down. But the spiritual side of our being doesn't need anything. On the contrary, it gives life to physical activities.

### **Perfection is Reached When the Positive and Negative Aspects Are Balanced**

To become a perfect, complete human being, both sides must be connected with one another. This is what we call the positive and the negative sides of creation. When this creative power remains in the positive as-

pect, it is invisible; we cannot see or feel it with our physical organs. This aspect belongs to the Kingdom of God, or Nirvana, and is entirely pure and spiritual. And when this creative power manifests itself and becomes visible, it is what we call the negative aspect. To function, it needs the positive aspect. If we are disconnected from the positive side of our Nature, we are dominated and controlled by the negative side of the universe. This brings us pressure, suffering, and the feeling of being a prisoner, and even if we try very hard to free ourselves, we won't succeed. Just like a prisoner, no matter if he is surrounded with material comfort, he is never happy because for a prisoner, freedom is the only ultimate goal.

Some of us try to free ourselves, like the prisoner, through different ways, but rarely do we succeed because jails are also surrounded by excellent security systems. No one ever manages to escape. But if someone comes with the key, opens the door for them, and guides them toward the exit, then they are certain to be liberated. A Master is someone who has this key. He knows the road to freedom, and if we trust him, we will find this freedom.

What is the most beautiful gift beyond any material offerings? The Quan Yin Method. It is the key that can liberate prisoners of this physical world. Initiation is

the process for opening the prison door, and from that day onward, we are free forever. The guidelines and the vegan diet are a protection, and they guarantee that we won't have to go back to jail. But more important, the greatest help is that of the Master and our sincerity in the practice of the daily meditation that is taught by the Master during initiation. It will elevate us to the highest position in the Kingdom of God.

## **Offer the Most Beautiful Gift to the People of the World**

If we are only connected to the negative side of the creative power, then no matter what we do, we always remain in the negative aspect. That is the reason why all so-called beauty and virtue, according to human standards, are so small compared to the universal measure. Thus, no matter how much we give to the physical and mental worlds, it will never be enough, and there will always be suffering. This has been true since time immemorial. But if we connect ourselves to the highest power, with the positive aspect of the creative power, which is infinite and eternal, no matter whom we help, this person will forever be elevated and away

from suffering. That is why Buddha left His kingdom to find the best way to help mankind. That is why Jesus taught His message, risking His own precious life.

According to the ancient tradition left by men of wisdom, and following the footsteps of great Masters, I am here to present you with a way to reconnect yourselves with the positive force. We will then be able to work with a celestial force, with real wisdom, with true beauty and virtue, instead of working only with our physical and mental power, and only ending up with material success, a limited intelligence and virtue, and the shadow of true beauty. All our efforts to express real beauty and virtue in the outer world are only painful attempts to represent heaven's glory. But if we connect ourselves with the positive power, we will act spontaneously, and all actions will bring blessings and a heavenly atmosphere.

## Questions & Answers

**Q:** Is The Supreme Master Ching Hai the only Master able to give enlightenment?

**M:** No, but that is enough. [Master & audience

laugh.]

**Q:** What is the difference between sincerely praying to Ching Hai to be saved, praying sincerely to Jesus Christ to be saved, and praying sincerely to Buddha to be saved?

**M:** Both have already left, and I am still here. [Applause & Laughter]

**Q:** Master Ching Hai, many people here have had their first taste of nirvana, reading “The Third Eye,” a book written by the Tibetan, T. Lobsang Rampa. What do You think about him? Can the readers consider his work as a valid spiritual reference?

**M:** I am not here to speak about other people. [Applause] If we want to speak about a person, we need to spend a great deal of time to know this person, to be able to explain what is good or not good about him. We cannot speak just like this. We can’t talk too casually about someone else.

**Q:** What is reincarnation?

**M:** Reincarnation is a return cycle. If you have not found an exit leading you to paradise, you must go back. Just like on a freeway, if you cannot find the exit, you must return in order to find it. This is reincarnation.

**Q:** What is the purpose of animals on Earth?

**M:** Animals are here to please us. Many people love cats and dogs in Belgium, no? So you know why they are here, no need to ask me.

**Q:** It is said in the Bible, *Thou shalt not kill*. Aren't eating herbs and vegetables also killing?

**M:** Yes, but in the Bible, God said that He made all the fruit and herbs for us. He said that we could eat them. This is not the same as killing an animal because if you cut a branch of a tree or a vegetable, it will grow into many more branches, and this symbolizes life. But if we want to eat meat, if we cut the head of a cow, three heads will not grow back.

**Q:** How did the world become such a terrible place? I am thinking about wars and all the killing and violence? Why? What happened?

**M:** Because we have created a lot of cause and effect. If we kill too many animals, for instance, we will have to pay the consequences.

**Q:** Why are there different races on the planet?

**M:** Because they are pretty, just like flowers.

**Q:** Do we need to pray and fast like Jesus did to become a Master?

**M:** Many people have prayed like Jesus and they didn't become a Jesus. We need to walk on the road that Jesus walked in order to become a Master. Praying to Him won't do it. If you pray to a doctor, will this help you become a doctor? No, we must study; we must work like him; we must learn with him.

**Q:** If we take the initiation, do we have to follow

Master for a long time, or can we change and stop whenever we want?

**M:** Of course, you can do anything you want, but the consequences will not be the same. You know this, no need to ask such questions. [Master laughs & Audience applauds]

**Q:** How long does the initiation take? Is it done individually?

**M:** Individually and within. But on the outside, one time is enough.

**Q:** Is the Quan Yin Method compatible with orders like the Rosicrucian?

**M:** Of course, you do not need to change your religion. You must only meditate two and a half hours every day, and follow a vegan diet. That's all. You can stay within the Catholic, the Buddhist or any other religion.

**Q:** Are animal beings in the process of becoming human?

**M:** Yes, but it takes a long time.

**Q:** How can we reach enlightenment so quickly when it is said that usually it takes several lives?

**M:** But you already have had many lives, those are enough. [Master laughs] Now is the time to go back Home, you already know. [Applause]

**Q:** So we can, in one life, be liberated from reincarnation?

**M:** In one life, yes, it is possible with God's grace and with an experienced guide who knows the road to bring us back quickly. If not, you are lost, and then it takes a long time.

**Q:** According to You, what can we expect after our physical death, with or without enlightenment?

**M:** If you have reached enlightenment while you are alive, you will always have it. If you are not en-

lightened now, when you die, you are also not enlightened.

**Q:** What do You mean by psychic healing?

**M:** Psychic healing and enlightenment are two different things.

**Q:** If someone uses his hands to heal naturally with a method called Reiki, is this acceptable?

**M:** If you want to be fully enlightened, you must not interfere with other people's karma. By doing this, you will lose your spiritual force and will remain in the physical side.

**Q:** Traditional teachings insist on the fact that in giving the same message to Westerners and Easterners, one takes the risk of failing in conveying that message. Can a message be taught both to people from the West, as well as people from the East? Can Your teaching be given both to the people from the East and to the people from the West?

**M:** There are no East and West. There are only the wisdom and the Soul. And wisdom and Soul have no odor, no race. I only talk to your wisdom, and not to your physical appearance. I only speak to the greatness within you, and not to the small differences between people. I talk to your soul within you, and not to the insignificant details, cultural differences. These are only the habits of people of different regions, and none of them is important.

**Q:** Do animals have a soul?

**M:** Yes, but it is not very developed.

**Q:** Can we get in touch with animals that we loved in this life on other planes of existence?

**M:** Oh, my God! I suggest you find another one on the street, in a shop. It is quicker and more practical. [Applause]

**Q:** Master, will You have a chance to visit the countries of Eastern Europe and when do You plan to go to Poland? I ask this from the bottom of my heart.

**M:** We have to see what is God's will. I have nothing to decide.

**Q:** Can we eat fish when we practice the Quan Yin Method?

**M:** No, you cannot eat fish because a fish is not a vegetable. [Laughter & applause.]

**Q:** What caused me to be born in my family?

**M:** You have affinities with your family; that is why.

**Q:** Are young children purer than adults?

**M:** Yes, it is true.

**Q:** I had an out-of-body experience. Is there a method to achieve this easily?

**M:** Yes, the Quan Yin Method.

**Q:** Do we risk being possessed by bad spirits when we meditate? How can we protect ourselves from them?

**M:** Sometimes, if our Master is not experienced in this field, it can happen; it is dangerous.

**Q:** Is it true to think that God started to exist when man started to search for a truth outside of himself, and when man felt the need to pray?

**M:** Of course, God existed before man, and when he felt separated from God, he started to pray because he felt the suffering caused by this separation.

**Q:** If man were to disappear, would God disappear with him? What do You think about that?

**M:** What do you want? [Laughter] What kind of question is this? It is good if everything were to disappear because I would have no more work to do,

[Laughter] and I would disappear also. [Master laughs]

## **Sincere Praying Is Better Than the Outer Ceremony**

**Q:** Are we right to think that a man without conscience, that is, a man that doesn't pray or worship God is a primitive man?

**M:** There are many kinds of prayers. Sometimes people pray inside, not having to go to a church, and we cannot say this is not praying. We have to know the man from inside, not from the outside. There are some people who go to church that are not as sincere as a person who stays home, takes care of his family, and prays to God in his heart.

**Q:** How can we help children from being contaminated by modern life C- television, drugs, laziness, arrogance, etc., and respect, at the same time, their so-called freedom of choice?

**M:** You can help them by selecting for them what is best on television and from their environment. They

can also have the freedom to watch television, but not the freedom to choose bad programs. Freedom is not always the best thing for children who have not yet enough intelligence to choose. When they grow up, you can give them more freedom. But above all, if you lead a life of virtue, goodness, and beauty, you will be an example for your children to follow.

**Q:** I do not believe in God but I believe in science. Why can't we have adultery when we are enlightened?  
[Laughter]

**M:** It is not that I forbid you. It is your neighbor that does not like you! If you have an affair with your neighbor's wife, he is going to be the unhappy one, not me. [Applause & Laughter] To be enlightened doesn't mean that we can create suffering for others because we have a choice. It isn't a ban, but rather a kind of mutual protection for the people around us. And what we do not want others to do to us, we do not do to others.

**Q:** Many religious celebrations started with the killing of a lamb, a goat, etc., during the time of Jesus and His disciples. I think it is horrible.

**M:** It is because they misunderstood the teaching of Masters like Jesus, Buddha or Mohammed. So the answer is enlightenment and a nonviolent life; live and let live.

**Q:** Master, what do You think about the atrocious war in Yugoslavia?

**M:** There is war in many other countries as well. These countries have to suffer from the cause of too much killing of other beings. Sometimes, by killing each other as humans in some other previous lives, when we come back for this life, we are born in a country where there are war and suffering. That is why it is said in the Bible, *As you sow, so shall you reap*, [Gal 6:7] and it is also mentioned in the Buddhist scriptures.

**Q:** When meditating, if you find yourself as if you were on the ceiling, what should you do next?

**M:** Go through the ceiling! [Applause]

**Q:** What is meditation? I haven't gotten anything

so far.

**M:** There are many kinds of meditation. You have to choose what is suitable for you. According to my experience with different meditation methods, the heavenly method, the Quan Yin Method, on the inner light and music, is the best, the quickest, and the safest. So, you can try it.

**Q:** Master, I received initiation in the sound and the light of God from a perfect Master, but I did not have the expected experience. Could I ask for a second initiation, to have an inner vision of God, without denying my other Master? What I am looking for is my own experience of Your teaching. I came for the initiation.

**M:** Of course, yes. There is no problem. You are welcome

**Q:** Where can we meditate?

**M:** Anywhere. In a park, in a garden, on a bus, on a plane, but not when you drive a car! You should not!  
[Laughter]

There are two kinds of meditation. One is on the inner light, and you can meditate anywhere. The other is on the heavenly music, and in that case you should meditate in private. It is better. I will explain everything during initiation.

**Q:** Isn't the killing of animals necessary to preserve the ecological balance?

**M:** Why? There are many things we do not kill and they are also balanced. In this case, we should also kill human beings to achieve a balance. Yes? Same logic. In some countries there are too many people, hungry people, and the economy is not good. Should we kill them in order to find a balance? Killing is never good. God said revenge belongs to Hirm.

**Q:** Do You have a solution to end aggressiveness and violence?

**M:** No, I don't have it. You have! Everyone has this ability. If we stop killing animals, if we stop all violent acts, the world will become a paradise. It is not only my responsibility. It is everyone's responsibility. Don't you think? [Audience: "Yes" & Applause] Because if a

Master, any Master could do it, Jesus would have done it already; Buddha would have done it a long time ago. You can't expect this from me, a little woman, with no power, nothing.

**Q:** Some people reach enlightenment without the help of a Master. With all due respect, is it necessary to follow a Master to be enlightened?

**M:** If you can do it, it is fine, but it is almost impossible. Up to now no one has succeeded, only maybe up to a certain level, but not higher. [Applause]

**Q:** Is enlightenment contagious? If a person has reached enlightenment, will he be able to spread the benefits to others?

**M:** Yes, but the effect is not complete. Each one has to find enlightenment for himself.

**Q:** How do You explain injustice in the world?

**M:** It is karma, *As you sow, so shall you reap.* [Gal

6:7] Maybe we have created injustice in other lives. But it is also the collective energy of the world, the whole population, that creates some unfair and some unjust events in the world, and sometimes we are affected by it.

**Q:** You give us great pleasure. What can we give You?

**M:** Nothing. I bring enlightenment, the best gift, and if you like it, it is free of charge. You cannot ask for anything better than that. Everything else is ephemeral. Enlightenment will bring everything that you want, the peace, the happiness that money cannot buy, the power to save people from hell and bring them to Heaven. This, nothing in the material world can offer. Your country is stable economically. We do not need to bring you any money or any material gifts. Is that not so?

### **Be Sincere to Awaken the Supreme Master Within Us**

**Q:** What is the relationship between You and sin-

cerity? It was said that we have to be sincere to be able to receive initiation.

**M:** No, within yourself. If we are sincere, the Supreme Master within ourselves will be awakened, and then we will have the benefit of finding ourselves. The Supreme Master is God within us, in our temple, and God is not mocked. We have to be sincere with God, not with me; I am only the guide. I show you where God is. If you look in that direction, you will find Hirm, but you have to sincerely want to reach that destination.

**Q:** What, in Your opinion, is man's greatest strength?

**M:** That is our true Self, the omnipresent power. When we rediscover this power completely, we realize that we are the Supreme Master ourselves; we are one with God, one with the Supreme Master. And whatever we do, whatever we think, it is the Supreme Master that does it. With this power, we can be anywhere, in an instant; we can rescue people from hell; we can bring them to Heaven; we can liberate anyone that comes to us. We can be in thousands, millions, of places, or we can be in Heaven and hell at the same time. There are billions of things that we can do in one second, at the

same time.

**Q:** I read Your book with great interest. You mentioned that we cannot eat fish and eggs. I love pastries. What a dilemma!

**M:** You can find pastry without eggs, or you can cook it yourself. I, too, love pastries. I prepare them myself without eggs, or I buy the pastries that haven't the eggs. There are many things you can eat. Do not worry. This person, the professor, all are vegan and they are still alive! [Master points to the M.C.] She likes pastries very much, the chocolate ones.

**Q:** I believe that to reach inner awakening, one needs to have reached a certain level of inner wisdom and be ready to accept inner happiness. What do You think?

**M:** This comes after enlightenment. On the contrary, it is because we are not enlightened inside that we do not have peace and happiness. All the happiness in this world is ephemeral, but the inner happiness that comes after initiation, after enlightenment, is eternal.

**Q:** What is enlightenment on a physiological level?

**M:** Not much, but we will feel as if a mountain has fallen from our shoulders. Many of the illnesses, mental and physical, will also depart, and we will find ourselves suffering less at the physical level.

**Q:** What does the relationship between Master and disciple bring in the search for enlightenment?

**M:** It is just like in any other science, we need a guide, a teacher. The road to Heaven is long and hazardous. If someone already knows the road and takes us, it is safer and quicker. And the guide helps us a lot when we are in trouble, because when we meditate, we tap into the power within, and sometimes this power is incredible. If we do not know how to handle it, we may experience some kind of mental disarrangement.

**Q:** What will happen if I accidentally step on tiny insects or animals?

**M:** You are very kind. It isn't serious, because when you breathe, you also kill many insects; the same when we eat vegetables, but we cannot avoid it. We

try not to kill on purpose because of our love for all beings. What we cannot help, we cannot help.

**Q:** What is Paradise?

**M:** You come to the initiation and you will know, because it isn't easy to describe Paradise in our worldly language. It is a state of very well-being, of intelligence, of love, and kindness in action, not just speaking about it.

**Q:** Is man the highest being in the creation, or will there be other levels of beings?

**M:** Yes, man is the superior or supreme creature because man has the supreme power inside. But we have to discover it to be superior. It is just like we have a great treasure within our house and we don't know how to use it, then we are still very poor.

**Q:** Is man a link between animals and superior beings?

**M:** We are superior, even higher than angels, but only when we discover this superiority inside us.

**Q:** Will there be someone that can help us with meditation after You go back to Formosa?

**M:** Our relationship is inside. It doesn't matter where you are, the Master knows. And whatever you want, help will come to you automatically, without the Master being present.

But to help with basic problems in the beginning, I will leave someone with basic experience whom you can contact in Belgium. There must be some address somewhere in the book. [News Magazine] If not, you can ask outside at the information desk.

**Q:** Is drinking wine once in a while and smoking compatible with Your method?

**M:** There is nonalcoholic wine. Yes, there are many nonalcoholic wines, nonalcoholic champagnes, nonalcoholic beer. I drink nonalcoholic beer and champagne. You can find some.

**Q:** Are there various levels of enlightenment?

**M:** Yes, there are seven levels.

### **Enlightened Master Is In This World To Bless the World**

**Q:** Buddha and Jesus left. They did what they could, and the world is still as it was. Do You expect to do anything better?

**M:** Buddha's enlightenment was not the whole world's enlightenment. He has given the way of enlightenment to a number of disciples while He was alive, the same with Jesus, and the highest disciples passed the knowledge of enlightenment to the future generation. But the number of disciples is always very limited; the same is true with every other Master. Therefore, the world will not profit on a grand scale. But their presence, of course, blessed the world and elevated our consciousness. That is why our world is much better than before. Yes, much better.

**Q:** What is the goal of man through religion?

**M:** Our religions teach us that we have to be virtuous and good persons on Earth, and at the same time, we have to find Heaven within us. Most of us maybe only believe in a religion to be a good person, but we have not found the Kingdom of God within. So we have only assimilated half of the teaching of any religion. Only when we have found the light and the teaching of God inside, then are we completely religious.

**Q:** Is nirvana really the final goal of our spiritual path? If it is, it means that life ends when we reach “nirvana.” Does this make sense?

**M:** It is just a way of saying, so that we have something to compare with; otherwise, the supreme wisdom is infinite. When we reach the so-called “nirvana,” we don’t have the sense of being stopped there. Otherwise, we would feel like we were in prison again, imprisoned in nirvana. There is no sense of limitation, no sense of nirvana either.

**Q:** According to You, what happens to a person that commits suicide? What’s the difference between

those who die naturally?

**M:** There is a big difference. Most people who commit suicide are in a state of very low consciousness and great depression because the pressure of the world is too much on them. So when we die in this state of consciousness, we remain like this for a long time. This is not good for our soul because if you are so depressed that you want to die, you want to get rid of the depression. But because of that, you stay depressed for a long time. It is horrible!

**Q:** Master, does enlightenment stop the process of reincarnation?

**M:** Yes, if you are studying with a perfect Master who knows all the way to Heaven, because enlightenment has many stages. If you only reach the second stage for example, and you do not have a Master who is also inside to teach you to go higher, then you have to come back. A perfect Master is a Master who has experienced all the levels of consciousness. Wherever you rest or wherever you happen to find yourself, the Master is there also. The Master is omnipresent, so He can help you where you are and bring you up. Otherwise, if you find some enlightenment yourself or with

an inferior master, you will have to come back together with your master because he must also reach the highest level.

**Q:** Can a vegetarian eat cheese or milk?

**M:** Yes, of course.

**Q:** How do You teach Your disciples to relate to nature?

**M:** We respect nature. We respect the environment. We do not destroy trees and forests or vegetation at random. And in many of our Centers, we plant trees and flowers to beautify the environment. And because we love nature, we do not eat animals.

**Q:** How do You explain rape, cancer and accidents?

**M:** Karma, cause and effect, *As you sow, so shall you reap*. [Gal 6:7] We do not see very far into the past and that is why we blame the present. But there is nothing that happens without a cause, even though some-

times this is not entirely our fault. This world is very sad. That's why we have to find the way out. It is just like if you always drive your car on the highway, and if you do not find the way to the exit, sometimes your car may run out of gas, or you can have an accident because someone ran into you.

**Q:** Why do we have so much bad luck and difficulties? Is it arranged by God?

**M:** No, it is because we live in this world and there are action and reaction. We create an individual cause and effect, and also we have a collective effect from the whole society and all the bad atmosphere. Bad energy creates accidents, catastrophes, disasters, illnesses, etc. Bad energy comes from our bad thoughts, bad actions, and bad speech. Everything carries energy; good action generates good energy. Therefore, we have to be pure in speech, in action, and in thinking. That is why we suggest the Five Guidelines and the vegan diet to purify our environment.

**Q:** How should we meditate?

**M:** We will teach you during initiation.

**Q:** What can we do against wickedness, people's jealousy?

**M:** Pray to God that they get enlightened quickly so that they won't bother you again. That is the best way to get rid of the enemy, and you meditate.

**Q:** How can we gain peace and face death?

**M:** We meditate, and we die every day, then we are not afraid of death anymore. When we meditate, we can die for a while; we go to Paradise, have a look, go shopping, and come back. Dying is not a big deal, just like stepping from this room to that room. If we have a clear conscience, we have nothing to fear.

**Q:** I have not been a vegan up to now, can I still ask for initiation?

**M:** Yes, you only need to be vegan from today. When I am here, you can get initiation immediately. If I am not here and there is a representative, then you will have to be a vegan for three months. So take your opportunity.

**Q:** Why is it that good methods like the Quan Yin Method are not very well known in the world since ancient times up to today? We have not heard about this method. This is the first time.

**M:** There are many things that you have not heard about, not just the Quan Yin Method. You don't know everything in this world, so it is not a surprise. This Method is very ancient, and the lineage has been unbroken from one country to the next, from one Master to another. If we are not interested in this kind of direction, sometimes we never know about it. For example, I came to Belgium and my disciples have put announcements on the radio and in the newspapers, and put posters everywhere to introduce to you the Quan Yin Method. But how many people came today? Not the whole Belgium! The rest of the people in Belgium will never know what I am talking about, what the Quan Yin Method is. Even though I am right here at their doors.

**Q:** Master, is it necessary or preferable to be celibate in order to reach enlightenment? Thank You for Your humility and Your humor.

**M:** No, you are celibate if no one wants you. Oth-

erwise, if you love someone, and someone loves you, it is also an expression of God, an aspect of divine love. If you love each other and help each other in your spiritual path, it is very fine. If we stop all marriages, I do not know how Masters can come to this world again.

**Q:** In what way does Your method differ from other techniques to reach enlightenment?

**M:** Because we offer immediate enlightenment, the proof, and you will retain this all your life. You will always progress and you will know it. Maybe you don't have much with other methods, and it can take you many years to get very little.

**Q:** Why is it necessary to be initiated to learn this Method, instead of simply presenting it to the public, openly, to everyone?

**M:** Yes, I present it to the public, openly to everyone.

**Q:** Why the initiation? What's the process of initi-

ation?

**M:** Yes, initiation is for the public, not for me alone, in secret. Everyone can come. It's open. Did I say that some people could come and others couldn't? We say "initiation" because we only invite those who want to. If I stand on the street and teach to everyone, someone may come, beat me, and say, "I do not need you here! I don't want this." So we have to give people a choice. If you want, you come, and those who don't want, they can leave. This is why we call it "initiation." It is no secret.

**Q:** What does enlightenment represent? How does it relate to peace and justice?

**M:** This is too intellectual! I do not know how to answer this question.

Enlightenment is enlightenment. It helps us to get out of the world of ignorance and to go back where we belong, to the glory of the Kingdom of God. You cannot say that it represents anything. It is just like an expression in the worldly language.

**Q:** I have never been initiated up to now, but I do believe in Your teaching. If I have some difficulties in my life, will Your power help me?

**M:** Sure, but helping yourself is the best. The money that you earn, you can spend at liberty, whereas the money borrowed from someone else is limited. Also, you feel ashamed to borrow all the time.

**Q:** Could You explain someone levitating during a deep meditation?

**M:** It is no big deal! We elevate our soul; it is better than our physical body. When I am on an airplane, I am also elevated. [Applause]

**Q:** When hungry mosquitoes carrying malaria attack us and we don't have any other way to avoid them, what can we do, kill or be killed?

**M:** Use mosquito nets or some kind of preparation according to the situation. It is easy.

**Q:** Dear Master, my husband passed away and sometimes I see him in my dreams as if he were still alive. I wanted to know if there is life after death, and can we live happily in another world after death?

**M:** Some of our disciples also see their relatives because we can go to the world where they reside at the moment. After initiation, five generations in your family will also be liberated. If we follow the instructions of the Master, sometimes we will see them coming back to thank us.

**Q:** Why would a child have to die when he is so pure?

**M:** Because he doesn't need to live anymore. Maybe he went to Heaven; it is even purer. Sometimes, we have some work to do. For example, I have to stay here only three or four days, because this is the time I need to finish my work here. So I come only for four days, and if I need to come again, I will come again. I don't always have to stay here like the Belgian people. Similarly, some souls have little to do with this physical world, so they come for a while and they go. They have sometimes a little karma to take from their parents, and then they have to leave.

**Q:** Dear Master, I have been initiated in the Reiki natural method of healing. Can I be initiated in the Quan Yin Method?

**M:** You can, but maybe it is better to just practice one thing at a time. If you prefer Reiki, then you stay with it and if you want to practice a little higher, then you come. Spiritual life doesn't consist of healing alone, and healing is only a part of our power. If we always cling to one part, then we forget the rest. Those who meditate with the Quan Yin Method also have healing power but it goes without using a hand; it goes regardless of distance. You can heal people in America, in France, in other places at the same time, while you are staying in Belgium. This is the healing ability of a Master who is omnipresent. We do not need to be physically present. This is more complete. We can only achieve this when we let go of this corner of power.

**Q:** What was Your training? How did You gain Your wisdom?

**M:** It is in the book. [Refers to *The Key to Immediate Enlightenment*.]

**Q:** I have always helped people during my life and I will continue, but why do I meet so many bad people? They are negative and I am so positive?

**M:** Yes, that is a misfortune. So then, you come for enlightenment and you will be among the positive people. They have the same ideal, the same direction. Maybe when you are with the negative people again, you will be able to change them with your power.

Okay, time is up. They want to throw me out.  
[Laughter] See you at the initiation, if you come.

Good night. Bless you. I wish you a good evening and good dreams. Thanks for all. Thank you.

The End

## **Escape the Vicious Cycle of Reincarnation:**

The Supreme Master Ching Hai Speaks  
With Journalist

April 30, 1993  
Master's Residence  
Munich, Germany  
(Originally in German)

Master. Hello! How are you?

Journalist. Fine!

**M:** Did you get something to drink, yes? Well then, what are your questions?

**J:** What is an enlightened Master?

**M:** Do you mean, "What does enlightenment mean?"

**J:** Yes.

**M:** Enlightenment means to awaken the light that you already have inside. We have this light in us. In

Christianity, it is called the “Kingdom of God.” We already have it within us, and the remarkable thing is that we do not know anything about it. And every day we go around doing our work, or our housework, we earn money, or take care of the children, and we don’t even know that we have this greatness within us. And when we discover it, it doesn’t matter how little or how much; that is enlightenment.

Enlightenment means “light.” And when we re-discover God’s Light in us, then we have rediscovered enlightenment. With this so-called enlightenment, you find within yourself much greater clarity and security. You have new ideas and many other experiences. Problems and questions clear up completely on their own.

**J:** A lot of people — I guess, people who do not know much about it, say that they do not have time for such things because they have enough problems, enough suffering and worries, and therefore no time for meditation.

**M:** Well, then I have nothing to say, right? We always have problems. That is precisely why we must find solutions. And with enlightenment, we keep finding relief for all of our worries and problems that we

can normally not solve satisfactorily with “normal” thoughts. But if they are not interested, that is also all right. We make ourselves available on a volunteer basis, if they are interested. We are not interested in forcing anyone or influencing them though some kind of special power.

**J:** The method promises instant enlightenment?

**M:** Yes, directly.

**J:** Directly?

**M:** Yes, directly, because we already have it within. We just have to, (like we have electricity in the house and know where the light switch is), turn it on and then we have light immediately. You do not need a miracle for that. It’s no problem. We have the Kingdom of God in us.

**J:** What is the trick? Okay, not a trick, but why don’t other masters know this light switch?

**M:** Oh, that's experience, something you learn about. Just like every science in this world, we have to learn it, to master ourselves, to master a subject. After high school graduation, we can go on and learn more. Doctors can't, for example, operate on patients or such. But after they have learned how and practiced seven years or so, then they can. It's the exact same with spiritual matters. Practice makes perfect. You, too, can become a master, everyone can. When we study something and take the time to practice, we can slowly become masters.

**J:** What kind of practice?

**M:** First you must look for someone who has experimented in this direction and has gained experience. We call such a person, "master" or "teacher." From that person, we can learn the way, the technique. And after that, we practice maybe two to three hours daily. To play the piano or to study English or German, we also must practice two to three hours daily, right? So we also practice every day for two or three hours and then we reach it in stages.

## What is the Quan Yin Method?

**J:** And what is the practice in the Quan Yin Method?

**M:** It's called Quan Yin because I started in China. It has not been translated yet. Quan Yin means observation of the inner sound, the heavenly music that cannot be heard with the normal ear. For that, you need the master's help to bring forth again this inner, special ability.

We need no eyes and can still see. We need no ears and can still hear. Because these things are not of this world, you need other instruments, other organs, for it. Our soul, our true Self, does not need physical eyes to see Heaven and does not need physical ears to enter into contact with the heavenly music. That is the invisible realm of God, invisible for our physical organs.

**J:** I wanted to know if Quan Yin is something like the Mother of God?

**M:** Yes, in Buddhist society we have a Mother of God, a divine Mother whose name is Quan Yin Bodhi-

sattva. But that has nothing to do with this here. That Goddess, though, did practice the Quan Yin Method while she was alive. “Quan Yin” means to contemplate through the inner sound, the inner music, and the people also called her (the Goddess) Quan Yin because she practiced that. She also learned and practiced it. The Buddha Himself, in His writings, also said that all the saints must practice this Method in order to completely reach sainthood. It happens also in levels.

## **Master Describes the Levels of Enlightenment**

**J:** What levels are there then?

**M:** There are five levels, until you “graduate,” not counting our earthly dimension, but a little higher. Then you reach the master level, but it continues further, like, for example, you maybe graduate from high school and then want to study medicine. But then you can still go on and improve yourself by continuing to practice every day and gaining more and more experience.

**J:** Are the levels connected to enlightenment, to liberation from physical, emotional problems? Tell about that.

**M:** Yes, yes, a lot is cleared up. We are released from a lot of complicated memories and invisible problems in the area. With enlightenment, you naturally feel lighter and better.

**J:** And do the sounds also change with these levels? Do the sounds have certain qualities?

**M:** Yes, when you reach a certain level, there are certain kinds of melodies. For example, there are here in our world natural sounds and noises like the wind, rain, birds singing, all of these things. Somewhat higher, there are similar things, but it cannot be heard with the ear. Still higher, you hear something else again and so on - always different up to the fifth level. And then you can still continue to hear.

**J:** And does that which one hears contain certain information?

**M:** Yes, not as language but rather as intuition. It might be, for example, that when you practice the sound meditation, you suddenly get new ideas or answers to questions or problems every day. We gain a great deal of clarity about all the problems and ques-

tions of our life, and we no longer need to read books or look to the teacher and ask. Then we are already this “Supreme Master,” our true Self because we are made in God’s image. We have God within. It also says so in the Bible, but we do not know Hirm because we have forgotten how to discover Hirm. Every day we are busy with our work, with our problems, and we forget how great we are. Enlightenment is the rediscovery of our Truth, our true Self.

### **Does Collective Karma Exist?**

**J:** I have another question. You come from Au Lac and Germany. Is there such a thing as national or group karma? Is there such a thing for a nationality like the Germans and the Aulacese?

**M:** Yes, the Aulacese who now come here were perhaps Germans earlier. We don’t know very well. We can, however, go back to the past, inside, and perhaps investigate better, but that is not very important. We live at this point in time, here and now, in the present, and it is better like that. In the present we have enough problems.

**J:** What about the present time? I read a lot about the apocalypse and predicting the future, about great changes occurring up to the year 2011 and so on, radical changes. A lot of people are afraid, and there's a lot of speculation.

**M:** Yes, they should not be afraid. If the world ends, even if we are afraid, it makes no difference. It won't change anything, so it's better if you keep on slowly every day. But I think that now our world is getting better all the time. A lot of political conflicts have been resolved and the atmosphere of the world is better than before. There are not as many threats anymore, for example, as with the atom bomb or similar things that are deadly and dangerous and could destroy the world in a second. Today we have a little more safety. Anyway we cannot leave this universe; we always stay here. If we no longer have this world, then we will have another one. There are so many planets. We need not be afraid. Life here is just a short experience and death is also just a change, like when you leave one room and go into another. There's no problem.

For us, this meditation every day on the sound and light means dying again and again. We die several times a day and then keep coming back. When we go

to Heaven to look around there or such things, then we die in that moment. But we still have a connection to our body, and that's why we come back. And when we really die, this connection is cut, and then we do not come back, or we come in another body — so also no problem. We can die every day and rise again. That's not bad. The body is just like a house; we can come and go if we know how. It takes practice.

## **All Religions Are Fundamentally the Same**

**J:** What I find wonderful and new is that you often speak of Buddha and Christ at the same time. I was with different schools and masters and there were always people, and there are still people who say, “No, in Buddhism there is no God, no Creator, and no Paradise.” There it is called Pure Lands and Clear Space. And in Christianity, they say, “Buddha isn't God, but rather . . .” For my understanding it was always very important for all religions to come together and I find that very strongly emphasized in your work.

**M:** Yes, because I have very clearly seen that all religions are fundamentally the same. Many different theories have developed because the masters were born

in different lands and in different times. Take India as an example. Buddha perhaps had to say some things a little differently from Jesus. The Indians know so much about karma, reincarnation, and so on, and that's why Buddha had to continue to explain that. But in other countries, they know nothing at all about karma, and so they do not need to hear about it. That's also not important. When you find a Master, then you do not need to come back to Earth or to any other lower level. That's why we do not need to learn about the karma theory.

**J:** Today?

**M:** It's not necessary, even today. When you find a Master, then it's forever changed — the vicious circle of reincarnation. If you know about the karma theory, that's okay. And if not, that's also okay. When, for example, I am in a country in the East, then I talk a lot about Buddha and so on. But when I am in a Christian country, for example France, then I hardly speak of Buddha but I talk about the Kingdom of God. That's the same: nirvana or the Kingdom of God. When you have found within yourself the inner peace for always, then that is nirvana or the Kingdom of God. Only the names are different, but the meaning is the same.

**J:** And does it look the same or . . . ?

**M:** It looks exactly the same!

**J:** Do the Buddhists have different furnishings than the Christians?

**M:** There are different so-called “paradises,” in the levels, as I have already said. There are five levels of enlightenment. It depends on which level you have reached; there are different surroundings, atmospheres, and views. The first level is not as beautiful as the second and the last is called nirvana in Buddhism and the Kingdom of God in Christianity. And within this highest level is paradise. You also find it in Buddhism.

And if you study Christianity very carefully, you will find references here and there to the various levels; for example, in the Bible, I don't know where exactly, I think in John, as he was raised into the second Heaven, he heard trumpets. And in the same way, we can now experience that through initiation. And when you reach the second level, then you also hear the trumpets. There are more, not just trumpets. Trumpets are a kind of heavenly sound that means the second level of our enlightenment. There are also then the third, the fourth, and so on.

**J:** And are there trumpets in the second level of Buddhism?

**M:** Buddha didn't say as such that it was the second level. But there is a sutra, a holy book, the so-called "Lotus Sutra," in which Buddha explains that when using the right method, one hears trumpets, many waters, and so on. The Bible also states that when God spoke, His sound was like thunder or many waters, the sound of the ocean or trumpets, or when God appeared to the saints, He appeared like a large flame.

In Buddhism, it is just the same or similar. Two masters need not say exactly the same thing. Everyone has his own way of expressing himself. But when we are enlightened, we see this clearly; it's no problem. It's no problem for me, but we can see Buddha and Christ and ask them directly.

**J:** I was just going to ask that: What about asking directly? Can we?

**M:** Yes, we can!

**J:** Is it also like praying?

**M:** One can also pray. When we see Christ inside with the third eye, (that's what it says in the Bible), then our body will be full of light. And when we see with the third eye, when we reach this high level where Jesus now is, then we can also see Him and talk to Him and ask Him questions and receive answers directly.

**J:** And can anyone go directly there?

**M:** Anyone, but at different times. You start at different levels at the initiation. For example, all receive the same initiation, but everyone will reach a different level during it, although you are sitting next to each other. The Master does not teach you with words, but it is an inner initiation. The inner soul teaches the inner soul. It does not occur through the apparatus of our computer brain, but at a higher level. That's why the Master also sees which disciple is at which level and gives the corresponding teaching. And what one person sees, no one else knows about, even if he is sitting next to him or is married to him or a blood relative. These things mean nothing; everyone is here for themselves.

**J:** Do they have something to do with the past life?

**M:** Yes, among other things. And the present life also has an influence.

**J:** The present life too?

**M:** Yes, because we have free will. We can always choose. Sometimes we do not listen to our inner voice. We listen only to our reasoning, our habits.

**J:** Yes, our habitual way of thinking.

**M:** Yes, we have absorbed so much and then it comes out later; for example, as a child you saw another child that was not very good get hit by its mother. You experienced it so often that when you are an adult and your children aren't good, you will also hit them, although you know that it isn't right. But your computer (subconscious) recorded the behavior like a machine and then reproduces it. That's why we sometimes choose the wrong direction and we are a little separated from God, from our natural origin. But when we notice it and want to go back, then it is never too late.

**J:** Never too late?

**M:** Never too late! That's why we can always find enlightenment immediately.

**J:** What I notice, when I speak or do a report about such topics, is that such words as faith, trust, hope, love, do not offer anything scientific. To have faith in something or to have hope is today not modern.

**M:** Yes, for sure, because we have not seen!

**J:** Either we have to be able to verify something, or weigh it, or cut it up, or do something else to it. And then it is in our thinking pattern.

**M:** Yes, when people have not seen God, then you

cannot scold them for not believing. But with us, they see and then they believe. It is better like that because people today cannot just believe blindly anymore like before. People today are more intelligent and more economically developed. You cannot just believe in what you do not see.

We are not like children any longer who just believe; it's not that easy anymore. That's why we offer this opportunity, that we see first and then believe. Or you believe, you see, and continue to believe; that's also good. When you see, then you believe more firmly, or if you before did not believe, now you see and you believe. It is very difficult for us to believe in God when we have not seen Him. That is difficult.

**J:** That's difficult. I think Buddha said spirit cannot see spirit, cannot see itself, just as I cannot see my own eye.

**M:** Yes, but we can see it through a reflection.

**J:** Through a mirror?

**M:** Yes, and the light and the music are there so that we recognize our qualities. And later we will recognize ourselves. Then we do not need all that anymore and everything becomes clear. For me it is very clear, but in our language it is very difficult to express

this Truth. It is as clear for us as the sun. We don't need to explain it at all.

**J:** Why is this knowledge so hidden?

**M:** Yes, because that's the way it is. It's very easy.

**J:** It is too easy?

**M:** Too easy. When you have loved someone, then you know this for sure. Other people know or don't know. It's no problem for you. But you know very clearly, that you, for example, only love this woman and no one else. And this feeling is very clear and the woman also knows it. Both of you know it for sure. But it is difficult to explain it, very difficult. You enjoy only. After a while you tell other people that they should fall in love, then they will know what it is like. And I say the same: Get enlightenment and then you know!

These things are very abstract and far away, not like a banana or a melon that we can reach with our physical organs. For me, it is so clear that we need not discuss it, need not doubt, because God is there! It's truly so! You don't even need to call Him God - that's also okay. He is an omnipresent love. This power is everywhere, this vital energy, which makes us always happier, protects us, and answers to all. It gives us complete satisfaction.

**J:** And needs no name, no form?

**M:** No name -nothing! What kind of name?! There are and have been so many names: Shiva, Krishna, Buddha, Allah, Jehovah, Rama, so many names — 1001 names. We do not need to give yet another one. That's the way it is! We are godly, loving, and have so many wonderful qualities that we can rediscover. And we are always satisfied in every way — always satisfied, at peace forever, that's the end. It's good like that.

Sometimes in this life we have a lot of money and a higher position, but we are not happy. We are always missing something and we don't know why. That's why we run after women, fame, position, and we are never satisfied because we still do not have the true contentment from the Kingdom of God. The Kingdom of God is just another name again, but a name is empty without our own experience.

**J:** A clear sign, a sure sign, is then that one must be content?

**M:** Yes, - love and contentment. When you are content, you can love others and forgive others because it doesn't matter to us what happens. It's like that when "the Kingdom of God is within you!" And everyone can find that for themselves. Everyone, because we

have that within us; we were born with it. But if we do not discover it, then it is not there. We sleep and we suffer all the time. Like a man who has a great treasure but does not know where and does not have a key to it. And so he always remains poor, is always poor, is without money and must perhaps clean the street or drive a taxi or such to earn his money. And all the time, he has behind him or under him a great treasure!

**J:** What is the key?

**M:** St. Peter has the key and he gave it to me to open the door wider for the people who are ready to come Home. There are many people who are not ready yet to leave the kingdom of Earth. For them, the Earth and the things here are what they need. They cannot imagine that there is anything else, something better. It's like fruit when it is ripe, then it falls to the ground. It is very easy. That's why we do not get in a hurry to pull these people to us. They come on their own, when it's time, when they are ripe!

**J:** And everyone has to know that for themselves?

**M:** Yes, everyone must know that for themselves - if they have had enough of this life or not. You alone are the only one who decides. If you are not finished with this life, it doesn't matter how long I talk about

the Kingdom of God, you won't be interested. And not only you. Voila!

**J:** Voila! Well, then I wish you all the best for tomorrow.

**M:** Have you had enough?

**J:** I have a lot of special questions, but I must ask them of myself.

**M:** Yes, tomorrow the audience will also ask questions, maybe your question will be one of them. But if you have any more questions now, it's no problem. I have time for you.

**J:** I have one question as a mother. How can I as a mother meditate two or three hours a day?

**M:** Oh yes, how does one do it? You don't have to meditate during the day, but at night and early in the morning when the whole family is still sleeping. Then we have time and peace for ourselves. But of course, a mother will think, "Oh, I don't have any more energy! The whole day with the children, I don't have any more energy to sit." But this meditation will give her energy back. She will be restored. You sit only for an hour and you have enough energy for the whole day. And in the evening when you are a little tired, then you sit again

for an hour and get restored. And like that you always get more energy again. Yes, that's what we need.

Our inner Self is limitless, but we don't use It. Do you think that I, as a weak, small woman, could travel like this from one country to another almost without sleep? For example, since yesterday evening, we have not slept. The whole day, I have received guests and journalists, like yourself, and worked, and in the evening, I had to hold lectures and after the lectures, I gave initiations until three in the morning. Then I went home, had a shower, changed, packed, and we traveled to Germany. This morning at 9:00 or 9:30, we were here. Then I met a lot of people, took a lot of phone calls, and have not slept at all. I lay down for a half an hour; that's all in thirty-six hours. And we often sleep so little.

We also eat little; the less you sleep, the less you eat, too. That's why I must rely on this inner power, because with normal, human power, I could not do it. And talking all the time! That takes a lot of energy and I eat so little because I sometimes have no time to eat or am too tired. I sleep little, and can't eat a lot. Before, I could not do much. I was always tired because I am so small. I worked a little and then had to go right back to sleep. But now I can work all day and sometimes through the night. You are maybe a little tired, but not

exhausted. You are now more persevering, more resistant. I eat a little vegetable, tofu, sometimes nothing. Sometimes food doesn't taste good to me. So we don't worry about eating and sleeping. When we can sleep, then we sleep, when not, it's also the same because we use the limitless energy within us. And you can also do that! Otherwise, all mothers are very tired, but children are energetic and never tired. They scream the whole day . . .

**J:** ...and night!

**M:** And they always do things like that. Always full of energy and the mother so tired, so exhausted. But that need not be. We have the limitless energy in us and can use it. The more you meditate, the more energy you have and you can work the whole day. You do not feel so tired. A lot of mothers in our group have experienced this, thousands of mothers.

You feel born again, as full of energy as your children. You can play with your children and do a lot of other things without getting tired. It's remarkable! That's why we must find enlightenment. We must find ourselves again, our Great Self, or we will die. This life is so full of pressure and oppression. We always feel very tired and broken and sometimes think, "How can it go on like this?"

**J:** Now I have another question about the meditation technique. Do you visualize something?

**M:** Nothing.

**J:** It comes on its own?

**M:** It comes - no effort!

**J:** No effort, no visualization, no image?

**M:** No, nothing. We don't use our computer. That is the trick of the Master. That's why you need the Master. Otherwise, it doesn't work.

**J:** Yes, I know a lot of meditations that work with visualization . . .

**M:** Yes, that is very tiring. We work the whole day and think and think and think and then in the evening we want to meditate and find peace and we are supposed to think yet again and exert energy and imagine! If we have fruit in front of us, why should we visualize? With our meditation, we put the fruit in front of your nose and you eat! Then we do not need to struggle, and go to the store, or visualize, and so on. That's very tiring -- my God! I have tried it all. We waste so much energy.

**J:** Yes, I have also tried some things. What I also noticed in the videos is that you don't use any kind of ritual or ceremony at all.

**M:** No, because we have God within us. We don't need anything at all, no external ritual. We don't need that at all. When the door is opened, then we are re-connected to our godly quality. That is it, and we are whole again. Like when you plug in the cable and the light turns on immediately. We don't need to sit and beg and ask or to visualize. Why should we visualize? If you don't have any money, should you sit there and visualize that you have some? Does that work? But that is illogical, there is no logic in it.

**J:** But the people who sell the courses, they sure get money . . .

**M:** Yes, people want so badly to have something, to improve their lives. Poor people! And here we make everything available free of charge and they have it right away - their energy and their wisdom! And people still doubt, "Does such a good thing exist, and free even? We have never heard of such a thing." Yes, because life is so bad, we only expect bad things. We are so pushed down that we can no longer believe in goodness, in something spontaneous, natural, and good, in love and goodness. I was one of those who looked ev-

erywhere, and visualized and practiced breathing.

**J:** ...and counting, forwards and then backwards.

**M:** Yes, counting too and I became so tired. I was so happy to find this (the Quan Yin Method). And I share gladly and do it free of charge because I earn a lot of money myself. I don't need anything from others. God has given me so much so that I may share. It's such a wonderful thing; it's outstanding, and when someone does not have it, then it makes me very sorry. It makes me very sorry. I don't know if I was able to make that clear to you?

**J:** Yes, yes.

**M:** It's a difficult thing.

**J:** I would like to know one more thing. Can you teach the children something from the beginning that they can take with them on their way that will support them?

**M:** Of course! When the mother and/or father is initiated, then the children can also participate after the age of six years old. Only after six years because before that they are too small and don't understand anything. But after six years, it's okay. Then they receive half initiation and after twelve years, the full initiation be-

cause only adults receive the full initiation. And when the adults lead an exemplary life, then the children will also want to lead such a life.

We have many children with us, many children who see the light and hear the sound, and they are very good children. You need not worry about them so much anymore and need not be afraid that your children will take drugs or fall into a bad circle of friends because they will be stable from very young and are morally firm. Our children are wonderful; I am very proud of them. When you meditate, then you become very sensitive and can feel it quickly and when you speak to someone, you know exactly what level he is at, without initiation.

Well, then are you content?

**J:** Yes, thank you so very much!

The End

## The True Meaning of Initiation

Spoken by The Supreme Master Ching Hai

May 1, 1993

Holiday Inn Crowne Plaza

Munich, Germany

(Originally in German)

**MC.** And now I'd like to greet Master Ching Hai on her World Tour in Munich!

**M:** Thank you.

**MC.** And I also want to warmly welcome you to Master's lecture today, the first of May, Labor Day. We'll use today for a day of inner labor. You could now begin with the flower offerings.

**M:** Thank you. More flowers than people! We have a problem arranging all the flowers here. There's no place for the people. Thank you.

**MC.** Master Ching Hai will now begin her lecture in German.

**M.**How are you? I'm sorry that the room is so small, but you can come up to the stage, too, and sit.

We do that sometimes because the room is too full, no matter how large. Come here, some of you, and sit here next to me. I'm sorry that it's pretty uncomfortable. Make yourselves comfortable. Sit down next to me, and correct me when my German isn't good. I'm happy that you've come here, although it's so small. Why is it so small here? I'm so sorry! There are more people here than in Heaven!

So, my dear friends, ladies and gentlemen, I'm very happy to be in Germany again and especially in Munich, which awakens especially nice memories in me. I used to live in Munich, but maybe you already know that. You don't even know me? I was your neighbor. I always did my shopping in Schwabing!

Normally my German isn't very good. Today I will try my best in order to give the lecture. And if there's something you don't understand, then it doesn't matter, because we have our inner wisdom that understands everything. We don't need any language, explanations, or lectures. We understand each other already on an inner level. But in any case, since I'm already here, I must say something in order to complete my task. Otherwise, had we already known each other for longer, then we could sit quietly and look into each other's eyes and that would be enough. We do that with a lot of initiates, too.

It is more than ten years since I was last in Munich. So many old friends and acquaintances have overwhelmed me with warmth and loving attention since the moment of my arrival. And I am very touched. It reminds me that under the cool surface of the German mentality, lies deep human joy and sensitivity, and shows that love is independent from space and time. And love is the most important thing in our lives. Love is the driving force behind most of our actions. All other aspects of our physical existence are also important, but in their essence, only secondary.

I caught a little cold, only when I came to Munich. I've traveled around the world already and nothing happened, but as soon as I come to Munich then it happens, a cold, maybe to welcome me. I always had a cold in Munich. But the weather is so nice! You're enjoying it? Yes.

## **We Are in the Driver's Seat**

That [Master's cold] was my present, my gift. Our material body is only like a car. Our Real I, our real Self, is, so to speak, the driver of this car. If we only take care of the car and not the driver, then it wouldn't

be very clever of us, right? But that's exactly what a lot of us do. And that's precisely why we have so many problems in life, so much confusion, and so much misery. Sometimes we make the good Lord responsible for all that, but actually we are the ones in the driver's seat. And we have free will and all the means to take hold of the steering wheel, and to direct our lives in the right direction.

We are not only a material body; rather, we are also equipped with infinite divine powers, but we are handicapped in several ways. If we do not use this inner power, then we are handicapped. Does that make sense? If we only take advantage of our physical power and don't use the divine power, then we are handicapped in several ways. But on the other hand, if we know how to use our spiritual powers to take advantage of our spiritual powers, only then do we become complete, well-rounded beings.

Since early times, we have called those beings "Masters" who are able to use their own potential fully. That's why the world of the Masters is a world of perfect wisdom, virtue, and eternal beauty as compared to our world. To become a Master in this sense is within the reach of all of us. The people in so-called "paradise" use a great part of this power. It is through this power that they are even able to turn their environment

into paradise. The more they use this power, the higher the level of the paradise.

That's why there are different levels of spiritual development. Usually people use very little of this power. That's why earthly people are surrounded by a much less heavenly, less glorious, and less peaceful environment. All of the misery in this world comes because we are not aware of our powers. Even God cannot be responsible for everything. Because God has equipped us with superior powers, we are able to determine for ourselves what kind of life we want to lead. For those of us who are in contact with Heaven, life will be smoother and more fulfilled in regards to virtue, beauty, and wisdom.

## **Open the Gates of Heaven Through Initiation**

Many people repeatedly ask me what "initiation" means, what initiation is good for, and why one needs a Master. Initiation is the opening of the gates of Heaven, the reestablishment of the contact with the paradise of our true Self. In order to reach this, we must be carried by true intentions; we must feel a real longing to get to know the best part of our self. We must truly under-

stand that our physical abilities are not the only reality, because in the depths of our consciousness, greater treasures are waiting to be rediscovered and put into use.

A “Master” is one who understands how to uncover these treasures of our consciousness. At the time of initiation, the Master helps us to enter into our true Kingdom, and from then on, our level of understanding will increase. But in the process, you do not see that He carries out any physical actions, or says anything in human language, because at that moment, the soul of the person to be initiated receives instructions directly from the Source of the highest wisdom. And from that point on, we understand many things that we were never able to understand before; we are able to solve many problems on our own that before we had not been able to understand. From that point on, we see life from a completely different perspective. And we will feel an overflowing love for all living beings, for whom we felt nothing before. This is the noble goal that all of us can reach.

After initiation we truly understand the difference between the physical and the spiritual levels. Otherwise, one would not be able to describe, with any amount of subtle, intellectual explanation, this state of consciousness. It is just as hopeless as to make through

words the love between two lovers comprehensible to an outsider, or to explain colors to a blind person. That which we experience directly is much more valuable than many highly interesting lectures. All Masters offer direct and true experience to the seekers of the Truth, and bring them back to where they came from - that is to say, to the Kingdom of God. The disciples attain this with no effort, and the Master does this for them unconditionally, with no fees or conditions.

Our earthly world and the Kingdom of God are separated only by a hairbreadth from one another. But astoundingly, many of us are still not able to cross such a tiny line to take possession of the greatest power of the universe. That is why, in spite of our enormous efforts in all of our daily activities, we are able to attain so pitifully little. This is presently the biggest obstacle for the progress of our civilization. The best thing that we could give to the world is enlightenment, from which all wisdom, goodness, and beauty come. Only with true wisdom, goodness, and beauty can we serve the world. With them, we can transform our world into a paradise on Earth.

I'm finished with the lecture. You may ask questions. Thank you for your attention.

## Questions & Answers

**Q:** Is the basis of this teaching also the teaching of karma or reincarnation?

**M:** Yes, that is right, but that is only a small part of our system, of our teaching. Our system helps people to escape their karmic punishment.

**Q:** In order to depart from the earthly level of consciousness, right?

**M:** To attain a higher level of consciousness.

**Q:** And do you, as the Master, take on the karma of your disciples?

**M:** I do. I must.

**Q:** Does that happen at the time of initiation or does it also happen before the initiation?

**M:** Sometimes before, sometimes afterwards.

**Q:** Okay, thank you.

**M:** You're welcome. You already know a lot about the basics.

**Q:** Why is it not allowed to heal people after the initiation, for example with Wei Qi Gong? The healer is only a channel for the universal vital force.

**M:** Healing isn't forbidden, but if we want to go up to the higher worlds, we must let go of a corner of our abilities. For example, if you want to see all of a beautiful woman, you cannot just look at her feet. Rather, you turn your eyes away from her feet to look at the whole woman! Healing is just a part of our universal energy. And if you are attached to a small part of this energy, then you can't experience or use the whole energy. That's the only reason for the suggestion. It's meant to help so, that you don't just stay in a corner, but grasp the whole.

**Q:** What is the “third eye”?

**M:** The “third eye” is actually not an eye. Rather, it is our wisdom, which can see all without eyes, can hear all without ears, and can feel and know everything without physical organs.

**Q:** Can one become mentally dependent on the Master through the initiation?

**M:** Dependency is never good! Never. And initiation is the first step toward independence, so that later we can become Masters, and not always be disciples. Our Path is directed toward becoming a Master. And after initiation, of course, you must learn that you are the Master. You will soon know this, and then the dependency will drop away on its own. It goes away on its own.

**Q:** Can someone who is already a follower of another Master also be initiated by you?

**M:** Naturally! But if you already have one, then that is enough. But, of course, you have to know which Master you have already had. For example, if your

Master has the ability to show you the inner light and offer you the inner music from paradise, then your Master is capable, and is a true Master. So that's why you don't need to look for another Master. But if you do not see light and hear music, then you have to look for another one.

**Q:** How can one recognize a Master as the highest?

**M:** It depends on how honest you are with yourself. When you really, truly want to reach the highest level in Heaven more than anything else in the world, then you will find a Master of the highest level so that what you want will be given to you. But be honest! Look inside yourself and ask yourself if you really want the Kingdom of God, and then the answer will come on its own.

**Q:** Why is it necessary, useful, to have a spiritual teacher if complete knowledge exists in our souls?

**M:** That's right, it is not necessary to have a Master if you can find it on your own. But most of us have been incarnated in this world for so long that we have forgotten to find our Kingdom of God. That's why the

Master is there to remind us, to help us to find our Self again, and to remind us that we are indeed the greatest Master of the universe.

**Q:** Master, please explain reincarnation. How can I know that reincarnation is true?

**M:** When we go to the second level in the hierarchy, we can see our own past lives or the past lives of others. But for that we must practice a certain kind of meditation.

**Q:** If we are all reincarnated souls, then why is the population of the world constantly increasing?

**M:** Because, apart from our own reincarnation, there is the reincarnation of other beings, like from the mineral or plant kingdoms. They have an evolution and always climb higher, and that's why there are always more people. Additionally, beings from other planets also come to us, because they have an inner affinity with us. Relation, you could also say, affinity, inside.

**Q:** Why do we have overpopulation on this planet?

**M:** Overpopulation? I said that, yes? We have so many because beings from other planets come to us, and also from the mineral and plant kingdom. They climb higher and become human.

**Q:** If someone has been religious since childhood (Roman Catholic), can they be initiated? I ask this question because, in Your book, I read that it does not matter what belief one has. Thank you for your answer.

**M:** Yes, of course. We need not change our belief, our religion. The motive for all religions is to reach our Heaven, the paradise inside ourselves. We don't need to change our religion; rather, initiation means that we become capable of seeing our paradise. We help you to continue to develop the so-called belief because when you really see your promised inner paradise, then you will believe in your religious theory even more. That's why we don't need to change.

**Q:** What does “immediate enlightenment” mean? Does enlightenment happen at the initiation?

**M:** Yes, immediately! That's why one says "immediate enlightenment." When you sit down and I say, "Let's begin," then you will see. Immediately. That's why we speak of direct enlightenment. You need not wait so long because the Kingdom of God is in us already. We don't have to buy it in a shop, or look for it in another place.

**Q:** You call yourself the Supreme Master. Does that mean that other Masters are lower than You?

**M:** All of them are Supreme Masters. You, too! The name "Supreme Master" belongs to our Father and I am Hiers daughter, just like you are Mr. Miller, and your daughter is Miss Miller. You are also the Supreme Master but you have forgotten your name, your origin, and that's not my fault.

**Q:** Who are you? Are you love?

**M.** That I don't know. You must feel it yourself. Such a question can't be directly answered.

**Q:** What is the true meaning of man and woman?

**M:** True meaning of the relationship, the true relationship, or what? Oh, that means that one is a man and the other is a woman. What a question! You don't always have to be so intellectual. You don't always have to show that you know everything, etc. That's too deadly serious.

**Q:** Why do normal people always suffer?

**M:** It is written in many religious texts, *As you sow, so shall you reap*. [Gal 6:7] That's the theory of karma in Sanskrit, in Buddhism, and also in the Catholic religion. You sow something and then you reap something. And because our lives are a continuous circle, we are reincarnated, then we die again and forget what we have previously sown. Now we harvest something not so nice, and we don't like it. All the misery of this world comes from our own activity and from our collective activities.

**Q:** Why are we separated from the higher level? How did it happen?

**M:** We forgot it. It's quite simple. Like when you put something in your pocket and then you look for it everywhere, in the whole house, on the whole street, and you can't find it. But when you remember that it's there, then you have it again immediately. That's why we can have immediate enlightenment, because it's in your trousers' pocket.

**Q:** Where do we come from before birth?

**M:** Oh, how should I know where you come from? There are so many people! Everyone comes from a different background, from different levels of consciousness. But you should know that! If you don't know that, you could try to meditate and to go back before your birth, and then you can find out where you come from.

**Q:** What is the meaning of life?

**M:** Do you know what the meaning of life is? - That we can have children, that we can go shopping, that we can work, and that after work, that we can die. That is the normal meaning of life. But the real meaning of our life is that we must come here to bless the Earth with our divine energy. But when we come here,

we are burdened by so many earthly things and are exhausted, and then forget what our task is. That's why the so-called Masters always have to come to remind us that we are great, that we are the Masters of our Self, so that we can return to our true position.

**Q:** Why do you speak of immediate enlightenment? All other Masters say that it is a difficult, long process, and possibly lasts many reincarnations.

**M:** Yes. We have already experienced many reincarnations. Now is the time!

**Q:** Is there a mistake that one can make along the way that is irreparable?

**M:** In life, right? Maybe you mean, "Is there such a sin that we cannot ever make up for it?" No, not at all. Actually there isn't such a thing as sin. The biggest sin is that we don't know that we have God in us. Everything else is unimportant. When we are initiated and know that we are the children of God and that we have God power, then all sins disappear. That's the way it is.

**Q:** How long should I meditate and in what way?

**M:** Normally two and one-half to three hours daily. And you can do it partially; spread it out throughout the day.

In what way? I will tell you during the initiation. It needs a little time. The initiation comes immediately, only the explanations and the directions take a little longer, so that you know how you should meditate every day, and what to avoid, or what we should keep in mind.

**Q:** You say that when praying, one feels the presence of God or Buddha. What am I doing wrong if I feel nothing or have inner blockages? Sometimes I think that I am cut off from God, and don't find the access.

**M:** I didn't say that we should always be able to feel the God energy or Buddha energy, but sometimes. I have prayed for a long time, since I was small. Only sometimes was I able to come into contact with the Higher power, but other times, I was not able to. When we are really deeply in prayer, then you can feel it; otherwise, it is very difficult. But with initiation, afterwards we feel our real Self that manifests Itself in our

lives with light and music, with wisdom and love, and many other virtues.

**Q:** Does your teaching represent competition for a practicing Christian?

**M:** Not at all, not at all. In the spiritual life we do not compete. Only if you do business and want to make money, do we speak of competition. We only have one God. Who competes with whom?

**Q:** What is the origin of destruction?

**M:** There is only destruction in our world, the earthly world, or the hellish world, but in Heaven, there is no destruction. Sometimes, because we contaminate the atmosphere too much, destruction comes on its own. Like when we have created an atom bomb, and it explodes, then there is destruction. And if you do not create an atom bomb, then there is no destruction. It is also the result of our negative thoughts and actions.

**Q:** Can someone be initiated who is here today for

the first time, without having heard much about You?

**M:** Of course. It doesn't take long to understand what you already have in you. You already have this wisdom; you already have your supreme power. There's not a lot to say.

**Q:** What does Jesus Christ mean to You? Who is He?

**M:** You don't know who He is? You have to ask me?

He is one of the highest Masters to have visited our world and to have taught us. But He has already gone. You know all of this.

**Q:** You said, on the one hand, that You have a cold and that it almost killed You. How can You, as a vegan, get sick at all?

**M:** You are not at all generous. I've traveled around the whole world, and I have done so much work. I work very hard when I am on world tour, and I have to put up with the smoke in the airplane. I have to work day

and night, and sometimes I do not sleep. Also I have no time to eat vegan, and naturally my body is material and can therefore be influenced.

Of course, as vegans, we get sick less often than other people. That's why all hospitals are made for meat-eaters. I get a cold once every six or seven years and you already criticize me for that. In my situation, I travel around the world, work day and night, and often cannot sleep. You couldn't do half of it either without a cold. And now I have a cold, but I still come to give a lecture. That's really something, isn't it? [Applause]

**Q:** What is the goal of the Quan Yin Method?

**M:** The goal is to reach Heaven, to go back to our true Home.

**Q:** Have You already reached Your potential, or can You still make progress?

**M:** One always makes progress. There is no roof, no limit, but if you reach a certain stage, then it's Mastership. Like when you get a high-school diploma, but then afterwards you continue to investigate and to de-

velop. There is no limit in spiritual practice.

**Q:** Is the meditation that you practice, the light and sound meditation?

**M:** Yes.

**Q:** What can You say about our ability to go beyond physical consciousness?

**M:** All who are enlightened can do that. That is nothing special. We do it every day, several times.

**Q:** Are all Masters on the fifth level and one with God?

**M:** Yes. They must be.

**Q:** From which planet did You incarnate?

**M:** I've forgotten that. I come from a planet, which

you all come from.

**Q:** How can I protect myself from the negative thoughts of others and from my own?

**M:** You always have to think about God. If you can do that, then other thinking will not be able to influence you.

**Q:** Why, in spite of positive thinking and acting, and helpfulness do aggression and negativity always return to me although I have been on the spiritual path for more than ten years?

**M:** When we are in water we can't avoid getting wet. In this world there is negativity everywhere, and so much aggression. We have to live with it and to practice tolerance. And when we have time, we must go inside ourselves and find our happiness, and rest in this happiness. And all other misery of this world can no longer bother us.

**Q:** After we become initiated, how will we be fur-

ther cared for and led? How will we stay in contact with the Master?

**M:** Our relationship is not an external thing, but rather from the inside. Wherever we are, we'll stay in contact. And whatever happens to you, or endangers you, the Master always knows and helps you wherever you are. No problem. And moreover, in these times, you can write a letter, telephone, or send a fax; it goes very quickly. And you can also visit me.

**Q:** Must You bear the karma that You take from Your students on Your own body?

**M:** That's the business of the Master; it must be done so. It is the price of being a Master. That is my salary.

**Q:** How can one help one's ancestors, the deceased, to reach better circumstances in the next life?

**M:** We can hardly help the living, much less the dead. But when you are initiated, the initiation promises the liberation of five generations of your family, at least. So the power of meditation helps the deceased,

five or six generations in the past, at least five generations. Also, your living friends, or anyone that you have contact with, people that you love, all of them will profit from your initiation and from your daily practice with your God power

**Q:** Where does the constant inner restlessness come from, and how can one find inner peace?

**M:** Our peace is always there but we let ourselves be bothered by the external circumstances. And that's why we cannot become calm. But when you are initiated and know how to reach this inner peace every day, to rest yourself there, then you will find in yourself your true, original Peace again, inside you. [Applause]

**Q:** In many practices there are worldly rituals, which also Masters practice. By rituals, I mean certain clothes, certain forms of greeting and acting, etc. Why are these rituals also necessary in the so-called higher spiritual area? Personally, rituals irritate me a great deal, especially when I am supposed to recognize the authority of a Master.

**M:** We have no rituals here, so stay calm. You

don't need to do anything. When you see me, just say "hello" to me, or don't say anything, no problem. You also need not call me "Master." It's just that most of the initiates call me that and you get used to it. But personally, I don't have at all the feeling that I am a Master. Rather, I just always say that I am a normal person and that I have discovered my superior abilities. You also have these abilities in you, and I help you to find your own abilities. Whether you call me Master or not, it makes no difference to me.

**Q:** Is everyone initiated, even someone who perhaps has difficulty at that moment to physically bear enlightenment? Can someone be refused for enlightenment? There are some people who are in a mental state where they are not able to cope with what the initiation means. Are these people initiated or are they somehow put on a waiting bench?

**M:** Everyone can be initiated. There are no exceptions that I know of. There are none, as we have it in us, the enlightenment is already there. The great power is already there. You have it; I only help so that you can open it. There are no side effects.

**Q:** What is yin-yang?

**M:** Yin-yang is Chinese terminology to describe the two forces of our world. One is positive and one is negative. The positive one is everything light, all contentment, and all good. And the negative one is all that is sluggish, dark, or not very advantageous. And the balance between the two forces helps us to understand the wisdom of God.

**Q:** I have heard that the personal God lives in the heart. I'd like to have more contact with my heart.

**M:** Then come to the initiation!

**Q:** My question is how can it be a sin to commit suicide?

**M:** It isn't a sin exactly, but when we commit suicide, at that point we have a very low level of consciousness and also very low vibrations. And if we die in such a state, then we will remain in that state for a very long, long, long time. And that is very tortuous, very painful, and brings a lot of suffering. That's why we shouldn't do it. It's not a sin, but it is very terrible for us.

**Q:** Should one show one's children the way to God or must every person find it themselves?

**M:** Yes, show them for sure. As parents, we must show our children what is good.

**Q:** Where does evil come from?

**M:** Evil - because we can't always understand each other. There are always misunderstandings.

**Q:** Is initiation possible even if, in spite of good intentions, I am not able to guarantee that I will keep the five requirements?

**M:** Yes, it's possible. You must always try again to continue in the right direction. Sometimes we are tired or weak and we fall back, but we can always keep trying, and always renew our determination. There is no one who is immediately perfect, but we must want to make progress with our good intention.

**Q:** Are You convinced that people will really reach

enlightenment through Your lecture?

**M:** I'm not convinced of it. I have seen it with my own eyes. It isn't a conviction; it is a fact. You can also receive immediate enlightenment, if you want, during the initiation, and then you convince yourself.

**Q:** If God doesn't want any living being to be harmed, then why did He create meat-eating animals?

**M:** The meat-eating animals are actually not created by God. These are very aggressive souls that are looking for such an experience, who want to try such an experience, and they incarnate as tigers or lions to have fun. The souls, the aggressive souls themselves, want to have such experiences, and then reincarnate as such animals.

**Q:** Because of negative thoughts I had a great failure once and I am afraid that this might happen again, that I really may fail in life because of negative thinking.

**M:** We can't be positive throughout our whole lives because we are also subject to the influence of

our surroundings. So forgive yourself when you can't reach it, and try it again.

**Q:** How do You see the future unity of religions?

**M:** Future unity of the religions depends on us. When we all reach the highest understanding, then we understand that all religions are one, and we have only one God. All religions should serve this goal, then we will be one, and there will no longer be discrimination. [Applause]

**Q:** Does spiritual growth eliminate the possibility of sexual, erotic love?

**M:** You mean that after you grow spiritually, you don't have any more sex? Is it possible to have sex and enjoy it after spiritual progress? Yes, of course. You don't need to become a holy Buddha. But with spiritual practice such desires will decrease because we enjoy our divine ecstasy more and more. We enjoy our heavenly pleasure more and more every day and the earthly pleasures seem less and less important. They are not such attractions anymore, not so strong, but it is not forbidden. Not that you must become a holy Buddha.

It's still okay, but we don't see it as so important as before. If we have it, okay, and if we don't have it, we don't die.

**Q:** I am only fourteen years old, and would like to come to the initiation. Can I make this decision on my own, or must I speak to my parents about it?

**M:** Yes, it's better if you talk to your parents before. It's better for your parents, so that they know what you are doing and are not afraid. Because parents love their children a lot, and always want to know what the children are doing, and if it is good for the children or not. Parents always mean well. It is better if you discuss it with your parents first.

**Q:** In my work, I live in the material world, which leaves me little time for spiritual things, and I make no progress. Should one withdraw oneself, for example, give up one's job for a while, in order to dedicate oneself to meditation?

**M:** No, you don't need to do that. Imagine, I have a lot more work than you, and I still meditate in spite of it. We must complete our worldly tasks, and at the same time, remind ourselves of the divine paradise. We meditate and work at the same time. We work when it's

time to work and we meditate when we have time. So, early in the morning, very early in the morning, or late in the evening before we go to bed, or when you take a break at work and have time, or when you are sitting in the bus, or in the park, enjoying the fresh air. You can sit everywhere, sit anytime, and go inwards. It's no problem. We have a lot of time.

**Q:** Can it happen that one finds out during the initiation that one was possessed and the demons rebel?

**M:** I have never seen it up to now. There have been many thousands of people who have been initiated, but this case has not come up yet. The negative and positive forces cannot mix. They don't go together. After initiation the devil runs away quickly because he's afraid. We need have no fear; he's afraid.

**Q:** After initiation, we will become more free and independent inside. At some point we go free, externally, from the Master. Is this correct?

**M:** Naturally, it is important that you be independent from all external apparatuses, things, including the Master. The Master is only there at the beginning

to teach you the alphabet. But later, you must learn to write alone, and I don't always have to be there to dictate what kind of love letter you should write to your beloved.

**Q:** Dear Master, when my mother heard Your name she believed in You immediately and has meditated a half hour every day. She has seen the inner light. Is my mother also one of your followers? When she dies, will you also come to help her?

**M:** Yes, of course. One need not always be officially initiated for that. It's not necessary. The official ones are few; the unofficial followers are many more.

**Q:** Do You have spiritual powers for human physical suffering? For example, my daughter suffers from a growth disorder of a hormonal nature and the doctors have no medical solution.

**M:** I also have them, but God has not allowed me to use this power everywhere, except for the ones God has chosen and has told me. I must respect the natural laws; otherwise, I would go around the whole world healing people and the doctors would be unemployed.

**Q:** I was baptized a Christian. May I, or should I, be initiated by You?

**M:** Why not? It doesn't hurt. You will see Christ on the inside and talk with Him, and then you can ask Him if it was the right thing. Many of our disciples come into contact with Christ during the meditation or even during the initiation. During the initiation we can come into contact with Christ or Buddha.

**Q:** Your fifth rule forbids the enjoyment of intoxicating substances. But isn't it true that intoxicants can also bring about a state of tranquillity? Where do you draw the line?

**M:** Do you mean drugs? I say this, "Drugs are not good for our progress." Drugs bring more suffering than pleasure. Maybe you have a little enjoyment for a moment, or for a day, but the suffering then follows. It is very torturous. Everyone knows what drugs bring to the addicts. That's why we should distance ourselves from such painful substances. And when we always stay in contact with our inner grand power, then we will have much more pleasure, much more ecstasy, than when we try drugs. It's better that way. People take drugs because they have the desire for heaven-

ly ecstasy and look for cheap substitutes everywhere. That's why they take drugs. And when you recognize the heavenly pleasure, then you abandon that way. It's better like that.

**Q:** How can the mother of two small children take the time to meditate and to continue to develop on the spiritual path without neglecting the children?

**M:** You only meditate when the children are sleeping; otherwise, you cannot at all. Many mothers also meditate with us, and they find that they have much more power, much more energy, to serve the children, to give them love, without becoming exhausted or tired so quickly. That's no problem. We all have children. There is no mother who has no children. We must do something for ourselves and also for the children. Your meditation will affect the children a great deal and will make them much calmer, better behaved. And so then you save a lot of energy, not fearing what could happen to your children.

**Q:** Why are people not all the same? I mean, why are there different races, poor people, and animals? Where does this come from? [This question is from

Johanna, seven years old.]

**M:** We have a lot of colors, and many different faces, so that life here is interesting. If everyone were the same, white or black, then it would be a little boring, wouldn't it?

And poverty comes from our activities in previous lives. That cannot be changed, but we can change our futures if we live morally. And if we make progress spiritually, then we will change our future.

**Q:** What do you mean when you say that we should serve the world?

**M:** I said that we can best serve the world with our greatest power. We serve the world in any case, but with our greatest power, we serve better. Maybe I said that, but I didn't say that we should serve the world. We serve the world with our abilities; for example, the doctor serves the world when taking care of patients, and the farmer serves the world with his plowing.

**Audience:** Cigarette salespeople also serve the world.

**M:** Yes, but in a negative way. They make the world

dumb and “kaput,” and give me a cold, too!

**Q:** Can one see enlightenment like seeing auras?

**M:** Auras are different. The enlightened people have a great light around them that is different from auras. Auras, everyone has, but the great light of the enlightened person is different. Everyone has an aura but the light of the enlightened person is a bit different. It is bigger, clearer, brilliant. Of course, it can be made visible because enlightened persons have light around themselves. But the people who want to see it must have their third eye opened or they won't even see it. That's why they killed Christ although He was surrounded by the great light; the others couldn't see it. It is not always visible for all people, for some, yes.

**Q:** Somebody who is mentally sick - would You suggest that he meditate?

**M:** If he can still understand our practice and our teachings, yes.

**Q:** Could You please say something more about the equilibrium between yin and yang?

**M:** Yin and yang are positive and negative. If we are on the one side for too long, in the negative, then maybe we become more cruel, do something ugly, or not good for us and the people around us. And if we are too much on the positive side, then we are too holy and we don't want to stay in the world. Then we cannot serve the world. We see the world completely differently then, and we do nothing at all. This state is for heavenly people. The people who live in Heaven are too positive, they have no negativity, so those in the highest Heaven have no negative aspects. The people in our world are much more negative than positive. And when we can balance between negative and positive, then we find enlightenment, then we can be in Heaven and serve the world at the same time on the physical level. That is the way of the enlightened, the way of the Masters.

**Q:** How can one come daily into contact with God?

**M:** Through meditation, we come into contact with God every day.

**Q:** Does it also work if you meditate less than two hours a day?

**M:** Yes, it works, but of course, the less money you earn, the less you can spend.

**Q:** You say that we should not eat any sentient beings, which means animals. Are plants not sentient beings? Does one do harm eating plants?

**M:** Yes, so you need not eat anything else! Then we meditate, and die right after the initiation, or what? Is it right to become so fanatical? Christ was also a vegetarian, Buddha also ate vegetarian, and we can too. And besides, it says in the Bible that God made all the plants and fruit as our food and that we may eat them. And the plants, when you cut a branch from them, then three, four, six new shoots grow up, and that means that plants are the symbol of vitality. If we eat life, then we live, then we partake of the vitality. But when you cut an animal's head off, three or four heads do not grow back. That's why.

**Q:** What is negativity, evil? Can You explain it again in more detail?

**M:** Negativity, evil, is a kind of energy that isn't very favorable, isn't very loving, but rather has a lot of destructive qualities. People in hell, for example, always live in the negative atmosphere, and they always suffer, they always suffer. And the people in Heaven, they always live in the positive atmosphere, and they are always satisfied. And the people on this Earth sometimes live in a negative atmosphere and sometimes in a positive one.

Now when we meditate and get in touch with God, then we stay in the middle. And sometimes we use negative and sometimes we use positive energy. Sometimes we use this so-called bad quality to do something in the world, and sometimes we use the good quality to fulfill our task. Negativity is, to make it short, something bad. Positivity is something good that makes us satisfied, brings us satisfaction and happiness. And negativity, then we feel heavy, depressed, etc.

**Q:** Why do we change our minds so often?

**M:** Maybe because our environment is always changing, we have different encounters, and then we change too.

**Q:** Can we let meditation happen also in our daily lives with open eyes, when resting our consciousness on God, and directing it fully to Hirm? I mean, during our daily work?

**M:** Yes, it can be done during work. But when we really meditate, at least at the beginning, we should close our physical eyes, in order not to be disturbed by the many movements in our environment. But later, when you have reached a high level, then you can also see Heaven with open eyes. You experience just as much as when you have your eyes closed. That also comes in time and with practice.

**Q:** How can one know where one goes after dying, and when do we reincarnate? How long does it take to be reincarnated?

**M:** It's different and individual. Someone who meditates can go Home immediately, to Heaven, to paradise. And for other people, they go in different directions. Sometimes they go to Heaven and stay there some hundred years, or some years. That depends on their present life, what they do in this life. If that which they do is good, then they go to Heaven, and if they do a lot of bad things, then they must go to a repair shop.

We call this hell, and there we repair all the physical, psychic, and mental shortcomings.

**Q:** Do you believe that there are UFO's? Do they have influence on us?

**M:** Yes, they do exist. There are many planets that produce UFO's. And sometimes they come to our planet in order to gather information. Or maybe they want to advertise, so that in the future they can sell us their UFO's.

**Q:** Is everything predetermined? Why do I know many things in advance before they happen? What does that mean?

**M:** There are some people who possess this ability. Maybe in a previous life you practiced such a method to be able to look into the future. And when you incarnate back into this world, you will have this ability. That's why you see something in the future.

**Q:** I work in a hospital cleaning the kitchen. Can I

be qualified for initiation?

**M:** Sure, that's only an occupation. If you don't feel so at ease, then you can change your occupation, but later. When you get a more suitable, better position, because maybe you won't want to cook fish or cut meat anymore. Then maybe you won't feel good about it. After initiation we are more advanced spiritually and we become more sensitive than before, and maybe you won't feel good.

**Q:** What level is one in after initiation?

**M:** That depends on you. During initiation, the Master power knows which disciples need which treatment. And that's why two people who sit next to each other have different inner levels, and see different levels, as they have different backgrounds. The level is determined first because of their past lives, and also because of their present sincerity with regard to their spiritual direction that differs also very much among people.

**Q:** Where does depression come from? Is it produced by one's own self?

**M:** By the self and also by the environment. But in-

deed, especially from the self, since we ourselves have created, chosen, our present environment.

**Q:** How do I know, during the sound and light meditation, that the sound and the light come directly from God and are not products of my own imagination?

**M:** It's not as easy to produce this light as you imagine. That's why most of us do not see this light. If most of us were able to simply produce it, then I wouldn't need to say anything. It's not so easy. So when the light comes, it is from God. And moreover we feel it. It is not the light that is so important, but the light is like nourishment for our spiritual life. Just like we take food to keep our physical bodies in good health, we also take the light and the music of Heaven to nourish our soul, to reawaken our wisdom.

When we see the light and hear the sound, then we feel better, different from before, better and better, very loving, very intelligent, more and more tolerant, and more and more of all good qualities. And then we know that the light is right and comes from Heaven. You will feel it. You feel newly born, energetic, and very happy. And only the true light and the true God quality can bring us into this state.

**Q:** Thank You.

**M:** You are very kind to me. You have loved me a lot. Thank you.

**Q:** What am I doing wrong when I always get dizzy during meditation?

**M:** Maybe you are meditating with a meditation system that isn't for you. Then you can look for another one. Try with us, yes. Maybe it's better. We have no dizziness, just vertical and straight ahead.

**Q:** Everybody is born innocent. Why are there big injustices that others have to cope with, their living with handicaps, mistakes, blind, deaf, mute?

**M:** Yes, we have discussed that. Our life is infinite. We always return and we have forgotten what we did in earlier lives. And then we complain that it isn't right.

**Q:** How can I deal with fear? Will I become careless through suppression of it?

**M:** It's not easy to deal with fear. Only when we become enlightened, are we the lord of the manor and then we control all our emotions. That's a better way. Otherwise, we are always buried in fear and we can't avoid it. Before, I also had a lot of fear, and I still have fear. But the earlier fear I was unable to dominate or control, but now the fear is under control. For example, I'm afraid to fly, not of the flying itself, but the small space in the airplane, and so much smoke, and a lot of other things. It makes me very tired and sick, physically, and when I travel that isn't very good for the disciples. I cannot serve them with all my energy, and that was my fear. But in spite of this fear, I travel, as I do not let the fear control me. We're afraid but we can deal with it, handle it through enlightenment. Without enlightenment, everything is so difficult. With the enlightenment, everything is very easy; really, I've discovered it for myself.

**Q:** Will we still become enlightened if we are not initiated, but meditate and follow the guidelines?

**M:** Yes, if you know how, you should meditate. The initiation is inside, not outside. But we still give instructions so that you know how to meditate, what to avoid and what you should observe. And that helps

very, very much. The five guidelines are not everything that you need and the meditation is also not the most important thing for initiation. Rather, the Master power during the initiation connects us to the heavenly power. It's not a visible energy; it's not a physical action. I don't do anything during the initiation, but you get enlightened, immediately. And you can't do it with words or fulfill it through activity. Initiation is also important.

**Q:** Is God love, and good?

**M:** Love and good? Yes, that's right. [Audience: Not only!] Yes, more!

**Q:** Even more?

**M:** For those who know, yes.

**Q:** God knows everything about the future, about the past, and present. He made Adam and Eve on Earth.

**M:** That's what we've heard, that's right. We've asked Him if that's correct.

**Q:** Okay, and Hes knew that humans would sin. If Hes knows everything, if Hes knew everything, then why did Hes plan so badly that people must suffer so much and live like now?

**M:** Yes, agreed. Hes created it, and Hes told Adam and Eve that they shouldn't do this and this. Hes not only created but also taught. Hes taught the two that they should not do this and this.

There are two possibilities: If you don't do this, then such and such happens and you experience paradise, and if you do it, then such and such. God isn't so one-sided like a streetcar that can only go straight ahead. Rather, God gives us flexibility and that's why our lives are so lively, full of surprises, and interesting. If God had wanted to make everything only so straightforward, that you should be like this and this should be like that, then we wouldn't be able to move, we couldn't choose, and our lives wouldn't be so interesting. That's why God gives us this free will, so that we can choose.

God isn't so dictatorial. God isn't a dictator who determines everything, who forbids everything, and who exactly arranges everything before. Our lives would then be so dead, not interesting, and our intelligence would have no chance to develop. We also learn

through our mistakes. So we must accept everything, and choose what is favorable for us and not always make God responsible. That's everything that I think. Do you agree? [Applause] Good. You think that God is very clever and very interesting.

There is no more time. I wish you all the best. [Applause]

The End

## **Bring Heaven Into Our Lives**

Spoken by The Supreme Master Ching Hai

May 4, 1993

Jens-Nydahl Primary School

Berlin, Germany

(Originally in German)

The “inner language” flows more fluently through me than any other language. Similarly, many of us are expert in worldly conversations and work but forget our heavenly way of expression. The more we concentrate and work in the world, the more we are experts in the worldly field. If we never remember to polish our knowledge of Heaven, then we will be further away from our roots.

Many people have asked me, “Why have we never heard of this Method of Light and Sound before?” I told them that there are many things that we haven’t heard of before, or do not know, maybe because we are not interested to know. That’s why, even though it’s available in Berlin, not everyone wants to find out about it. Even a hundred years later, there may be a man in our neighborhood who still does not know what heavenly light and sound are.

## **The Kingdom of God is Where We Truly Come From**

We are in the world twenty-four hours a day, and seldom think of or remember Heaven, which is where we truly come from. Heaven gives us all the true happiness that we so much lack and seek in this world. If we could only contact this Heaven, all things we seek would reveal themselves because the power of creation has been bestowed upon us before birth.

We seek satisfaction and happiness through the outside world, and seldom find it there. Even if we find it, it never lasts, and sometimes brings with it a lot more sorrow and disappointment. It is because the shadow of the thing is not the real thing. True beauty, knowledge, and virtue can only be found inside. Beauty, knowledge, and virtue, by human standards, are only reflections of the original quality. That's why we are never completely satisfied with the outside world. There is always something missing, and this, consequently, breeds greed, attachment, anger, and hatred. In order to quench our thirst for Truth, beauty, and virtue, we sometimes think we have to accumulate more wealth, a higher position- and the like, but find disappointment in many of these. We work harder and harder, believing that we will achieve perfect happiness one day through

all these material possessions.

## **Wisdom, Beauty, and Virtue Already Exist Within Us**

The enlightened ones know that all wisdom, beauty and virtue are already at hand within us if only we would take the time to discover this fact. Initiation is the turning point, when we face inward to find all that we ever sought outside. The light of Heaven will shine forth in all the corners of our being revealing the Truth, beauty, and virtue within us, and the inner music will accompany our soul to the end of our path of rediscovery. We'll ride on the waves of True Love, back to the state of noble being before we were born, in the glorious light and carried on high by the power of heavenly music.

The heavenly music spoken of in the holy scriptures of different religions, such as the "Word" in Christianity, the "Shabd" in Hinduism, the "Heavenly Music" in Chuang Tzu, the "Tao" in Tao Te Ching, etc., is the only real teaching direct from the Kingdom of God. It is the language of universal love and great intelligence. All teachings come from this Silent Sound; all language comes from this universal language. That's

why the initiates of a high level on this path speak all languages within the “Soul Sphere.” That’s the level of the Master, the One who has mastered the language of the Kingdom of God. We all possess this wisdom, the wisdom to understand all things above this shadow world, to be omnipresent and to function as the most perfect being in the universe, if only we desire to remember again what we truly are.

Masters are those who remember their Origin, and out of love, share this knowledge with whomever seeks it, and take no pay for their work. They offer all their time, finances, and energy to the world. When we reach this level of mastership, not only do we know our Origin but we can also help others to know their true worth. Those who follow the direction of the Master quickly find themselves in a new world, full of true knowledge, true beauty, and true virtues. All beauty, knowledge, and virtue in the outside world are there to remind us of the true world inside. The shadow, however beautiful, is never as good as the real object itself. Only the real thing can satisfy our soul, which is the master of the house.

All the functions of the body will stop the moment the soul leaves the physical vehicle. Just think, we spend most of our time focusing on this body and little or no time on the real Self, which is our Eternal

Beloved. That's why we need to distinguish the true man from his shadow. After initiation, the light from within will shine forth to show us the Kingdom of God, to lead us to our real Home. And we will find our true state of being with such happiness that we never knew before in this world. We will overflow with all the beauty and virtue that we tried hard to cultivate but never completely achieved before. The Heavenly Teaching, through the inner language, will revive all the wisdom that we possess but were so far unable to use. Then we will be the most satisfied person, and nothing in the whole world could offer the same effect. All these are just empty words if we are without real experiences. Therefore, only after initiation and daily practice, can we truly understand their meanings, and truly enjoy the limitless pleasure of a state of being high in the Kingdom of Happiness.

We have the choice and the chance now to step into the glorious side of life, which we deserve, instead of staying in the shadow, lamenting about the hard fate of our life. We do not have to run away from life to find Heaven but we should bring Heaven into our life. This is the true purpose of "immediate enlightenment." This is the true liberation we can experience while still in this physical world. Once we earnestly practice the exercises taught during initiation, we attain a balance between Heaven and Earth, being able to carry out

earthly duties and to recognize the Heavenly Kingdom simultaneously. Since we have various earthly duties to fulfill, we should finish them as much as possible. However, our foremost duty on Earth is to bless it, so it may become a paradise, so that all living things can lead a pleasant life, while developing simultaneously into higher consciousness, step by step. In other words, we serve to aid in the evolution of the universe by awakening and using the God power within us.

It is for this reason that we require the initiation that leads to immediate enlightenment, bestowing upon us the power that we can apply directly to best serve the world. Merely developing and unfolding bodily or physical power and offering it to the world does not suffice. That's why our world still remains as it is today, even though all of the humankind is yearning for higher development and a better world. It's high time we rediscover this, the greatest power in us, as soon as possible, so that our life on Earth will change for the better and the coming generations may grow up in a better environment. When we watch the present miserable state of our world, we discern only too well the absolute necessity for immediate enlightenment, not just to benefit us and our generation alone, but to be the best legacy we could leave posterity. That's true love in action.

## Questions & Answers

**Q:** Do I obtain direct access to God through initiation?

**M:** Yes!

**Q:** How can I perceive the divinity in me and bring it to life?

**M:** After initiation you know your greatest strength, and step-by-step, you recognize your true Self, and that's what you've asked.

**Q:** What is guilt?

**M:** When we offend against God's law or our higher consciousness, we feel guilty. And that's why it is perhaps best that we observe the law and the Ten Commandments, and then we don't feel any more that guilty!

**Q:** And what is forgiveness of guilt?

**M:** Actually we don't have guilt because God has brought us into this surrounding, and this surrounding is so cruel, so difficult to survive. Therefore, I have got the way to bring you to Heaven, and if you go there, you can ask God directly why He did so.

**Q:** What is Truth?

**M:** Are we able to express something like that with language? No, isn't it so? What do you think, yes or no? [Shouts from the audience: No!] No, all right, thank you very much! But we can experience it. We can't express the Truth in worldly language, but nevertheless we can experience and feel it in ourselves.

**Q:** How many levels of enlightenment exist?

**M:** At present there are five. And when you reach the fifth level, you become a Master. After this, there are many more levels which we can walk through and experience, alone and independently. Then we don't need a Master anymore. From the fifth level on, we can go on our own.

**Q:** Jesus said, My father and I are one. He who sees me sees God. Has Jesus been God?

**M:** Yes - yes and no. He is one with God, but He was born from God, and therefore yes and no. When He was in this world, He was one with God, and nevertheless separate from God because He still had to fulfill His duty. And to fulfill such a duty, He had to be a bit separate from God so that He could understand our worldly sorrow and feelings. So we can say that He is one with God, and, at the same time, not one with God. He has both worldly and divine sides, so that He can connect both worlds.

**Q:** Do the high and low sounds in my head on both sides have a meaning?

**M:** First I would have to listen to them, too. [Laughter]

**Q.** What is true music, and how can I recognize it?

**M:** Do you mean the inner music and heavenly music? We recognize it through an initiation. Then our heavenly door will be opened and we can hear all the

songs from Heaven.

**Q:** What is ecstasy?

**M:** Oh, when you are drunken! [Laughter]

Ecstasy is a state of bliss in which you are one with God. Then you don't see anymore the misery of this world and the separation of our existence from the Kingdom of God.

**Q:** Why shouldn't we do spiritual healing when we practice the Quan Yin Method?

**M:** Always you ask something like that! Well, briefly said - when you want to become a doctor, you shouldn't interfere with the nurses' work or take care about it. This is briefly said. Otherwise, it would take too much time.

**Q:** Where can I go to learn and practice your exercises?

**M:** You can register right after the lecture, and then we will call you. Stay here, and the initiation will start straight after that.

**Q:** Do you plan to come to the former socialist states, for example, to Poland?

**M:** When I am invited, yes, but I have no disciples there. We have already a lot of Polish disciples, but they are in America. I go where I am invited; I don't go anywhere where I am not welcome.

**Q:** Other teachers demand strict asceticism. Is this self-torture necessary?

**M:** No, no, that's not necessary, but it is only about your level of enlightenment. If you are very enlightened, the attraction of the earthly needs isn't so strong and we can live on without sexual activity. But sex is not forbidden, and sexual abstinence is not necessary to receive enlightenment. Sometimes when we exert ourselves too much, our spirit is harmed or gets confused. We have to lead our lives more spontaneously and naturally. It is better this way; too extreme is good for no one.

**Q:** Do Heaven and hell exist?

**M:** Yes, they do. I have visited both, and a lot of our disciples have, as well. But normally we don't go to hell to pay some visits because it is not that good, the surrounding is not that nice. [Master & audience laugh.] Sometimes it is necessary to save someone from hell, so we go there, but we don't stay long. [Laughter & Applause]

**Q:** I respect Master Ching Hai with my whole heart. Out of my trust, I want to ask, Does a "Supreme Master" exist at all? And if yes, which are the criteria for that?

**M:** This, the people ask again and again. "Supreme Master" is the name of our Father. You also can call yourself "Supreme Master," according to the name of our Father. You haven't used it, but that is not my fault. [Applause] We are all "Supreme Masters." Low ones do not exist. If you forget your highest position, that is a bit sad but it doesn't matter - one thousand years later, you will remember it. [Master laughs; Audience laughs & applauds]

**Q:** Why is there neither man nor woman in the internal worlds?

**M:** That depends on the level you have reached. There are some levels where we are still men and women. But on a higher, or the highest level, there do not exist male or female things.

**Q:** Unloved by my parents, I was raised very much against myself, and have had thirteen years of schizophrenia. How can I be liberated?

**M:** In our society, there are so much suppression and many unfavorable situations. Sometimes we can't stand it anymore and are somehow confused in our head, but then we need to come back to a normal way of thinking. Because we have God's power in us, we can't allow ourselves to descend to such a low level. You don't have to allow yourself to be like that; you have to be strong. We are children of God; we can't be mad. Why should we become mad as children of God? You have to keep your dignity, and do not allow any excuse for yourself.

**Q:** What is the meaning of life?

**M:** [Master laughs] Oh, God! That's what I ask myself as well! And I ask myself also, why I should sit here and have the trouble with you - and sometimes it even doesn't work!

Perhaps we want to become acquainted with each other, and that's why we took this body - to sit here and chat with each other. Maybe that is the meaning of life. I can't think of anything else. [Applause]

Isn't that funny? Yes, some people think that life ends when we die, and this would be all. We are born, go to school, then we work, beget children, earn money, and then - broken! That's really very meaningless! The meaning of our life is to bless this Earth so that other beings can develop further to higher consciousness. But if we don't fulfill this duty, we have to come back until we have learned it.

**Q:** Please, who is God? And where is Hes? [Shout from the audience: Hes is very busy!]

**M:** Very busy? [Master laughs] No, God is not busy!

Now, you look at your neighbor, on the left or right, it doesn't matter. That is God sitting there! And that He is! [Applause] Yes, we have forgotten who we are.

**Q:** How long does the way to Mastership last?

**M:** That lasts very long! For example, as long as from here to Munich! It depends on your effort, and it depends on your background. When you have practiced well in your past lives, it is faster. Otherwise, it takes a couple of years, or ten years, or levels. If we don't reach Mastership here, we can go on learning in Heaven. No problem. There are a lot of schools in Heaven!

**Q:** Jesus was baptized in the fire of the Holy Ghost. Why did He have to ascend first to Heaven, and send the Holy Ghost?

**M:** He didn't ascend to Heaven; that's only expressed in a religious way. When we are initiated, our soul may rise to Heaven but not the body. The fire mentioned in the Bible is not the fire in the worldly sense, but it is a kind of light, and Jesus did not go to Heaven with the body but with the soul. After the initiation, there will be many of us traveling to Heaven and com-

ing back again. We can practice this every day.

**Q:** Jesus said, *I am the way, the Truth, and the life*. He also said, *I am the light of the world*. Question: Is the Truth of which you are speaking a different Truth? Is there a different kind of enlightenment, or does one experience the same light?

**M:** Yes, one and the same light. About what Jesus said, they forgot the end. He said, *I am the way, and the light of the world, as long as I am in the world*. [John 14:6] And when He is gone, there will come the comforter, another Master.

**Q:** How can we protect ourselves against hostile and destructive energies, released through meditation, without the right teachings?

**M:** Without the right teachings, it is a bit difficult and dangerous because we have this strong power in us. And when we don't know how to deal with it, it can be very fatal. It is better if you have a teacher.

**Q:** How can I get rid of my headache during meditation?

**M:** I don't know! Take an aspirin or something like that. [Loud laughter & Applause]

**Q:** Is our lifetime temporally exactly fixed, or are we able to change the moment of death with our own action?

**M:** We can change the length of our life when we are enlightened. But enlightened people don't do it because they immediately go Home.

**Q:** What do you think of hunger as a method of purification of the body?

**M:** That is a bit too extreme, but if it's useful for you, it's okay. Formerly, when I was very deep in meditation, I didn't eat for one, two, or a few weeks, but that wasn't good for my body. I don't think my body became better through it; afterward, it was as small as before, [Laughter] maybe smaller. If you are a bit ill and the doctors tell you to fast, listen to them, but you have to do it under medical observation, otherwise it

might be a bit dangerous. I don't use it for body-purification.

**Q:** Would I still have bad thoughts after initiation?

**M:** Yes! [Laughter] If you are still on a low level, they still exist but they will be getting less when you rise higher.

**Q:** Which duties do I have after initiation?

**M:** Not any! Only meditation! Meditation is not a duty, but food for our soul. As we commit ourselves to eat, so we also have to meditate.

**Q:** And which skills do I have after initiation?

**M:** You demand so much and you haven't worked yet! Yes, skills, we have a lot. But we don't ask for initiation to get skills, but to recognize the Kingdom of God and to bless the world with our divine power.

**Q:** What do You understand by karma?

**M:** I? Nothing; there is no karma for me. [Master laughs] I don't understand it.

But in the Holy Bible of the Buddhists and the Christians, it is said, *As you sow, so shall you reap.* [Gal 6:7] That's karma; it is the law of cause and effect.

**Q:** Is not the external world only the reflection of the inner?

**M:** Yes, but a poor reflection, a very poor one - as is our shadow. When we are standing in the sun, our shadow is not that beautiful, even if you are a beautiful girl. And our world is such a shadow of the true world.

**Q:** I am afraid to miss the goal of my life. Please tell me where is my proper place, what is my concrete task in this life, and where and how shall I commit my energy?

**M:** Enlightenment! Enlightenment is your task, the most important task! Another task is just a sideline.

**Q:** Hinduism, Christianity, and Buddhism have their own gods; therefore, there are a lot of gods. Which God shall I believe in? What and who is God?

**M:** First, we shall see our own God, and then we can believe in Hirm. [Applause]

**Q:** “Immediate enlightenment” - is that actually possible? Until now I have always read that enlightenment will come after a long period of preparation, mostly after several incarnations.

**M:** Immediate enlightenment is possible, and if you don't believe it, stay here and during initiation you will experience it. And concerning the idea that enlightenment needs a lot of preparation, yes, you have prepared yourself already a long time. So many lives you are already here, now it's high time!

**Q:** How long shall I eat vegan, refrain from lying, and so on? Till I get the initiation, and later on too, or what?

**M:** Of course it doesn't end with the initiation, but starts with it. You can't reach the heavenly goal with

lying, stealing, and such kinds of actions.

**Q:** Can Master Ching Hai remove blocks that obstruct people in meditation?

**M:** That depends on the obstructions and the person who has them.

**Q:** A philosophical question: why am I myself, and not somebody else?

**M:** Because the position of someone else is already occupied. [Applause]

**Q:** When do we start with the initiation?

**M:** Is it that urgent? We can start immediately when there are no more questions.

**Q:** What is the heavenly language? And what are the worldly tasks?

**M:** The heavenly language is the inner teaching directly from God. We hear it after the initiation and then we know what it is.

Worldly tasks - there are so many! Shall I make a long list, or what? What a question!

**Q:** My son has an epileptic illness. Could my son be healed, and how?

**M:** You ask the wrong person. I am no doctor. Go to a hospital and ask there. I am only competent in enlightenment. Please ask me only spiritual questions!

**Q:** What can I do against depression?

**M:** Go out and drink a cup of coffee or dance! What shall I say? [Audience: eat vegan!] Yes, eat vegan and meditate if you like it. You may have thought that any worldly thing can help your depression, but that doesn't help. That's true. You are more enlightened than I.

**Q:** How can I come in contact with my inner guide

or my inner Self?

**M:** Through initiation and daily practice of meditation.

**Q:** Is God able to heal sickness if Hes is asked or when Hes is asked to help with the healing?

**M:** Sometimes, yes. If people pray very deeply and sincerely to God, then sometimes it succeeds, not always.

**Q:** Do evil spirits who can influence us exist? And if so, how can we protect ourselves?

**M:** Think always of God. If you don't want to meditate, think always of God.

**Q:** When I receive the initiation, is it possible, when I want it, to break the connection with the Master?

**M:** The connection will be dissolved anyway at the end of the way. When you reach the fifth level, you

don't need to have anything to do with any Master, but not before that.

**Q:** You have said that above the five levels of enlightenment, there are more levels. Could a highest level be reached? What is this highest level, and have You reached it already?

**M:** “The highest level” is just a term in our worldly language, but actually there doesn't exist such a thing like a roof above our head because the Kingdom of God is boundless and endless.

**Q:** What consequences does suicide have for a seeker?

**M:** We should not do it at all. That is not good! If you commit suicide, you are on a very low level of consciousness, and if you die in such a moment, you stay always on that level, or a very long time in suffering. You can't come out of it; therefore, we should have hope and wait patiently for the next day, because the next day might already be better. We should never commit suicide!

**Q:** How is the earlier karma released during initiation by the Master?

**M:** The power of the Master erases the former recording. It's like with a computer: what you have written down, you can also erase later. It's very easy, no problem!

**Q:** Isn't it the responsibility of every one of us to pay his own karma?

**M:** Yes, but how? We have collected so much! If you want to pay it all alone, it is not possible. It is impossible to erase the karma because it is that great. We must do it only with God power, otherwise, it doesn't succeed.

**Q:** Isn't it possible that the Quan Yin Method can be shorter than two hours and a half so that it fits better into everyday life?

**M:** They are just like going to a shop and bargaining!

You work eight or ten hours a day to earn two to

three thousand Marks and don't complain at all. But if I offer you the Kingdom of God for two and a half hours a day, then you don't want it. [Applause] Yes, I have to praise you for your asceticism.

**Q:** Why do we avoid the true words of God and try to follow other ways? Are we allowed to invent new, modern religions for people and nations if it is already written in our hearts and in the holy book of God?

**M:** No, no one invents a new religion. Religion has two aspects: one is the written theory, the other is the unwritten essence. And if we only occupy ourselves with the written theory and forget the important unwritten essence, then that is not perfect. When we only read about the light and the heavenly music but don't see the light and the heavenly music with our own experience, then of course it's not enough.

Therefore, we don't create new religions of any kind, but we only fulfill the other half of the religion for you. In every scripture of the different religions, they talk about light and heavenly music, but we don't hear it and we don't see it. So it's only half of the religious order, and in the initiation, we offer the other half. This is the real light, the real music, that is already

talked about in all these religious scriptures. We only fulfill the religion; we don't make a new one.

**Q:** If we don't show our gratitude to God, is it because of God? Is it natural, or is it because of us, that we suffer? [A quotation from a book.]

**M:** We don't have to show our gratefulness to God because He knows everything, if we are grateful or not. But we have to find God. To find God is much more important than to show Him gratitude. He doesn't want gratitude. He wants us to be one with Him.

**Q:** Will God be angry if I demand too much?

**M:** No, not at all. God can't be angry.

**Q:** Will God be angry, when I want too much of Him?

**M:** No, God cannot be angry!

**The End**

## Some Benefits of a Vegan Diet:

Source: [www.SupremeMasterTV.com/harms-benefits-flyer](http://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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For more information, please visit

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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.”

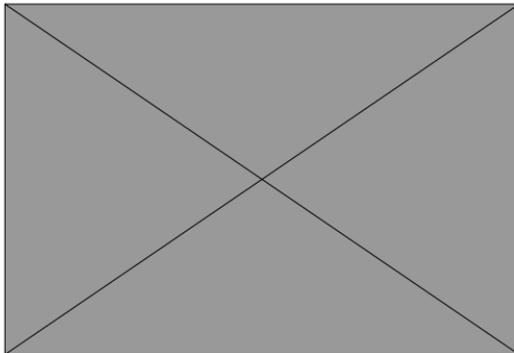
So in order to significantly reduce the amount of water consumed globally, humanity needs a new approach to feeding the world, and the vegan diet meets this need.

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>



Source:

[http://www.suprememastertv.com/bbs/board.php?bo\\_table=featured&wr\\_id=129](http://www.suprememastertv.com/bbs/board.php?bo_table=featured&wr_id=129)

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

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

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

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

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

*~ The Supreme Master Ching Hai*

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

*~ The Supreme Master Ching Hai*

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

*~ The Supreme Master Ching Hai*

## Initiation: The Quan Yin Method

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

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

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

The initiation into the Quan Yin Method is not an esoteric ritual or a ceremony for entering a new religion. During the initiation, specific instruction in meditation on the inner Light and inner

Sound is given, and Master Ching Hai provides the “Spiritual Transmission.” This first taste of Divine Presence is given in silence. Master Ching Hai need not be physically present in order to open this “door” for you. The Transmission is an essential part of the Method. The technique themselves will bring little benefit without the Grace of the Master.

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

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

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

The initiation is offered free of charge.

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

Master Ching Hai's goal is to teach us to be self sufficient. Therefore, She teaches a method that can be practiced by everyone, by themselves, without props or paraphernalia of any kind. She is not looking for followers, worshippers, or disciples, or to establishing an organization with a dues paying membership. She will not accept money, prostrations, or gifts from you, so you do not need to offer these to Her.

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

## The Five Guidelines

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

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

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

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

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