

THE KEY OF
IMMEDIATE ENLIGHTENMENT
SPECIAL EDITION

THE SUPREME MASTER CHING HAI'S
1993 WORLD LECTURE TOUR
VOLUME 6

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.

The Spirit That Dwells Within

Spoken by The Supreme Master Ching Hai

May 8, 1993

The Third Olympic Gym

Seoul, Korea

(Originally in English)

Good afternoon, my brothers and sisters, I am very honored to be in your country again, and to get to know so many thousands of people. Today we will discuss the most important part of human beings. Your country is very prosperous, so we don't have to discuss politics or the economy anymore.

To be a complete human, we have to understand two parts. The first part is the physical dimension. We need food, clothing, and all kinds of attention in order to survive. This is just like a car. It needs fuel and care, and then it can run, but it needs a driver in order to run properly. The driver of this body is the most important; that's what we call the Buddha nature or the soul. Most of the time we take too much care of the physical and forget the spiritual, and therefore we have many problems in our lives. It is just like if we only take care of

the car and we do not take care of the driver. Now most of us feel unhappy and incomplete because we don't take care of the other half of our self. Even though we know that the most important is the spirit and not the body, we have neglected the spirit.

The spirit is what we call the Buddha nature, or the God nature, within us. We all know that after this spirit leaves the body, the body cannot function. Therefore, we should think again, and try to know how to take care of this spirit. The spirit is the owner of this house; everything, every activity, every thought, every inspiration, comes from this spirit. If we only take care of the physical dimension and forget the spirit, then of course we will be very unhappy because we lack something. And in order to be happy, we think we must have more possessions, more talents, more education, and a higher position, etc., but these things are also in the physical dimension. Even if we have more possessions or a higher position, they are still in the physical dimension. We are still taking care of the physical only; therefore, we are still not completely happy because the spirit is still hungry. Now, in order to find the so-called "nirvana" or the inner Kingdom of God, we have to take care of the spirit. And also, we have to know how to do it.

Why Immediate Enlightenment?

Some people asked me why “immediate enlightenment”? I said, “Because we don’t have time to wait.” Today, with the technical advancements and with economic demands, we cannot afford to take a long time for enlightenment. Also, immediate enlightenment has existed since time immemorial. In the ancient times, we didn’t have enough advanced communications in order to know where this “immediate enlightenment” could be found. But today, even if someone is enlightened in America or in India, we can know through the press, television, and many of the other communication systems. Therefore, we should take advantage of this age of technology and avail ourselves of this most precious opportunity.

Many people, after enlightenment, have found their own complete Self. That’s why they are always happy in any circumstance. Immediate enlightenment is possible because we already have the Buddha nature, or the Kingdom of God, within us. When we know where to look for it, it’s already there. But even if we know where to look, sometimes the force of illusion prevents us from finding our true Nature. If there is someone, who has already found it and shows us where to look for it, then we can find it very quickly. It is just like

in every science, we need someone who knows and shows us.

In the process of immediate enlightenment, we do not have to do any ascetic work. The Master, the one who has experience in this field, will help us in all ways, and even teach us how to go from this world to the higher dimensions. And this will cost nothing! The journey from here to Heaven is free because you already have it within yourself. That's why the Buddha said, *You have the Buddha inside yourself. Everyone has the Buddha nature within themselves.* And Jesus said, *The Kingdom of God is within you.* [Luke 17:21]

Why is it that we have the Buddha nature and the Kingdom of God, and we cannot find it? It is because we live in this world of the physical dimension, and the physical dimension has pressure and influence upon our knowledge. That's why we are under pressure and we cannot find our true Nature. Therefore, if there is someone who knows how to push away this pressure for a moment, then we can see it. Like in every study in this world, we need someone who has experience in this field. And when that person is willing to help us, it is very fortunate. I have found someone to help me, and who has trained me now to help you.

Most of the problems in this life are unsolved be-

cause we do not use our real wisdom. The moment we turn inside and use our real Intelligence, everything will become different. Just like when a driver sits in the car and operates the car, the car will run smoothly and correctly. And if the driver is not inside, and we try to push the car, we try to hit the car, we try to kick the car, everything, the car will not go very far. This world has not become Heaven because we have not used the heavenly power within each of us, and we have not become as advanced as the life in Heaven. It is our fault. Nevertheless, we can go to Heaven every day and learn some wisdom, and be trained again in our ability to help this world.

Cross the Border into the Heavenly Dimension

We are connected with the Kingdom of God, or the Buddha's Land, through our spirit. If we keep this connection every day, we will understand what great wisdom we possess. Then naturally, every problem in this life and everything that we could not solve before, we will begin to be able to solve. And we will live in a kind of Heaven while we are still on Earth. Even though we have not been able to turn the whole world into Heaven, we live in our own Heaven. When I say "Heaven,"

I mean the higher dimension, like Buddha's Land or the Kingdom of God. The border between this physical level and the heavenly dimension, we can cross. It's just like the border between two nations, and then when we cross it, we are in another country. Sometimes the border is so thin, like the width of a paper.

When I was invited by the United Nations in Geneva to make a speech, I lived in a small house next to the French border. When you walked with one leg on each side, you were in both countries. And many people just walk to France to buy vegetables and come back. They told me that in France the vegetables and other foods are cheaper than in Switzerland, in Geneva. Similarly, we can walk to Heaven and come back anytime if we have a passport. The "passport to Heaven" is invisible, and you are provided with it already within yourself. During the initiation, the Master, the experienced friend, will show you where it is.

Our real Self belongs to Heaven, belongs to nirvana. The Buddha said, The Buddha and all sentient beings are equal, and have the same qualities. The Buddha is the one who has found it, and we will find it. I am here to show you how to find your great Buddha nature, or the great Kingdom of God. Because it's already within you, it's already your possession, it's very easy to find. Many Koreans have already found

it; I have found it, so you will also find it. If we have found this thing called “Buddha nature,” we will never be wanting anything again. But we should be sincere. We should understand clearly that we are the ones who decide our destiny. We should know that if the Buddha said, *We can become Buddha; we will be Buddha.*

If you have already found your Buddha nature by yourself, then it’s fine, if you have not, then let me show you. It is so easy, and if we forget how to look into it, it’s a pity. The other day I wore two earrings, and one I put down and the other one is still here. [Master points to Her ear.] But I had been looking all over for that earring until later I found out that it’s here. [Master points to Her ear again.] When I looked in the mirror, I saw that it’s here. When you have initiation with an experienced Teacher, it’s like you are looking into a mirror that is very clear, and everything will show in it. You’ll see your own Buddha nature shining because it has been always there. That’s how easy it is.

Sometimes we hear that people take many years, many lifetimes, in order to become Buddha. It’s true, because we look in the wrong direction. If I look all over the place for one thousand years, I will never find my earring. Except when I look where it stays, then I’ll find it immediately. So to take a long time to get enlightenment, or to have enlightenment immediately,

is up to us. We can choose to go on with life, and try to find the Truth ourselves for many hundred thousands of years, or we can choose to have it right now.

We have read in many scriptures that the Buddha nature is bright, is beautiful, that the Kingdom of God is glorious, is eternal happiness. We have heard that the saints have seen lights, have heard the sound of God, have heard the sound of Buddha during their meditation. We have heard that the light from Heaven is sometimes brighter than a hundred thousand suns, but we have never experienced this. (Some of us have, yes.) So that's why we don't know what Heaven, what Buddha's Land, is. If we truly want to know what is spoken in the scriptures, we have to experience these similar things. We can do this through initiation, at the first instance of initiation, and we can experience that day by day. And then we will experience the greatness, the love for all beings that we've never known before in our life.

We will know the state of nirvana that the Buddha described as "desirelessness." And even if we have a lot of possessions, a high position in society, we are not attached to them. We still rule the whole nation, but we do not bind our heart in this work. We may even be more successful in worldly business and enterprise, but we will not have the tormented feeling and the

competitiveness that we used to have. We can have a lot of possessions, but we can just give them away if necessary. And if we live a very simple life without many possessions, we are still happy as if we are in Heaven. It is because we know that there are greater possessions in Heaven; we have attained the state of “desirelessness.” If we have attained that state already, it’s very good for us. If we have not, then we should learn, because with our limited brain knowledge, we cannot serve the world in a perfect way, and we cannot liberate ourselves after we leave this physical dimension.

Many of the saints in the past, the Masters in ancient times, are respected and worshiped by people because of this great wisdom, but every one of us has the same. The difference is that the Saints can use it, and we don’t use it. We can live next to Heaven, but we never go there, just like I lived next to the border of France, but I never walked across. Just across the street, but I never walked over because I was busy having to take care of the guests, having to take care of the initiates, and having to prepare to give a lecture for the United Nations. Similarly, we are living next to Heaven all the time, but we never walk across because we are too busy working every day. It is our good intention that we become busy because we want to take care of our family, we want to improve our nation, and we want to

establish peace in this world, but we have forgotten to use our great wisdom for these purposes. That's why we work very hard, eight hours, ten hours, but many times we do not achieve what we want to achieve. Just like we try to push the car, we pull the car, we try all kinds of wires and all kinds of strength, but we don't go very far because we forget to find the driver, the one just who sits in it and operates it.

I am here to find the driver for you, to prove to you that you are the driver of this car. Everything will become better in your life when you find your true Self. We will serve the family, the nation, and the world even much better. You would think that the enlightened person doesn't have to do anything, just sit in a cave and meditate all day, but it's not always true. If he has nothing to do, yes, he sits in a cave, but if some people need him to help, then he works. Before enlightenment I was not so busy like I am now; I didn't even earn so much money like I do now. I worked in the Red Cross and earned very little, and even then, I gave it to the world, to the temple, and all that. And I didn't know how to paint, I didn't know how to do interior designs, but now I can do all these, even though I never learned. It is because we have all the wisdom and talents within us, and whatever is necessary for our life and for the world, we will use them.

An enlightened person does not need too much money. Actually, I don't have to earn any money, but because people demand all around the world that I go to them and give lectures and all this, therefore I have to use the money to buy airplane tickets, for example. And many poor people and people who are the victims of earthquakes or volcanoes, sometimes they ask for help, and I use the money to help them. So what I mean is that whatever we do after enlightenment is for the public, for the good of mankind. Before enlightenment, sometimes we want to help mankind, but it is almost impossible, and after enlightenment, even if we do not intentionally try to help, we will be able to help. [Applause]

I will give you one more example. Someone is in prison, and the freedom area and the restricted areas are only separated by one door. But this one door makes a lot of difference. The people outside that door can go around, can do anything they want, but the people inside that door are very restricted and miserable. Whatever the people in prison do is within the prison. It doesn't matter how good their intentions or how talented the prisoners, they only work for the prison, and they cannot benefit the world. But the people outside, it doesn't matter what they do, they do it for the whole society, for the world, and they are free. The people in prison have to sweep the floor, to clean the toilets, etc.,

and they look just like the people in the outside world, but the motive and the benefits are entirely different. Similarly, if we are not yet enlightened, whatever we do is restricted in this world, and only for this world, and sometimes not even enough for the whole world. But after we are enlightened, we work for the whole cosmos, even though we do not have the ego or intention to do it. And when we are in the world, even though with the best intention, sometimes we cannot serve the world perfectly. Just like the person in prison, he works because he is forced to work. He gets paid very little or nothing, and whatever he earns he cannot use to help the fellow prisoners. Sometimes he cannot even help himself. Therefore, enlightenment is just like we walk out of a prison, and from then on, we can make use of all our talents, our intelligence, our best intentions, to serve the free world. And whatever we earn from outside, we can help the prisoners inside also.

Initiation is the opening of the door of prison, allowing us to walk out into a different dimension and then we are free forever! And of course, we take care that we don't commit a crime and come back in again. Therefore, we are advised to keep the five guidelines, and to eat a vegan diet. This vegan diet and the five guidelines cannot make us become a Buddha or God, but they help to protect us. For example, if a citizen keeps the law within the nation, keeping the law alone

does not make a citizen become the President of the country, but the one who transgresses the law has difficulty becoming the President. [Applause]

I will stop here, and if you have any questions, you are welcome to write them down.

Questions & Answers

Q: As I read in the small book, You said that if someone has initiation, five generations will get liberation. If someone is married, does it mean from the marriage side or the other?

M: It's their side.

Q: I wondered, there are several points that we should follow when we get initiation, and one of these is that you do not heal other people with your spiritual power. Yet Jesus Christ helped other people to cure their diseases. Why should we ignore the pain of other people?

M: When you become Jesus, you can heal, but not yet.

Q: Do you think it is possible to cure all kinds of mental diseases by meditation?

M: In some cases, when the person still can understand the teaching, yes.

Q: I wonder why we should not do meditation by controlling our breath.

M: The breath is still in the physical dimension, and if we use anything physical, we will only attain physical results.

Q: What do you think is the future of the Earth, and will human beings survive in the long run? What should we do to help?

M: The future of the world is in your hands. If all the people follow compassion, having a vegan diet, and keeping the five guidelines, or the ten commandments

in the Bible, and get to know the Kingdom of God, or the Buddha nature, right now, then the future of the world will be very bright, and like Heaven.

Q: Could you tell me the difference between Buddhism and Christianity?

M: There is not much difference. The Buddha has the five precepts; Christ has ten commandments that are more or less similar. The Buddha and Christianity both teach people to be good citizens of this world, and also at the same time, to get to know Heaven. But that's only possible when the Buddha and Christ were alive because they were experienced in this field. And now they are gone. We have to look for another. Just to read the theory is not enough. [Applause]

Q: Animals and vegetables are all alive, so why do you only ask us not to eat meat?

M: Okay, then you die! You eat nothing. It's fine. Is that okay?

The Buddha ate vegetarian, and Jesus Christ ate vegetarian, why not us? We practice meditation, wis-

dom, to help ourselves and to help our world, not to be a fanatic. Anything extreme is no good. And I tell you that when we cut a branch of a vegetable, they grow three, five branches more, but when you cut the animal's head, it doesn't grow three heads. So it's okay to eat vegetables. [Applause] You see all the trees beside the roads, they cut them and they grow very big. They won't die.

Q: Although we tried very hard to get enlightenment, still we don't get it. Why is that?

M: You don't know where to look for it. That's why I have to come here, such a long way from Europe, to show you. [Applause] That's why I had to try hard to get up now. It was a time change and I was very tired. I wanted to sleep before I came here.

Q: Could you explain the relationship between Buddha and the God who created the world?

M: God is only one, and Buddha and Christ are the messengers sent from God. And there are many others to suit the different needs of different times and different nations.

Q: Now I am practicing breathing control and I have a teacher, a guru, who taught me this. I happened to read Your book at the bookstore. Is this breathing control compatible with Your technique?

M: You should not mix too many methods. That will cause confusion to you physically and mentally. Besides, I told you that breathing is still in the physical dimension. We cannot use physical means to attain the nonphysical Heaven. Just like we cannot use a bicycle to cross the sky to the United States. We have to use an airplane.

Q: How many people in this world have the same kind of spiritual attainment as You, and how many are there in Korea?

M: In Korea, I don't know! [Laughter] And in the world, I have to go and ask. I have not made a research about it. And in Korea, I came only for the second time. You know better; you are Korean and you don't know, how do I know? [Applause]

True Renunciation

Q: I am now about to leave home to become a monk. Do You think it is a good way to follow?

M: If you are happy about it, yes. Make sure you don't become a monk because you want to run away from difficulties and the responsibilities of this world. Make sure your motive is as pure as the Buddha's motive. The Buddha left home to become a monk because He wanted to be free in order to find a Teacher. He was so restricted in the palace that He could not meet any enlightened Master, so He had to free Himself to wander all over in search of an enlightened Teacher. But if we have found one enlightened Master at our home, at our doorstep, we don't need to leave home. The "leave-home" purpose is only for that, so make sure you know what you do.

Q: What is the difference between the various inner changes that occur during your practice and the kundalini phenomena?

M: There are too many that I cannot tell you in five minutes, but you can have the same experience if you

want. I'll share with you at the time of initiation and you will know every day more and more.

Now, the second question concerning kundalini: kundalini is a force that is lying dormant at the end of the spine, and through some yogic exercises, it will be awakened. And it will give a lot of psychic power, magical power. But our Method includes everything, just like when we awaken the driver, the whole car functions.

Q: What kind of sound is the Quan Yin?

M: That is the direct teaching from Heaven. It's our true Nature.

Q: How can I love You more? The reason I ask You this question is because loving one's Guru perfectly is for me the same as loving all people.

M: This kind of love is not to be forced, or to be described in words or actions. It will come naturally.

Q: Now I am practicing the transcendental meditation taught by Maharishi Mahesh Yogi. What is the difference between T.M. and Quan Yin meditation?

M: There are many things different. First, we don't charge money like in T.M. I charge nothing for my teaching from now unto eternity. And second, they teach people to levitate the body, hopping around, and I teach people to "levitate" their soul, their wisdom, their real Self. [Applause] But I do not say this to encourage you to come to me because if you are happy there, you stay there. Everything has its purpose. Also, because you ask me, I have to answer; otherwise, I respect all kinds of teachers. They all give their best to mankind. So choose whatever you like best and whatever you think is most suitable for you.

Q: As far as I know, Shakyamuni Buddha also ate meat, so why do You not allow us to eat meat?

M: Shakyamuni never ate meat. He ate meat before He left home, but not after. The thing that He ate is a mushroom that is called "Pig's feet." In the small booklet, "Why we have to be vegan," I have explained very clearly, so please go home and read it.

Q: Shakyamuni is a human being who has Buddha nature. What is the difference between?

M: English, I can read. [Master takes the question from the M.C. and reads the question aloud.] “Is the human being the same as the Buddha nature? What is the difference?” There is no difference except that Shakyamuni knows that He has a Buddha nature, and other human beings do not know.

[Master reads the continuation of the question.] “Why don’t Shakyamuni and other saints appear in this world? Where are they now?”

If they appear now, we don’t see them because we have to see with the Buddha’s eye. They appear all the time. Many of my disciples see them and if you want to see them, after the initiation or at the initiation, maybe you see, also.

Q: According to Jesus, “God said, Don’t believe in other gods; only believe in Me.” Is this wrong?

M: No, God is only one. Jesus’ God, my God, your God, everyone’s God - only one!

Q: Why is it that this kind of very easy Method to get immediate enlightenment is introduced so late now?

M: Better than never. It's not late.

Q: You said that the state of the Buddha's spiritual level is not the highest one. What is the higher spiritual state, and what is the difference between the Buddha's state and the highest state?

M: No, Shakyamuni Buddha attained the highest level. But the name Buddha, when you call Him a "Buddha," it's not the highest name for Him. In this world we don't have a better name, so we call Him a Buddha. Buddha comes from the word "buddhi," and "buddhi" only means intellect. When you open the intellect, you become a Buddha. What I mean is, according to Sanskrit letters, Buddha is not the highest name for the most enlightened person. The Buddha is one with God, one with the most High, not only at the intellectual level. [Applause]

Q: Can dogs go to Heaven?

M: Yes, but not a very high Heaven. They go to dogs' Heaven. [Laughter & applause.] You worry about dogs even, and don't worry about yourselves.

Q: The Buddha nature is very near us, but why don't we enlighten easily?

M: Yes, it's very easy, immediately. Just come and I'll show you. I told you the story about the earring.

Q: I was even more interested in You since I heard that You are female, You are a woman. Almost all the saints and masters who attained enlightenment were males, and also the leadership positions in every sector are occupied by males. What is the reason for that? Is woman inferior to man?

M: No, a woman is not inferior to man. A woman can also become Buddha. In Christianity, there are many women saints: Santa Teresa, Santa Maria, Santa Monica, "Santa etc." [Laughter] And in Buddhism, for example, in the Lotus Sutra, there is a girl of eight years old who became Buddha. The first chapter of the Lotus Sutra - I don't know if it's the first or not. You go home and read it again. Have you read the Lotus Sutra?

[Audience: Yes] Is it correct what I say? [Audience: Yes] Yes, thank you. [Applause]

Most women are busy with children and taking care of the husband and the household. That's why even if they became enlightened, it's difficult for them to go around and preach, or the same with any occupation in this society. But nowadays we have woman President, woman Prime Minister, woman everything. Most women like to be at home because their bodies are not strong like men. I also like to stay at home, and my body is also not very strong, but I think I have to serve the world, so I forget my own comfort. [Applause]

Q: What does emptiness mean that the Buddha talked about?

M: Emptiness is a kind of nirvana, another word for nirvana. It means you are empty of all your desires. Even the desire for nirvana also vanishes because you are then the nirvana.

Q: Is there a difference attained in enlightenment between Zen practice and Quan Yin? Can we get the same kind of attainment?

M: Originally it was not different, but as the time went by, people lost the essence; therefore, it became different. And consequently, the level of attainment of enlightenment, of course, is different.

Q: If You die while I am still practicing, will it still have an effect if I practice the Quan Yin Method?

M: If the Master dies will the student still get the help? Yes, no problem, because the connection is already made and it will never break. The Master will continue to take care of the disciple after this world to many worlds, because the Master is not the body. The Master only takes the body in order to connect with the people in this physical world, because it needs to be physical. [Applause]

Q: Why do human beings exist in this world, and what kind of meaning does this world have?

M: When someone asked the Buddha this question, He did not answer, but do you want an answer from me? [Applause]

The human being exists in this world because

we stepped beyond the door into the physical dimension. And now if we want to go back to the non-existent world, then we step back. And we can step back through the process of initiation. That's why we need immediate enlightenment. It's okay that we stepped into this world because we can bless the world with the God power within ourselves. But now we are tired, so we should go Home. That's why some people want to go Home and some people don't want to. Those who don't want to go Home are not tired.

Q: Is there any way to get rid of our ego?

M: Ego. [Master sighs] The ego is nothing but the accumulation of many different ideas and habits from this world. When we know our true Nature, we will know the ego is false, and it will go alone.

Q: In Christianity, they believe in eternal life and resurrection. Jesus Christ said, *If you believe in me, you will live after you die. And when you live, you will never die.* What do you think of the eternal life? Does this mean we can keep our physical body forever?

M: No! The physical body, no; the soul body, yes.

This physical body is only the clothing for the Real Body. And it's the real body that lives forever. When a Master is alive, like Jesus or Buddha, when we believe the living Master, of course we will have eternal life because the Master will help to lead us into eternal life. The Master will show us, teach us what to do. But after the Master is gone, we have to look for another Master. Then we will have the same result.

Q: In Korean Buddhism, “immediate enlightenment” means perfect enlightenment. So Master, you said at initiation “immediate enlightenment” is possible; does this mean perfect enlightenment? If so, after initiation, why do we need to practice every day?

M: That is a misunderstanding. People who have enlightenment still practice until they reach the complete enlightenment. In Zen Buddhism, there are two kinds of enlightenment. One is gradual enlightenment and the other is sudden enlightenment. We offer the second, the immediate enlightenment. Enlightenment and perfect enlightenment are different, just like enrolling in college the first year and completing graduation are different. [Applause]

Q: No more questions.

M: Thank you for your love. [Applause]

The End

Above the Intellect

Spoken by The Supreme Master Ching Hai

May 15, 1993
Pusan Sajik Gymnasium
Pusan, Korea
(Originally in English)

Good afternoon, my brothers and sisters in Korea, I am very happy to be here again for a second time. [Applause] According to all the religious scriptures, we are all one; we are brothers and sisters. Therefore, each nation is only a different room in which we live, so I am glad to see my brothers and sisters today in a different room. The world is a big house and we have so many rooms, and because we are very busy with our daily lives, we do not have much chance to see each other. If everyone in this world realized that we are all brothers and sisters, then there should not be any discrimination and war.

In each nation, we should always take care that the moral standard is kept intact. There are many nations that are very civilized and developed, technology-wise, but they have forgotten or neglected to keep the moral standards. Therefore, there are many very regret-

ful events that happen in such nations. I am pleased to see that the Korean people keep their ethical tradition intact, even though Korea is a very developed and civilized society. I am so pleased that your nation has developed, and not at the cost of moral value. This is good for our generation, and the future generations. To be stable in ethical standards is not to be labeled as old fashioned. To be conservative and to be developed at the same time is possible. That is also due to the leadership of the country, also the open-minded spirit of the people who know how to unite together and support a good government. That is what makes a country peaceful and prosperous.

Since ancient times, many kings of nations were very wise and very compassionate, and many of them have been enlightened persons, enlightened saints. The more enlightened the king, the wiser he is, and the better he knows how to rule a nation. If you see that a nation is well established and morally stable, you can see that the king of that nation is very enlightened, very wise. If everyone in this world is enlightened, then we don't need to use any microphones or loudspeakers; we can communicate from inside.

The Universal Communication Center

There is one place, one center, in our being, which is the center of all communications. If everyone turns to that point, we will be in touch with each other from inside. That's why, in the heavenly dimension, people do not have to speak and they understand each other perfectly. That's why when you read in the Buddhist sutras, for example the Amitabha Sutra, it is stated that the beings in that Land don't have to use any language. In this world, we can also achieve this kind of inner communication to some extent. We will achieve this degree of perfection when we reach Buddhahood or Mastership after enlightenment, or after we practice for some time. It could take many months, it could take many years, or it could take many lifetimes. It depends on what kind of path we choose, and what kind of Master we have. When we have the fortune to pick up the best method, and a good Master, we can achieve that very quickly.

The true spiritual attainment is above the level of the intellect. Most of the people in our world are under the influence of emotion and intellect. If we are too much attached to this world, then we have not even achieved the level of intellect, and so we will see that many people are very rough, very violent, and have very

little love. Some people have also very little emotion. If they have too much emotion, then they are mostly on the first level beyond this world. If they have too much intellect, then they have somehow reached, more or less, the second level. Now, we have to pass through these two levels at least, to achieve the so-called spiritual understanding. We can reach that if we have a way pointed out by an experienced Teacher.

When we pass through, or break through, the two levels of emotion and intellect, we have no more influence from the human emotion and intellectual understanding. Then we will begin to be free from the karmic influence of our previous lives. We can do this through very hard meditation practice or very deep prayer, but it takes many, many years, maybe many lifetimes, and that is not even the highest level. But if we have a very good friend, a very experienced Teacher, then we can do it in one lifetime. It's just like there are schools that teach people to learn something in a slow way, and in some other schools teach people to learn things in the express way.

The Teaching of Heaven Comes Without Language

The Method that we offer today is the express one because the Teacher in this direction knows how to erase our karma. Our mind is just like a computer that records everything that we do, we think, and we collect. That's why we cannot forget whatever actions we have done whether good or bad, and this in turn, will determine the course of our life. That's what we call karma. In order to free ourselves from this recorded information, we have to know where to push the button to erase the whole thing. An experienced Teacher knows how to do it, and we can learn to do it also. These things are not like technical lessons. It's not visible to the senses of the body; therefore, we have to do it in a different way - a silent way.

When we take initiation, the Master will not speak anything, but you will see the light of Heaven, you will hear the teaching of the Buddha. The teaching of Heaven doesn't need language; it is the communication of the universe, which all beings can understand. In complete silence, we will communicate and understand each other perfectly. That is the way of Heaven.

The way of the world is to be done through different languages and relies on many different types of

technical equipment. Still, sometimes we have difficulty in understanding each other; therefore, we have war, we have conflicts, we have a lot of unsolved problems in this world. The only way to turn this world into Heaven is to do it the heavenly way - that is, to keep the heavenly way of life, the moral standard, like in the old times with all the wise kings and all the wise citizens, and to learn the teaching from Heaven and to live accordingly. There is a direct link to Heaven within us if we know where to push the right button, but because this button is invisible, we have difficulty in finding it. The Master is someone who knows where it is and can show us how to do it.

There are many ways to reach Heaven, but there is one accurate way and quickest way. Heaven and nirvana can be obtained while we are working in this world; therefore, most of our fellow practitioners are just ordinary beings. In our bodies, in ourselves, there are many different places for different uses, and there is one place for the connection with the Buddha's Land or Heaven. There are no physical instruments, or ways in this world, that can touch that place; the only way to be able to open it is through heavenly power. That's why Heaven has to send some beings from time to time to help us remember how to do it.

We are actually always in touch with Heaven, but

because of too much karma, we are unable to see it. Therefore, someone who has acquired this power can help us to open this. Someone who has learned how to do it, we call that person a “Teacher” or “Master.” The Master is the one who should never take anything from this world, but who always has to give.

The Master Opens the Royal Telephone Line to Heaven

This place within us is the only one place with which we can establish our contact with the higher dimensions, and only the Master knows it. If we push just a slightly different place, the result is different. Just like in our home, we have a telephone, and each set of numbers has different connections, and only one is connected with the president. If we don't have someone from the presidential palace, we would not be able to find out this number and we would not be able to talk directly with the president. Even though everyone has the same telephone apparatus and the number of the president is also within these telephone numbers, not everyone is able to talk directly with the ruler of the nation - only a few. If we know a good friend of the president or good

officers, maybe we can do it. Similarly, we can only get in touch with Heaven when we know someone who knows Heaven. When I say “Heaven,” please understand that it is also Buddha’s Land or nirvana. Nirvana is the name for Heaven in Sanskrit. Of course, there are different levels of heavens, and through the guidance of a good Teacher, we can pass through different heavens and go to the highest place.

I am willing to give you all the help that you require so that you can reach the Heaven that you desire. And this is unconditional; you will never be obliged to anything before, between, or after. I do this because some of you are very earnest, very sincere, and want to go back to where you belong - that is, the Kingdom of God. I do this because many of you desire that the world will become a better place for our many generations to come. I do this because the world citizens desire that our world have no more wars, have more peace, more prosperity, and more love between each other. And also, because this is the best service that I can give to you, my brothers and sisters. I’m just like a travel agent who helps you to emigrate to another country, when you are not satisfied with the native country, or when you would like to go abroad to learn something different, something new, from another nation, in order to go back and serve your country. The only difference is that our agency charges no fee what-

soever - never, ever, ever.

We have to go to Heaven daily in order to learn something from Heaven; we cannot learn it here. With the things we learn from Heaven, we can benefit our life, and we can benefit the world in which we live. We can learn from Heaven by using the direct line that will be reestablished at the time of initiation. When we use this line, we can always understand and know what is the best for the world, and what is the best in the universe. Just like we have a university in our world, we have also a university in the universe, and in the heavenly university we can learn many things that are not available in this world. That's why, since ancient times, the sage is very wise, and he knows many things.

We can become modern sages if we know how to learn the secret of the universe. And that is what we call "enlightenment." Enlightenment can be gained immediately, or it can be gained slowly. "Slowly" is when you follow any kind of method, or anything, and you try many efforts to reach this enlightenment - slowly, because we don't know where the button is to push. We can get this enlightenment immediately if we have an experienced friend who helps us to push the right button. Just like if we know the number of our friend, we can always dial it and we can always get in touch. But if we don't know the correct number, or we forget

one or two numbers, we always try different ways but it's not easy to get the correct line to our friend. Maybe we do it hundreds or thousands of times, and then accidentally we will find the number, but it's very difficult and tiring. Meanwhile we pay a lot of money for wrong numbers, and exhaust ourselves. Also, enlightenment has many different degrees, from the lower to the higher, and with faith and devotion, we will be able to reach the highest, even in this lifetime. This is not very difficult when someone knows how to do it.

If you truly would like to go back to Heaven where we came from, if you truly want to change the world into a better place, then enlightenment is the thing that is very necessary. Most of us work only with the knowledge of the computer brain, but not with the knowledge of Heaven. That's why we work very hard, we earn a little, and our world is not as ideal as we want it to be. So the conclusion is that many of us would like to offer the best to this world, as well as to the whole universe, and to improve ourselves. We are here to offer service to these noble people, those who cannot be satisfied only with material possessions but who would like to have something higher, more noble, from the higher dimensions, or from the Kingdom of God.

Because there are so many thousands of people here, I will stop my speech now. If you have any more

questions, you will have the time. I will answer all of them. Thank you for your attention. [Applause]

Questions & Answers

Q: Is Your enlightenment the same as Shakyamuni Buddha?

M: Yes, we can get the same enlightenment as the Buddha at the time of initiation. When the Buddha first got enlightenment, He saw the stars from Heaven inside. Did you read this? [Audience: Yes] At the time of initiation, you can see also the same thing, but that is only the beginning. There are many other higher experiences than just the stars. All these we can have through the practice of the Quan Yin Method.

All the Buddhas, all the saints, practiced this Method since ancient time, and everyone who practices this can become a Buddha, sooner or later. That's why the Buddha said, I have become the Buddha, and you will become the Buddha. He did not say that He is the only Buddha. If you learn the same method, you will achieve the same results. Just like everyone who learns in the medical college will become a medical doctor. Don't

look down upon yourselves because you are Buddhas.

Q: You said in Your book that one of the Five Guidelines is not to kill any sentient beings, but I am a farmer and when I cultivate something, I have to use chemicals or some drugs to kill the bugs. What will I do with the insects or bugs like worms?

M: The law of the universe is that we should not kill because that will have karmic effects on us, but in this case of necessity, you just have to do what your duty requires. And when we meditate, this small karma will be cleansed. That's why, even after enlightenment, we still have to continue to meditate; otherwise, we would just get initiation and not need to do anything. Because you have to take care of the people's health, you have to do this kind of thing; it's not because you are very fierce or not compassionate. The insects are very small, so the karma is not much, and if we meditate, this karma will be nullified. Otherwise, when we walk, when we breathe, when we wash our hands, everything is killing. Even if we eat vegan, we also have karma, but very, very little.

Q: Do you believe that Jesus is the son of God, or

just the messenger from God? Another question is, can all Christians get liberation and go to Heaven?

M: Yes, Jesus was one of the messengers from God. When Jesus was alive, whoever believes Him, whoever follows Him, will go to Heaven, and go to Heaven permanently, because when the Master was alive, there is a power from Heaven through the Master. That's why Jesus said, *I am the light and the way of the world, as long as I am in the world.* [John 9:5] He did not say, "I am forever the light and the way, even if I am not in the world."

Q: Would You explain the state of enlightenment?

M: As I said already, enlightenment has many different levels. If we reach a lower level, we already feel very nice and very free. When we reach the highest state of enlightenment, we will feel completely free and completely without desires.

Q: Could You explain about the beginning of mankind, and their evolution?

M: It's a long story; we don't have time to explain

it today. But I have explained it sometimes in different cassettes, so maybe you go out and look for them, or I suggest you get enlightenment, and find out yourself. Firsthand experience is better than secondhand.

Q: What is the most important Sutra in Buddhism?

M: Every one of them is important if you understand what is inside. Otherwise, they are just empty words, and they make no difference to you.

Initiation Burns All Karma Except Fate Karma

Q: If we get initiation, You said that You just remove all previous karma. Is it true, and how is it possible for You to remove all the karma?

M: It is true, and it's possible! I have explained it to you. It's just like someone who knows how to erase information in a computer; it's just a question of expertise.

Q: Why do you leave the karma of this life?

M: Because otherwise, you will die immediately! And it's no use being enlightened if we die immediately. We have to use the enlightenment to help the world, to help mankind, before we leave the world, and to repay the kindness of our brothers and sisters. Without them we could not grow up, without them we have no food, no clothes, no cars, no airplanes, etc.

Q: What is Heaven and what is hell?

M: There are different energies generated from all beings in the universe, and different energies create different dimensions. Good thoughts generate energy, and the good energy creates Heaven. Bad thoughts, bad actions, etc., generate bad energy, and that bad energy creates the so-called "hell." That's why we are requested to keep the five guidelines, and to live a life of loving compassion, to be a vegan. The more good energy like this, the more Heaven, and the less hell. Heaven and hell are all our own making.

Q: Why do we have to get the initiation if we want to get enlightenment? Can You teach us in public about

how to get enlightenment?

M: Yes, I'll teach you during initiation. Initiation is only a name for when you sit there and learn how to do it, just like you enroll your name in the university and start your study. I cannot tell you in language because the initiation is done in silence. Only the soul understands, your Buddha nature will understand, and the Buddha nature or the soul does not need language. Whatever I tell you now in language is just an introduction to this silent teaching; just like whatever I tell you about water is not water itself. Enlightenment is never done through language.

Q: What is the origin of the mind?

M: We came from a very high level, from Heaven or nirvana, and when we came down here, we went through many different levels of consciousness. When we passed through the second level, counting up from this Earth, there we picked up the mind. The mind originated from the second level of consciousness. Therefore, I told you, if we want to be enlightened, we have to pass through even the mind; we have to pass beyond the mind level.

The computer and the person who handles the

computer are different. During the so-called initiation, I do not talk because the Buddha speaks to the Buddha. The person speaks to the person and doesn't speak to the computer. The computer doesn't need to know it. The computer only knows what we type inside. The computer cannot register anything between the two persons, and the computer cannot negotiate a business. So we negotiate Buddha-business only with wisdom. All the languages are useless. They are only useful in this mundane world, but not useful in the Buddha level.

Q: How did You get enlightenment and why did You leave home to be a monk?

M: That's my personal problem. It doesn't concern you. What concerns you is how you will get enlightenment and when? You ask too many useless questions. [Applause]

Q: You said Jesus and Shakyamuni Buddha are one, and also Christianity and Buddhism are the same, but why do they teach different things?

M: They don't teach different things, but you understand differently. After enlightenment, I promise

that you will understand the same thing from the different religions.

Now for the basics, for example the Buddha taught the five precepts and sometimes the ten precepts, beginning with you don't kill, you don't tell lies, you don't steal, you don't harm your neighbor, you don't have extra sexual relationships, etc. And the Christians have the ten commandments: thou shall not kill, thou shall not steal, thou shall not tell lies, thou shall not have the neighbor's wife, etc., similar things.

Basically, good religions teach people to be good citizens of this world, and to find Heaven at the same time. So if we follow the teaching, and we can find Heaven at the same times, then we are truly religious, we are truly Christians, we are truly Buddhists. Otherwise, if we continue to debate over religious theory it doesn't do us any good.

Q: Do You know another planet that has other sentient beings like human beings?

M: Yes, many, numerous, too many to count, as many as the sands of the Ganges River.

Q: You are already in the state like the Buddha, the fully enlightened state, and if I get the initiation, would You promise You will take me to that level?

M: Sure. [Applause]

Q: There are so many spiritual leaders in the world. What is the difference between getting initiation from other spiritual leaders and getting the initiation from You?

M: If any so-called teacher can give you the signs of Heaven immediately, like you see the Lights of Heaven, you see heavenly Mansions, you hear the teaching from Heaven, like sound, like the music from Heaven, then that teacher can help you; if not, then come to me.

Q: As far as I know, Hui-Neng got instant enlightenment by the Diamond Sutra, not by the Quan Yin Method. What's the difference?

M: As long as you know him, you don't need enlightenment!

Q: Not by the Quan Yin Method. He understands that he got enlightenment, but not by the Quan Yin Method.

M: How do you know? You were not there. I know that he got enlightenment through the Quan Yin Method, and after you get enlightenment you will know that, also. These things I have explained sometimes in some of the books or some of the cassettes. I have compared different Masters like Quan Yin Bodhisattva, the sixth Patriarch Hui-Neng, and Shakyamuni Buddha, etc., for your reference. I think it's in the first "Key of Enlightenment" book in Chinese, and maybe translated into Korean. But this is a very long speech if you have to compare notes between religions and all that. We don't have the time in these few minutes so maybe you refer to my books.

Living Master is Bridge Between Physical and Spiritual Worlds

Q: What's the difference between a living Master with a physical body and the so-called Master without the body?

M: The living Master with the body is the one, who can speak to you, answer your questions, and help you when you are in trouble, and the Master without a body cannot! That's the difference. A living husband and a living wife can live with you, but a dead husband or a dead wife cannot. Because we are living in the physical world, we need a living, physical Master, and when we pass through the physical level, we don't need the physical but we need just a spiritual Buddha.

The physical Master connects us with the spiritual Buddha in the higher dimensions and there we can learn many things, and later become Buddha ourselves. If we are physical, we cannot hear the spiritual Buddha. If we are in the physical body, we cannot contact the spiritual Buddha. The Master is like a bridge between the physical and the spiritual worlds.

Q: In Korea, so many Buddhists today practice the koan. So what is the goal of that? Is it possible to liberate with this kind of practice?

M: The koan means you ask yourself a question, a very difficult question, until you completely understand it. It may be possible that you solve this and get liberation, but it's very tiring, takes a very long time,

and is very difficult. In the old time, many Japanese monks and Zen practitioners killed themselves when they could not solve the koan. But with our Quan Yin Method, you get enlightenment immediately without a headache, without much work, and without having to kill yourself.

I don't like to sit here and criticize what is good, what is not good; I just offer you what I think is the best, but every meditation practice helps people in different ways. You have to make a choice yourself; you have to know for what practice you feel the most attracted, for how much percent. If you feel attracted by koan practice, then it's for you. If you feel attracted by our Method here, about 70 percent, 80 percent, then this Method is for you. Everyone's affinity is different.

Q: You said that below the ajna chakra the concentration is not good, but the pranayama (cosmic energy) is concentrated in the manipura chakra.

M: The stomach, the solar plexus, yes, and then?

Q: So it's not good?

M: It's a little bit lower level of chakra. In the ancient time, people lived until seven, eight hundred, or one thousand, or more than one thousand years. They had time to practice from the lower chakra to the higher chakra, from the feet up to the solar plexus, and then to the heart center chakra, and to the throat chakra, and then to the eye chakra, and to the crown chakra.

Chakra means a power center, an energy center in the body, which connects with different powerhouses, different power levels, in the universe. We don't live long enough to just play around, and we're too busy taking care of our jobs, our family, our national business.

Q: Some spirits stay in my mind, so some ghosts disturb me. How do I overcome this situation?

M: You are possessed because you allow some other spirit to take possession of your body or your mind. Just do not allow it anymore. If you let someone stay in your house too long, it's difficult to get rid of him except when you are strong. You can be the owner of your house again. I suggest that you have to know that you are the Buddha, you have to get enlightenment, and the illegal tenants will leave alone.

Q: We are supposed to get rid of any desire, but if we like to get enlightenment, can it be just another desire?

M: Okay, then you don't get enlightenment, if you are so good!

The desire of enlightenment will leave us afterward, when we have got enlightenment. When you are hungry, you are supposed to want food, and after you are full, you don't want it anymore. The only way to get rid of all desires, including the desire of enlightenment, is to get enlightenment. If you say enlightenment also is a desire, then you scold the Buddha. The Buddha tells us to get enlightenment. He, himself, also desired enlightenment. Only after He became Buddha, He said, "Now I don't care about Buddha, I don't care about nirvana, I don't care about enlightenment." I think you worry too much. [Applause]

Q: Master, there aren't any more questions and the time is up.

M: No more questions? Oh, good, fine, then I will take leave of you people, and if you want initiation, you stay here, and they will give you information about this. Thank you. Thank you for your love. [Applause]
The End

Live a Balanced Life in this World and Heaven

Spoken by The Supreme Master Ching Hai

May 22, 1993

The Chinese School

Tokyo, Japan

(Originally in English)

The Japanese understand English better than Chinese? Yes? Because there are so many Chinese here, they have required that I speak Chinese, but I thought that the Japanese understand English better, so maybe I'll speak English. The Chinese will have to listen to English and Japanese. If I am in China, I will speak Chinese. I feel already very sorry that I cannot speak Japanese to the Japanese people, because like this, we can have more direct understanding. I have tried to learn Japanese. I have tried. In America, I bought cassette tapes and videos, and books in Japanese. It's expensive, and they have promised me I can speak Japanese in three and one-half weeks. It is three and a half months already, but I can't speak anything! So maybe three and a half years later, I can.

Good afternoon, I am very happy to meet you to-

day, the supposed-to-be one of the most intelligent races of people in Asia or in the world. Some people told me that they have a test, and the Japanese IQ's are very high. Is that true? If what I speak today you can understand immediately, then that means your IQ is very high. What I speak is not concerning mundane business, economical affairs, or political business, but it's concerning the matter of the world beyond our intellect. If we want to be successful in this world, it doesn't matter in which aspect, we need IQ, we need training, and we need ambition.

Now, if we want to understand something about the world beyond this world, we need all these things plus something more. That something more, we already have within ourselves; that is our wisdom. If we do not try to remember our wisdom, try to develop it, try to recognize it, then our life is a little bit empty, and we feel kind of not fulfilled, not completely balanced.

Study in the Heavenly University

If we look around in this world, we see everything is created in a kind of balanced manner; therefore, there is day and there is night, there are women, there

are men. And also when we work very hard every day, we need sometimes to go out in nature and relax and do something different from what we do every day. So when we want to find happiness in our life, we should live a balanced life. Many of us live a life of too much materialism, and we have forgotten the real spirit, the real Self, inside us. That's why we have tried very hard, but our world has not progressed very much. Maybe we have progressed in some aspect, and then we regressed in some aspect. That is because we have forgotten the more important part in our life that is our spirit, our wisdom.

In the whole universe, everything must be in balance if it is to survive, if it is to prosper in the highest sense, in the highest level. In our world, we are much more preoccupied with the material aspect, and that's why we could not understand Heaven. In Heaven, people are too much preoccupied with the kind of spiritual aspect, and therefore they could not understand man. So, in order to live our life in this world and understand Heaven at the same time, we should try to balance our life so that the spiritual part of our self will be kind of blossoming and also the worldly part of us will be more developed.

While living in this world, we still can understand and contact Heaven. In Heaven there are higher teach-

ings for us that we can make use of in order to help mankind to develop in a more civilized manner in all aspects. Our brain is just like a computer, a first-class computer, and according to what information we give to the brain, it will come out. So now, what we pick up in this world is not always the best information and not always the highest quality of information. We have to go to a higher dimension in order to pick up better information, a better quality of information and give it to our brain, and then in turn, the brain will give it out to the society or to our daily life activity.

The other day I was interviewed by a newspaper journalist. I am often interviewed by journalists of different newspapers in different countries and most of the time, I have noticed that the majority of them have a kind of not very positive tone, not very positive kind of questions or attitude. Not necessarily because of me, but it's just their job; they are used to this kind of talk, not because they are negative toward me. It is as if they have no fun in their job or nothing makes them happy in this world. So I ask them, I say, "You always ask me questions. Now I want to ask you one question." I said, "Why do the journalist people often have a very negative outlook on life?" "Or when they go to question someone, it seems like they have a kind of negative feeling, or tendency toward some negative questions? And also, most of the time, why is the news

more negative than positive?” So I was answered that because they find nothing good to report, nothing good in the society, only negative things, so they have to report what it is.

But I do not agree that there is nothing good in the society, or there is much more negative than positive. I do not think it is so bad. Most probably, we are more attracted to something that is a big upheaval, or very tragic, very drastic, so the newspapers would like to report these things to us. This is all right, but then in the long turn, it will affect our attitude, our spirit, and our outlook on life, and then everywhere sometime we go, we see similar people, similar types of situations, and immediately we expect something negative. This is how our brain picks up information in this world largely due to television, due to newspapers, books, etc. I have heard that sometimes because the young people see some criminal scenes reported on television, later they imitate it, and then it breeds more crimes.

One time I was in America, and I went through the bookshops to look for some spiritual books, to see what people print and what people read today. I was very disappointed to look the whole day and find very little valuable spiritual guidance, but low-level books were plentiful. Sometimes a whole, very thick book only reported some very bad, very, very terrible action

of some kind of group, or some kind of cult, or something like that, and it even described in detail the terrible things they do. Probably there is only one person who did these things, or a group of a few people, but when it's printed into books, millions of people will know about all these negative things. If our brain is always overloaded by this kind of bad information, then this information will, in turn, feed out to the society or to our environment. That's how we see our society in some parts of the world become kind of very degraded in morality and in spirit.

The brain computer continues to pick up information regardless if it's good or bad, and there is much more bad information than good; therefore, our spirit is very tired, very degraded, very discouraged, very frustrated, very weak. That's why sometimes if someone, some person who is truly good, truly pure, comes to us and wants to help us, we sometimes have doubts, and suspicions, and think, "How could it be such a good thing? I have never heard of it. We don't have this before." And then, a very few truly good persons finally also give up because they can't convince us that they are truly good and we also don't give them time, don't give them a chance, to prove their goodness.

Most of the journalists would be more interested in the way I look, or the way I wear my clothes, than what

I offer in spirit. I don't say all of them, but the majority. And also they have the feeling, not only journalists, many other people, they have the feeling as if to wear makeup, or to wear nice clothes, is something not good — something not good for the people with wisdom, or with enlightenment. I do not blame them for their attitude; I just feel sorry for our society that breeds such kind of thinking. I just feel sorry that our people have lost the sense of dignity, sense of beauty, sense of appreciation of beauty, truth, and grace, and worst still, even feel proud of it! In the old time, our traditional dress was beautiful, women were truly women and men were truly men - very beautiful, very dignified. Nowadays, we do not see much of these signs of beauty on the street because if some woman appears to be beautiful, then she attracts many criticisms.

When I first came here today, I saw only one or two people wearing kimonos on the street. I always look at these things, and I like it so much. A Japanese woman who wears a kimono is much more beautiful than one wearing other clothes. I saw two women walking together, one wearing different clothes and another one wearing a kimono. Even though both of them look beautiful, the one with the kimono is extremely beautiful, very distinguished! But in this society today, maybe we do not have so much time to be beautiful and everyone just learns with each other. We all rush

around and forget to keep ourselves in the way we used to be, or the way we want to be. Then, finally, everyone accepted that it's okay to be "not beautiful." It's okay to wear just causal clothes or any kind of clothes.

Even I, myself, dared not to wear beautiful clothes today because I am afraid to shock you. Even though I thought, "Today is a very important occasion, and I should show my respect to you with my beautiful dress or traditional costume." Also, I feel that as a guest of a nation, I should dress more properly to remind you even of the life in Heaven - the life we used to have before we came to this world. But I saw so many outside wearing just ordinary clothes, very conservative, so I dared not wear anything beautiful to you. This is the same as what happens in our society. This is only one example to prove how we are intimidated every day with our actions, our thinking, and our habits.

The same, therefore, if we only learn from information of this world, we will not learn of the highest quality. We have heard that we have Heaven, that we have many different dimensions of higher intelligence, higher civilizations. So why don't we go and have a look? Actually, Heaven is within us; the most intelligent Source is within ourselves. If only we take time to turn inward daily sometimes, then we will find this highest quality, and our life will become truly happy.

We can solve many problems in a better way, and we don't have to work so hard, but we achieve the higher result, or the best result, because we make use of our wisdom, which is already within ourselves.

The Cause of Failure

Why do sometimes we find ourselves wanting this thing, or wanting that thing? It is because, deep within the recess of ourselves, we have all these already planned in us. But why sometimes are we not successful with our wish? It is because we don't reach deep enough in this treasure to find what we want, and what is our right to have. Even though our subconscious told us that we should have this richness, we should have this success, we should have this and that and other things more glorious, our brain has no power to achieve it for us. As you see, our brain is dictating everything in our daily activities, and if the brain only picks up this surrounding information, as I have told you, how can it achieve something above these things, above this information, above these abilities that it has picked up every day?

The Japanese people have been more successful

than other people in Asia, or in the world, because at one time the Japanese have learned some higher information, some better way to preserve and to improve, their country's economic security. Japan was put in a position in which all the people in the nation must unite together and listen to the wise advice of a few persons at that time. Now this proves that whatever the brain is taught, it will give out the effect. Suppose we have not had these few wise persons in your government at that time and that your nation had not been forced into this circumstance, Japan probably would not be the way it is today.

Even though we have intelligence, the brain needs to be taught. The way of true happiness and success can be found only when we turn inside and go to a higher level of consciousness, pick up better information and use it in our daily life. As you see, it doesn't matter how intelligent a race of people, it doesn't matter how powerful a nation, every now and then, we fail; we come down economically, politically, and in every other aspect. Every best plan to rescue a nation, or the world, will work out only for a certain period of time, a certain number of years, and then it fails because the situation changes. Whatever plan we make is according to what we have picked up from the situation and from the environment, and we work accordingly. Therefore, even though we are still very diligent, or our technical

equipment is still the best quality, our economy sinks sometimes because we use only limited information, and then we can only have limited results.

Therefore, the best politicians, the best economists, the best scientists, are not always the best answers to the world. In this period of world economical struggles, we should truly look into the resource of our salvation, wherein lies the answer to, “What to do now?” We cannot blame ourselves for not working hard enough, we cannot blame ourselves for our flawless equipment, we cannot blame ourselves for our economical talent, but where do we fail then? And it’s not the first time that one nation or another fails. It has happened many times repeatedly, and it has not happened to only one country, but it happens to many countries, to any country, despite the best effort, the best people, and the best brains of the nation.

I suggest the answer is that maybe we are not very balanced in our life. We are always forced to look into the immediate solution, and forget the long-term effects. Every one of us knows that our brain has not been used completely, even the capability of our brain has been used only to some percent. Why don’t we try to use the rest? We use only about 10 percent of the brain, but what could we do with the other 90 percent! We have a solution, we have a way to use the rest of

the brainpower, and that we can measure very fast after a few weeks, after a few months, that we have truly progressed, that we are truly in touch with the rest of our brainpower.

That's the Method that we would like to offer you, free of charge, and free of every obligation. That is, you have an obligation to improve yourselves; that's the only obligation. We have proved this to ourselves that it is successful; millions of people around the world have proved it to themselves, so it's definitely successful. Now I would like to offer this to you, the intelligent Japanese, so that together we can help the world to become a better place for our later generations. I have presented to you very scientifically and logically without all these mysterious myths of meditation, Himalayas, Buddha, or whatever it is, because the Japanese are very scientific and very intelligent. If what I have spoken appeals to you, then you may try. If not, you lose nothing. Only you remain as you were yesterday, working very hard, gaining very little, and not understanding why the world has become like it is, not understanding why we cannot solve many problems, not understanding why despite all this economic stability, or success in scientific research, our life is not happy. It's not truly happy, as we wanted it to be.

If we try the Method of contacting our main power,

our real power, then our life will change because we realize who we truly are and what ability still remains unused within ourselves. There is no end to our abilities, no end to our happiness, if we turn within and look for our treasure. I am offering this to you as one of the brothers or sisters who has discovered or rediscovered something nice, something good, and wants to share it with the family members. You share with me also what you discover, or what you invent, so I have a Toyota car, second hand.

When I first came to Japan, I wanted a car because we don't know the place, and where we live in the mountains, it is very difficult to go out to shopping. So I went to buy a car. And if I buy a first-hand car, I had to wait three months. I told the owner, "In three months, I have to go out of the country already! What for do I need the car then?" So I had to walk around and ask him, "How about this car?" and all that, and he said, "Oh, this is second hand. You can have it immediately!" But Toyota is a good car, a Japanese car anyhow. Any Japanese car is good. So even though second hand, I didn't have to repair it up to now. It's more than one year already, and I don't even have time to come to Japan to take care of it; it just rests there, and people drive it now and again. So these are the good inventions, good work that the Japanese people offer to the world, to other brothers and sisters in different

countries. It's just an example. There are many more.

When I was in high school, I had a Honda. The first Hondas that you produced, I had. My family had three Hondas, the first ones from Japan. That was back in Au Lac when I was young. Now, in a similar manner, I offer you what I have rediscovered, and that's all - there is nothing to question. All the things that the scientific people offer to the world, or the Japanese people offer to the world, cost some money because it needs money to produce them. But my discovery doesn't need any money to produce, also you already have it within you and I just point it out to you, so we don't need to charge you anything. Of course, there is some finance needed for my airplane tickets, for equipment, and for this hall, for example, and for the staff members, but these I can cover myself so there is no need to charge again.

So, thank you for your attention, and you may ask questions. [Applause]

Questions & Answers

Q: Is there any difference between the supernatural capability of men and women?

M: No! Is there any scientifically proven difference in ability between man and woman? Is there ever? Has it been scientifically proven that men and women are different in brainpower? Any proof? [Audience: No] Okay, if no, then no difference.

The reason why most women are not out in the society is because they are busy looking after the children and the family. They sacrifice for the family. But today it's different already; we have a woman president, a woman queen, a woman minister, all famous and very capable, as much as men. But maybe women are physically weaker than men, so to do some things, maybe men, in some physical aspects, are better. For me, I also feel physically sometimes disadvantaged when I travel a lot. I feel very tired, and I would prefer to stay at home, but because for the benefit of the world, for my brothers and sisters, I have to go and travel, even though I don't like traveling.

Q: When anyone attains enlightenment, would he or she know that immediately, although the person may not be able to see it physically?

M: Yes. Many people, thousands, millions of people in the world attained enlightenment, and you can

attain it right now, after this session. This is not something physical; you don't have to use the eyes, but you will see, you don't have to use the ears, but you will hear, and then this super hearing and seeing continue after the initiation. After you learn how to use it, you know how to use it, because this is not learning with the brain, but learning with the super-intelligence, with our own wisdom, our real Self!

Enlightenment denotes light. We will see light with the opening of our wisdom. When our wisdom eye opens, we can see many things; we can see Heaven just like we use these physical eyes to see physical things in this physical world. And we can hear the teaching directly from the higher dimension. It's not language. It's the pure teaching without language. It sounds like beautiful music. That's why we have music in this world, because we imitate the real music from Heaven. And you will know it immediately; as soon as we sit down together, you will know it. That's why we call it "immediate enlightenment."

Some people have that after some time of deep thinking or deep meditation, but with this Method, we have it immediately and it lasts forever. Of course, everyone's level of enlightenment is different somewhat, but everyone will get enlightenment at the time of so-called initiation. And we will become wiser and wis-

er every day; we are training every day. The training doesn't take a lot of work, just sitting like meditation, very relaxing, resting, and you will receive the wisdom through this way. Actually not receiving, just rediscovering, because everything is already within ourselves, but we are too busy, and we forget it.

Use the Power Behind the Brain

Q: What developments do You expect or anticipate would happen with Japan in the future, and also for the world, and how should we cope with this situation?

M: The future of Japan lies in the Japanese hands. I can only offer you the way, so that you know what is the next movement, what's the best movement. I cannot tell you what is the best movement, but I only offer you a way so that you know what is the best. Just like a doctor will teach you how to use certain medicine for certain sicknesses, and later you have to do it yourself. He cannot always stand around and determine for you which patient you give what medicine, but you learn this skill, and you decide.

With enlightenment you will be able to know what

is the next movement, what's the best action, and how to change when the situation of the world changes. We have this intelligence within us, the 90 percent of the brain, not the brain, but the brainpower. That's different. What gives power to the brain is different from the brain, just like a computer and a computer programmer.

The majority of the people in the world do not try to use the power behind the brain, and that's why our world is not a very highly developed planet. There are more, very civilized planets in this universe because they use more of the brainpower than we do in this world, so they can produce UFO's, for example, and we cannot. I have watched one Japanese film in which they provide documents about UFO's. UFO's are not the highest developments, highest inventions, in the universe anyway - just like airplanes on our planet, just faster.

We use airplanes for intercontinental travel and they use UFO's for interplanetary journeys; that's the difference. But these are just material developments of some more civilized people. We, ourselves, don't need any instruments, don't need any vehicles, to travel. We can travel in the whole universe in just many seconds without any UFO, airplane, nothing!

We have read in many fairy tales, or religious sto-

ries, that there are people who go to different Buddha Lands, or Heavens, etc., and come back. These are not fairy tales. These are true things, and people still do these nowadays. Our disciples do that every day, some of them; some of the highly developed disciples go back and forth between Heaven and hell, anywhere they want, in just a matter of seconds or minutes.

Q: Where did I come from, and where will I go?

M: That you have to find out. I will show you the way to find out.

Q: Is somebody who is physically handicapped entitled to this method of teaching and exploration of his own inner capabilities?

M: It depends on the handicap degree of that person, so this we have to check individually. But in most of the cases, no problem, because we don't use the physical to practice, or to learn, we use our real power. We have many handicapped students. I just say, in most cases, because in some extreme case I do not know of yet, it may happen. Just to make sure what I say is true and workable.

Q: Master, what do You think of the theory, which says that human beings lived in previous lives?

M: These are true theories, as far as we are attached with our habits, our attachments, our thinking, and our ambitions. But if we do not feel concern with all these material things, then we truly never die, are never born, never come back, and never go anywhere.

Q: Would it be possible for me to have some contact with so-called Heaven, as You described, even without having received from You this initiation?

M: If it is possible, it would have already happened. You don't have to ask me this question. To some other people, it might happen due to many conditions, but it's not always lasting, and it's sometime dangerous.

Q: If You can go anywhere in the universe within seconds, why did You use an airplane, or buy and use cars?

M: Because you cannot see me otherwise. You cannot see my real Self; you have to see my physical body only and my physical body needs physical trans-

portation. I have two parts and you have two parts: one is physical, one is spiritual. I use the spirit to go to the spirit world. I use the physical body to go into the physical dimension. Otherwise, I don't need to be born, even.

My spiritual part goes anywhere without hindrance, without needing an airplane, without needing a passport, but my physical body needs all these things. While I am sitting here, my spiritual body goes to different places in different countries and different planets to help different people in different situations, and that you cannot see with your physical eyes; therefore, I have to present to you my physical presence. After your wisdom eye opens, you will see me sometimes in your house, in your country without an airplane ticket. Some people see me before initiation even but that's very rare, not many people.

Q: What do You think of this telepathic kinetics method used in China?

M: You mean Chi Kung?

Q: Yes, Chi Kung.

M: It's one of man's abilities. It's one of man's many multiple super-abilities. The Method I teach you includes this ability. That's why many Chi Kung Masters came to take initiation with me. They thought I am a Master of Chi Kung. But actually I didn't learn Chi Kung particularly. It's just that we have so many abilities within us, and when we are enlightened, it's opened, and everything comes out.

Q: The purpose of an animal's life here is to be eaten by human beings. If human beings stop eating them, they would all be dead, and turn useless. Don't You think so?

M: No, we can eat animals if we want to. We are stronger than animals and more intelligent, so animals are helpless against us anyhow. But the question is whether we should use our strength and intelligence to abuse those weaker than we when we have other choices to survive. Besides, we raise more cattle, and pigs, and chickens. Therefore, they exist more than they used to be. And according to scientific research, the money, the time, and the lands, used for raising animals are weakening our planet economically and financially, even health-wise.

It is said that even many wastelands, many deserts, are the result of animal raising in the past because wherever cows are raised, that land is forever unable to grow crops. We need a big landmass to be able to feed the cattle or the animals. And all the wastes of the animals pollute our water in lakes and rivers because of the fertilizer that goes also into the field to produce grass, and all the stuff for animals also. And all the antibiotics and medicines that go into the animal's system, all the water to wash them, and all the hygienic measures, all these cost a lot of money and manpower. In the long run, it's a loss of business for the world. It's no good for us. It's not my right to tell you what to eat, but according to research, eating animals is no good for us whatsoever, economically, financially, politically, health-wise, and everything else. I am not yet telling you about the moral obligation and the guilty feelings that go with the animal diet. I am just telling you scientific-wise, the scientific aspect.

Inherently we all have a great love within us, great love for all things that move, therefore if we eat animal flesh, subconsciously we feel very guilty. It breeds sickness and all kinds of uncomfortable feelings and unhappiness in our life. That's why we suggest that if you want to find the true happy life, the true free, care-free life, you should refrain from eating living beings.

Q: This question is twofold. One is, You have stated in many publications appearing here or there that You are a Himalayan Master. What do You mean by this? The second question is, in the present social mechanism, it would almost be impossible for us to live a vegan life.

M: Okay, then you don't be vegan. It's up to you; it's your choice to live the way you like to live.

My disciples call me a Himalayan Master because I was in the Himalayas, that's very simple. For me, I can be "anywhere Master;" if I live in Tokyo long enough, they'll call me "Tokyo Master." It's just a name, no big deal.

Q: By attaining enlightenment, one will continue inside his or her body, a consistent emergence of new cells and these old cells will be purified; therefore, will this process help heal illness?

M: This helps in many aspects, but we do not concern ourselves so much with the physical body, because there are many illnesses that will be cured by medicine anyhow. We should come for enlightenment because we want to rise higher into the spiritual dimension, and not to still hang around and attach to the physical as-

pect. Many people get healed with this process, but if you come for healing of your physical body, I suggest you don't come because your level is not high enough yet. Maybe you wait a couple of a thousand years, and then you are ready.

Q: Atomic power generation has resulted in many troublesome accidents. This has happened in many different countries, and all these adverse effects of atomic generation have been affecting various races and nations. What do You think is the best way to keep this tragedy from happening?

M: Get enlightenment.

M: Next.

Q: That's all.

M: That's it, good. Thank you. [Applause]

The End

Rediscover the Supreme Power Within Yourself

Spoken by The Supreme Master Ching Hai

May 28, 1993

Main Hall, Tsin Sha Tsui

Kai Fang Welfare Association

Hong Kong

(Originally in English)

Good evening. I have always spoken Chinese when I was in Hong Kong, so today I will make a change. Since there are so many English-speaking persons in the public, I will speak English today. Is that okay? [Applause] And by the way, you have not enough places, so you are welcome to come to the stage, some of you, to sit around here, if you would like to. I am sorry the place is too small. We wanted a bigger place, but they told us it would take half a year or so, and we didn't have time to arrange something so long. When you are settled down, I will begin my lecture. [Master smiles] Just relax like you are watching TV; it's no big deal! After the lecture, if you still have the patience to stay around, I will go and let you have a look at my

small physical body, if you wish, because it is not possible for you to see me now. [Master smiles]

I would like to share with you something that is more important than my physical outlook; something that you probably already sensed all your life up to now, but some of us might not know what it is. There is one supreme power, which when it is known by someone, then that person knows the truest happiness from Heaven and Earth. And even if that person is a king of a nation, he would be willing, if possible, to forsake the kingdom, and just to stay somewhere and enjoy that newfound bliss. That's the reason why as we read the history of spiritual practices we have found that many kings or queens, princes, princesses, or high officers left their kingdoms or their positions in order to have time to enjoy, or to make research deeper into this supreme power, this eternal bliss, within themselves.

And some other people, even though they have not had the opportunity to enjoy this bliss, when they have heard about this discovery, they have, some of them, also forsook their wealth, their position, or whatever properties or benefits they have in the world in order to go and search for this. All of us, more or less, are searching for this supreme happiness. We do it in different ways, by different means - some renounce the world and go to the Himalayas to search for an enlight-

ened Master, some are praying every day in the churches or in the temples, and some are doing some ascetic practices or charitable works in hope of finding this eternal bliss that is promised by all the scriptures or all the saints of old. Many have found it; many have not. And even though there are those who have not gone into the retreat of the mountains, who have not become monks or nuns, or who have not done anything so-called spiritually, these people actually unconsciously while living in the world are also searching for this supreme power, this wisdom, or what we call God, Buddha nature, or the Tao. They are searching for what the scientists are still trying hard to prove, and they give it many different names, proven or not proven.

The Paradoxical Nature of the God Power

Yesterday I was interviewed by a very kind and very intelligent journalist from an English newspaper. He asked me what do I think about the Hong Kong people, because the Hong Kong people are probably written about, or noted for, their enthusiasm about finance. Well, he put it more bluntly. He said, "All the Hong Kong people have got is money." That was what he said to me. So he asked me what I think about it. I

said that it's just the situation in Hong Kong. The place is very crowded, and everything is expensive. The soil here, the land here, is more expensive than gold, so they just have to struggle for survival. It's easy to get money in Hong Kong, so people also try to get as much as they can. But it is easy to spend it also, so they have to get more, as much as they can. So the situation breeds the mentality of people in all the different countries.

But then, apart from that, there is a power that drives people into wanting this thing or that thing. What is that power? That is God power; that's a very holy, supreme, pure power of love and wisdom. And of course, it is very paradoxical that God power should drive people into wanting material possessions and fame. I have tried to explain that we are not the body, we are not the human beings that we think we are; we are wisdom, we are love, we are extreme holiness. And this extreme holiness, this supreme power, is always within us. That's why, when we die, even though we still have the whole body intact, we cannot function. It is because that supreme power has left the body.

While we are in the body and we are interrelating with the surroundings, with the society, with other people, and with the circumstances, we identify ourselves with the body, and with the actions that we do, and with the habits that we accumulate. Then we think that

we are the body, that we are this human, and that we are that person. And while thinking thus, of course, we will have to fulfill our work according to our thinking, our position. And then we forget, by and by, that we are the supreme power and that we are not the body. But meanwhile, this supreme power, the supreme wisdom, keeps always reminding us that we are That, we are Godly, we are Supreme, we are not ordinary weak, helpless human beings. Therefore, there is always a struggle going on within our soul, or within our heart. Even when we are in the highest position, or when we possess the largest property on Earth, we are still not happy. The more successful we become, the more empty we feel. This we know according to our conversations, sometimes, with great businessmen, with great, successful persons.

What makes us always want to be in a higher position, or possess more power, possess more property? That is this wisdom, the supreme power. Within us, this spark of life, of wisdom, of God, is always alive, and always urging us to remember what we truly are, how great we truly were. It tries always to tell us that the life we had before in Heaven is more glorious, more satisfying, more powerful, and in Heaven, we have everything at our disposition without having to beg, without having to work for it. It is always trying to remind us like that within our subconscious.

That is the life we had before we concentrated ourselves, our thinking, and our energy in this material existence. And that is what makes us unhappy in this life. Then we think, "Oh, then, we must have more power, more political power, more economical power, more possessions, or more love relationships, etc." We think maybe these will bring us the happiness that we are lacking; therefore, we spend all of our time, energy, enthusiasm, and thinking power into acquiring more power, more possessions, or more love affairs, etc. But then, the more we accumulate, the more disappointments, and we keep looking for more, looking for more, and then we find that nothing truly makes us happy in this life. This disappointment sometimes breeds further violence, further greed, further attachment. And consequently, sometimes it breeds wars between nations, or breeds disagreements even between good friends or good family relationships.

The only way to achieve this everlasting and stable happiness is to find our true Self, our true state of being. Many people, millions of people, have found it, and they lead a different life - not physically, just mentally, spiritually. Physically, they are still the successful businessmen, the pure politicians, the best congressmen, or maybe, the good housewives, the good professors, etc. We still see them taking in the income, or trying to prosper in their own business, but to them, inside, the

change is tremendous - the change that only the person who has realized Godliness within himself knows. Sometimes the outsider people have also noticed that this person has become very different, but they do not know how different, and what different, and in which way he is different. But the person who, has realized the Godly quality or even part of his supreme wisdom, understands very well where he has changed, and how he has become better. The way he talks, his outlook about life, and his interrelationships with other people are all different from before enlightenment. These people, even though they do not wear any monk's robe, are truly renunciates. They renounce even monkhood in order to serve the society, in order to preserve their family happiness, in order to sacrifice for the welfare of the whole world, of the whole universe.

Normally after enlightenment, after we have a taste of enlightenment, we would like to just stay alone somewhere and enjoy that every day. But then we still have obligations to the society because through the society's love we have grown up, we have our education, and then, even we get enlightenment. Therefore, we have to give back what we earned, what we discovered, in order to work shoulder to shoulder with our brothers and sisters, and bring enlightenment into the world.

If everyone, after enlightenment, just stays in the

mountains, Himalayas, in a cave somewhere, and enjoys himself, then soon the world will have less and less enlightened persons. And our great wisdom, which we have now discovered, is not much use in a practical sense to the world. We should bring Heaven to our Earth, instead of aiming to go to Heaven alone. That's the reason why some of the brothers and sisters of the enlightened circle come back into the world and share the message with the brothers and sisters, and do their best to make everyone become a saint. And then we do not need even to go to Heaven; we make the world become a paradise.

We have always been looking for peace in this world, and many nations, and the United Nations, etc., have tried their best to make reconciliation between broken ties, between the countries that are having conflicts with each other - sometimes with success, sometimes without. Yesterday the intelligent and very gentle journalist also asked me one more question, whether I have a wish, and what do I wish? I said I don't have any wish. So he said at least world peace or something? I said world peace is not possible at the moment, so I don't wish for an impossible thing. It's not because the United Nations has not tried its best; it's not because many presidents or politicians are not pure in their motives; it is because many of our brothers and sisters have not truly found peace within themselves, and they

are forever still searching for happiness and true peace without. I mean “outside.” And so long as we still have these brothers and sisters who are trying to look for peace and happiness outside of themselves, we do not have true peace and everlasting peace in this world. Therefore, most of us know that despite all the finance, all the time, all the energy spent in making world peace, we often fail. Even if we succeed, the outcome is only temporary, or if we succeed in having peace in one country, the next country will break out in war.

I very seldom read newspapers, except when I am on a long flight and am too bored. To just try to forget the smoke around me, I read newspapers. And every time I read newspapers or magazines, I read about wars, criminals, violence, recessions, inflation, anything that is no good for us. Even for religions’ sake, people make war with each other, so can you imagine, how do we live in this world? Yesterday I watched some news in the airplane while on the way to Hong Kong, and there was only violence, poverty, and hopelessness in different parts around the world. So I just shook my head and talked to the neighbor. I said, “This is the world in which we live? This is not true.” Sometimes, I myself personally feel discouraged in my work also, even though I do not prepare for success or reject failure, but when I look at the news and all these happenings in the world, I do not know whether we can help, whether

there is hope.

Yesterday, the journalist also asked me that I have so many disciples around the world, do I feel happy about it? But I do not. I do not, because it's very little compared to the population, and the bad atmosphere that we have to cleanse in the world. I am far from being proud of having many disciples, and far from being happy that I have so many followers. But anyhow, with your help perhaps we can make the world better, if not the best place. So I'm not coming to be your teacher. I am just coming to probably ask your cooperation, because you have this supreme wisdom and the supreme power within yourself. You are the Supreme Master in the universe, why don't you use this supreme power to help the world, or at least help yourself in your struggle to find peace and happiness? One more person who finds happiness means one less person miserable in this world, and the more the better. Many of you in the audience have already grown to a ripe age of a gentleman or lady. And most of you must have realized by now that position, money, fame, love affairs, do not bring lasting and true happiness.

Why do not we try to return to where we came from, to regain our supreme position, to rediscover our supreme wisdom, which can do anything - anything at all? The reason why I have many disciples is because

I have found this wisdom, because I have realized my true Self. I have nothing else to offer except that. I don't have a lot of money to buy my disciples. I don't have any big, beautiful temple at all to attract them. I don't have any position in society to impress them. I have nothing. What appeals to them is the pure Truth that I convey every time. They know this is the Truth because they have the Truth within themselves, and so when I present that, it matches. [Applause]

My disciples claim that they have seen me with a lot of miraculous power rescue them, help them in different parts of the world at the same times, and every incredible thing, they credited to my power. But actually all of us have this power, I tell you in all honesty. Most of us are too busy clinging to our little intelligence, our little education, our little craftiness, that we have learned from childhood, from the society, from school, and we are too proud of these to let go in order to know our true power. That's what prevents you from knowing your greatness. That's what makes a difference between perhaps me and you. Only because you think you are different, only because you allow this thinking to exist, otherwise, there is no difference at all whatsoever between Jesus, Buddha, and any other great Master, and your very own Self.

Remember Your Greatness Through the Quan Yin Method

There is no need to worship too many Masters, no need to worship Buddha or Jesus; just be one. Just remember you are great before you are entangled in this physical mass. If you do not remember, we have a way to make you remember, and that is the Method we call “Quan Yin,” whatever the name you want is fine. It is the way of awakening our memory of our true origin, and once awakened, we will never forget again. Once you have found this happiness, you hardly lose it, hardly ever, except if you deliberately ignore it, refuse it because of some reason, because maybe you don’t like me.

There should be no personal liking when you seek enlightenment. Whether you like the teacher or not, if his English is good, he is good for you if you want to learn English. So if you want enlightenment, come for enlightenment alone. Don’t look for personality, or don’t look for the appearance of the teacher, whether it’s male or female, short or tall, English or Chinese, it’s not important. Of course, if we have a companion or guide who is nice looking, maybe talented, humorous, beautiful, then of course, it’s better for us; otherwise, it is not very important. But we must remember

that one person can never satisfy everyone's tastes, therefore, that is not at all considered as of the utmost importance. The most important question is whether that person can give you the promised enlightenment, and immediately or not.

Yesterday the journalist asked me why the disciples always follow me. I had forgotten, and I didn't know why it is. Perhaps because what I promise, I give them. If I promise them light and music from Heaven, promise them wisdom, promise them happiness, loving kindness, more and more every day, then that will be so. If I promise them God, then they will see God. And now, in this lifetime, not waiting until we die. If I promise them Heaven, they will see Heaven in this lifetime, and not after death - oh, after death also, sorry. That is for sure! [Applause] If we wait until we die in order to know Heaven, or to know ourselves, it might be too late. We might not know it at that time, who guarantees?

Of course, everyone's level of enlightenment will be different, and accordingly the inner Teacher will teach them to their best advantage. The real teaching is not always the same for everyone, and more important is that you don't have to always stick around the teacher every day. You can learn it at home because the teaching is direct and from the inner channel. After

the initiation the line is established, just like you have applied for a telephone line in your home and once it is connected, you can use it all the time. And you don't need to go to America to talk to that beloved person, but you can stay at home and talk to her.

Of course, sometimes you meet each other face to face; that would also be better, nicer for both of us because we are still in the physical dimension, and sometimes we need the physical contact. But it's not always necessary in spiritual practice. The physical contact is sometimes necessary because the disciples are still in a not very high level, and still like to see the Teacher in person. And later, when they are in the higher level, they still like to see the Teacher in person, because it's nice to see a good friend. And all attachments for worldly gain and profits, fame and name, will just minimize day by day until they become none, and then we do things without personal motive, personal profit.

Okay, I am supposed to stop now, but if you have any questions, I may continue according to the program. So please ask questions and be quick. Thank you for your enthusiastic support and attention. [Applause] I feel very comfortable with you. You are a very loving crowd.

Questions & Answers

Q: What is initiation?

M: I have mentioned it already, but if you want, I will tell you again. It is the beginning of our Home-ward journey. It is the beginning of the awakening of self-realization. At the time of initiation, I do nothing to you and I speak nothing, but you will realize what you long to realize. And then you will know what to do every day to regain more knowledge of your great Self, of your true Self. From that day, the Inner Master always stands by you, twenty-four hours a day, to help you in any circumstances that require help, in this world as well as beyond this world, until you reach complete realization.

The initiation, therefore, is done in complete silence, and is difficult to describe to you in language. We will give you some instructions, like how to sit, do not waiver, do not move, and things like that, but this is not initiation. The true initiation is in complete silence. Because these things are beyond this physical world, we don't need language. Language is helpless in the spiritual dimension; otherwise, I would have written a book. I'd just sell it in the market and everyone would get enlightened for a cost.

Quan Yin Method Brings Heaven-Realization

Q: Is the Quan Yin Method a religion?

M: No. Otherwise, I would call it Quan Yin religion. I would say that the Catholics cannot come, the Buddhists cannot go near, the Muslims are forbidden, the Taoists are not welcome. I would make a new one. On the initiation form, we stated that you do not need to change your religion. You do not need to join a new one, do not need to invent a new one, or do not need to change anything. The Quan Yin Method just helps you to realize your true worth, that's all, and the religion is just half of it. For example, every religion talks about two sides: one is the physical, moral standard, and the other one is Heaven-realization. Most of the religions nowadays offer only the half of the physical moral ethical standard, but do not offer the heavenly realization. I just added the other half, so you can affix it to any religion you want. We don't fight for religions in Heaven.

To make war is our habit, the nature of some persons, some of our brothers and sisters, so even they make war to fight for Heaven. They are afraid that Heaven is so small that if all the Buddhists come up, the Christians would have no place, or if the Hindus go there, the Muslims will be "kaput," have no place to

stay, so they have to fight with each other for Heaven. But we don't have to. All religions are fine, as long as we realize the essence of that religion. In any religion, the essence is the same. I offer the essence, not religion. Suppose different companies advertise for milk. They have different names for

, like "Denmark's Best Milk" or like "Second Best to Mother's Milk." The names are different for milk, but it is the same. And I offer the milk regardless of what names you want to put on the label for your company.

Q: Do you know Chuang Tzu, and what do you think of him?

M: Chuang Tzu. Oh, that guy died about a few thousand years ago. What do you want to know about him? Anyhow, I have many tapes talking about Chuang Tzu. If you are interested, you can ask the people outside. The price is not profit making; it's only the original price, and we are losing business anyhow. If you calculate everything else, then we lose business. So the price is very cheap. You can take some cassettes home and listen to what I said about Chuang Tzu. I cannot talk about a person who is so great in a few minutes, so

please get some tapes outside and listen, all right? We are good friends.

The Anguish of a Master

Q: I know I shouldn't be concerned about Your appearance, but I have never seen a spiritual Master wearing makeup. Why are You putting makeup on?

M: Why not?

Q: I think you look better without.

M: Oh, yes? Thank you. Sometimes I look better without, and sometimes I look better within. It doesn't concern you. What I do is my business. There are too many problems explaining all these troubles. [Applause] When I wear the Buddhist monk's robe, they say, "Why do you wear this?" And when I wear the other, they say, "Why do you wear that?" And when I wear makeup, "Why do you wear makeup?" And when I don't wear makeup, "Why do you make yourself ugly?" I have no end to all these childish and stupid questions.

I'll tell you why I wear makeup. The most practical reason is that too much light hurts my skin, so they told

me. And also it sweats and the television doesn't look good for you. So they complained; they told me that I should put some powder on. And now I put some powder on, and it looks white like a dead person. So then I have to add the not-natural blush because my natural blush is covered by the powder already. So I have to add more and more every day, and there is no end to all this business. I do all this because of you, so don't worry about it. [Applause]

There are worse things I do for you; this is the best thing already. The worst things, you don't know. You don't know the things I have to suffer. So this is nothing much, probably the reputation suffers only. There are other kinds of suffering you do not know, so I can never tell you enough. Don't worry about my things. Just worry about your enlightenment because it concerns you the most. You sit here with a thousand watts every day, then you will know what it's like. It hurts your eyes. It hurts your everything. If you have to sit here, then you'll know; five minutes, you don't like it. So don't ask too many stupid questions. Ask enlightening questions; ask that I may help you to improve your outlook, your inner beauty. That's the best way to ask a question.

Q: Is it possible to introduce your message to children? Also, thank you to the hidden person for his almost perfect and natural translation in Cantonese.

M: The children can learn also. From six years old, they can get initiation, but only if they want it. The children have also the supreme wisdom as much as we have so we don't force the children. But if they like it, they can have it.

Q: How does initiation link or complement meditation, or are they both independent?

M: After the initiation, then you know how to meditate. That's the link.

Q: Does it matter who teaches meditation?

M: It does matter. If the person has no experience in going back to Heaven, then how can he lead you to Heaven? If the Teacher knows the way to Heaven already, of course, it is best for us - not anyone at random.

Q: When you have close relatives who are old and near the end, and they are deaf and illiterate, and not intelligent, how can you convey to them the message, in order that they achieve inner peace at the time of death?

M: Just convey it, and see how he reacts, because you never know who is stupid and who is not intelligent. Maybe we are the ones who are not intelligent. Sometimes it is like that. We underestimate someone.

Q: You made an in-depth study on the Bahai teachings. Can You please share a few of Your views on the Bahai faith?

M: Bahai faith originally means brothers, brotherhood. So it's just the name for those who were enlightened at that time when the Bahai faith started. Now later on, it left the name, just like other religions. So every religion has its good points.

Q: Is the Quan Yin Method the same method as taught by the Quan Yin Bodhisattva?

M: Yes.

Q: I feel so much love for everyone and everything, but it is difficult to go out in the world to deal with separation, rudeness, unkindness, and maybe just the indifference. I take a deep breath and try to find the love every time, but I feel like I bleed. How can I respond to others in the same loving way always?

M: Yes, it's difficult, because of the collective karmic atmosphere around those persons that you are dealing with. Try to look at him or her as the supreme power within themselves, and forget the habits that they accumulate, forget the manner that they have been influenced by the surrounding and the society. But if you cannot, it's fine. Try again next time.

Q: Why is there no conflict between God, Christ and Buddha? God said there is only one God. You cannot worship other gods.

M: Yes, Buddha did not tell you to worship other gods, did He? Buddha is also a messenger from God, but the God He knows is different from the preconceived idea of the God you know. That's all. There is only one God, one all-loving, all-pervading, all-omnipresent power; that is what we call God. We are the offspring, and Buddha is one of the offspring. When a

person is enlightened, he reaches the state of Buddhahood or Christ. That person is one with the almighty power and there is no separation between the Original and the offspring. At that time, there is God or there is no God; there is no difference to that person at all. He might not know there is God because he and God are one. Of course, he knows, but he doesn't discriminate the way we do. The way we look at things is different from the way an enlightened person looks at things.

Q: Could you kindly tell me how to control the wandering mind?

M: That takes some practice and time. That's why after enlightenment, after initiation, we suggest that you still have to meditate every day. Otherwise, the habit of a wandering mind has been for a long time, and it's difficult to get rid of it overnight. So we have to keep repeating the experience of enlightenment until it becomes our nature.

Q: If we do not adhere to the guidelines very strictly, how will this affect our meditation?

M: You will, of course, have less experience, less

feelings of tranquillity, and less heavenly vision, but try again. We are human and sometimes we fail, but we should try again. The difference between a saint and an ordinary person is that the saint doesn't make the same mistake again. So make a mistake okay, but don't make it again.

Q: If we chant the Buddhist mantra and get into samadhi, is this good or bad?

M: Good. It's good. That means that you have good concentration, but it might not be a very high level.

Q: Initiates must be vegans, but can they cook meat for their family, or buy meat for their family to eat?

M: Yes. They can. If the family insists on this non-vegan diet, then you have to do your duty.

Q: Is meditation related to religion? And if you obtain your goal in meditation, do you think we need to keep our religion, and why?

M: At that time, you are the religion. So whether you keep it or not keep it, you don't think like that anymore. I just tell you now that you don't need to change your religion because you still feel attached to religious names and form. If I tell you to forsake all religion or everything, then you will revolt. But at that time, after the great enlightenment, you become the religion yourself. You are the symbol of all purity, precepts, and holiness; therefore, that is the essence of all religions. So no need to say whether I am still a Christian or not a Christian. The name is not important, anymore. At that time, your outlook is different.

Q: What is karma? Is it assigned by the karma lords, or is it our choice? Is it the chain reaction of our actions and thoughts, or something else?

M: Karma is nothing but a consequence of all our actions. If it is a good action, it bears good consequences; if a bad action, it bears bad consequences. Karma is a Sanskrit name for consequence of action. It makes a big deal because we don't translate it into English correctly. If we steal some money, our karma is to go to the police station or to jail. That's karma. That's the meaning of karma. If we eat too much, then the karma will be that we feel very uncomfortable, heavy, with

indigestion. That's the meaning of karma.

Q: Ching Hai Master, I am from Singapore, my father is from Singapore, my mother is from Au Lac. I come from Singapore just to offer you some roses, so may I?

M: Sure. He waited a long time. There was a flower offering before and he didn't come. I have noticed that he was there. Come up, please. Let him come up, please. Why did you wait so long? Thank you for your love and the roses. Let him have a way, please. Sorry that you had to wait so long. Thank you. [Applause] Yes, I am happy that someone is not concerned with my makeup, but only with my teaching. Your actions and your questions bespeak your inner level. So be careful what you ask, and don't reveal your inner low level.

Master Answers Questions About Initiation

Q: I have two questions here. Do I have to be a vegan before I come for initiation?

M: No, you are vegan after. If you are before, of course it would be better. But since most of us are not, so I have to take what it is. So be vegan after the initiation immediately. It's too late now to have your last beefsteak!

Q: The other question is, do I owe You anything after You have initiated me?

M: No, you owe me nothing, because whatever you will get is what you possess inside; the Kingdom of God is within you. I don't give you anything. I just try to tell you how to remember it every day, and help you to remember it at the first instance, and you continue to do it.

Q: To attain complete enlightenment, must one be initiated?

M: According to history, yes.

Q: Must we have a Master to be initiated?

M: If you can do without, then it's fine. I'm just afraid you forgot how, so I just help you. You don't need to call me a Master. You don't call me anything. I am not the Master really; I am not the body, anyhow. People just call me Master because they learn with me; they call me Teacher or Master. Anyhow, every time you call me the Master, you should remember that you are the Master. You have this Master power within you, and you have to try to awaken that, and to make use of that. So it's also useful to call me Master to invoke this memory within yourself. That's the only best thing about it; otherwise, there is no need.

Q: Before birth, we are not enlightened; after death, is there a method to reach enlightenment?

M: Yes, second hand. Suppose your relative is initiated, then from death, you rise to life. Because of the bloodline, because of the karmic relationship with each other, you are helped by some degree.

Q: When people die suddenly or before they expect to, is it possible for the soul or consciousness to stay behind?

M: You mean to linger around the physical relatives? Yes, it's possible. These people are those who are reluctant to depart. It happens not only by sudden death, but by many different deaths also, if the attachment is too strong still. They just linger around and make trouble, make noise. [Laughter]

This is because the true Self has not been liberated from the astral body, and that person mistakes this astral body for his physical self. And then because of the strong desire and attachment for the pleasures of this world, he tries to regain that by all means. He lingers around the relatives, friends, or beloved ones, and sometimes makes noise and disturbs people. But that's not for long because the astral world also has policemen. They will go patrolling, and then catch them back and put them to the place where they belong.

Q: O.K., I think you answered the other question. She was asking how to remove the person.

M: They will be removed after some time; just be patient, or get enlightenment. Then they will remove themselves very fast.

Q: How long will the initiation process take tonight?

M: It depends on how many people. The original instructions normally take about half an hour or an hour, and then you sit for meditation maybe for one hour in silence; that would be a couple of hours. But sometimes it will take longer because of the number of applicants. We need to take down the information of your address and all that for the follow-up, and to send you more information, because sometimes you need to know many things during your daily practice, and we couldn't satisfy that in one night. In the physical level, yes, but not spiritually, we don't need that. Also, in case we have some retreats, seven days or three days, and if you want to participate, then we will inform you if we have the address; therefore, the paperwork takes some time, that's all.

Q: To be initiated, do we need courage?

M: If you need, yes. To some people, they just need nothing; they just walk in. To some people, they need courage to put down their so-called etiquette, their preconceived ideas, and their attachment to some religious preconceived expectations. So of course, to these

people, they need courage. Also, they are afraid their family will not welcome them after they become vegan. Some people are afraid that their business will not go smoothly if they cannot go out and have dinner with all the other partners, etc., but these are not true.

Nothing should be an obstacle if we truly want something. In many countries, different kings have even renounced their kingdom just for one woman. Don't talk about big-deal Heaven and Earth and anything else - just for one woman, and if we couldn't do even less than that for Heaven, then we should ask ourselves whether it is true courage, or what should we call that.

Q: Do all the founders of the religions still exist, for example, Quan Yin, or Shakyamuni Buddha, or Jesus?

M: They exist in some level of consciousness. Otherwise, they do not exist at all; they have never existed as individuals, and they never will. Just like the Masters who have been on our Earth physically, they are originally not physical, anyhow. Sometimes, if we are enlightened, we don't see the Master sitting here speaking; we just see light and nothing else. The whole

hall is light - no person, not even you!

There are different levels of existence, and they exist according to our understanding of existence. For example, after initiation, and not even after initiation, at the time of initiation sometimes, some of you will see Jesus, some of you will see Buddha, and talk to them, or not talk to them. It depends on the power of your samadhi whether you can hold on to that level long enough to speak to the ascended Master or not. So now, because you have ascended to their etheric level, astral level, you can converse with them or see them. But when you go above that, you see no more, understand? It doesn't mean that the Master is in a lower level, but because in a higher level, there is no personality that exists.

Q: Are there higher states than paradise?

M: It depends on how you term "paradise." If you mean paradise is somewhere beautiful, glorious and you have everything to your satisfaction, these are not higher levels of paradise. And the very high paradise, it is not possible to explain in language. So we just use "paradise" or "Heaven" as general terms to describe somewhere eternal, blissful, and holy, somewhere be-

yond this world. But of course, there are different levels of heaven and with this Method we go to the end. We pass through five heavens and go the highest one.

There are more heavens than five, but we have to pass at least five in order to realize the Truth, to be completely free and enlightened. Just like from here to China, mainland China, we have to go through different stations, maybe five bus stations at least, in order to reach the mainland border, the border only, but then you are still in mainland China. You begin to explore the mainland of China.

Q: Can the power of forgiveness dissolve karma and spare you from the consequences?

M: Yes, yes, definitely. That's why, *Thou shalt not kill*, that's why we should be vegan, so that all these animal deaths are forgiven, and then we don't get the revenge afterward. We cut asunder the chain of cause and reaction; we stop it there. We stop the wheel of karma.

Surmount All Obstructions to get Enlightenment

Q: My family objects to me taking initiation. What should I do?

M: We have numerous families, life after life. So think about it. Next time when you are born again, you will have another family, and you will be obstructed again, and next time you will have another family, and you will be obstructed again. Think about it. Do what you think best for yourself. Talk to your family, beg of them, kneel there three days, do whatever, hunger strike. Do what you think is best in your family's circumstance.

I wanted to leave my husband to go in search of enlightenment because I thought I couldn't find it at home. It's difficult to find a Master at home. We have to go out and look for one everywhere. So I thought that I'd leave home and go to find it, it's easier. It's freer, and I can go anywhere I want, and look for one, and stay there until I am enlightened. That's what my imagination said. And then he didn't want it. Of course, he didn't want it. We were married just two years, and the love was still very passionate, so he didn't want to let me go. But I had to talk to him, two months, and he signed a contract; no, he tore the contract of our mar-

riage.

Two months, so maybe it takes you three months, or two years, but you have to work for it. And even when I was in the Himalayas, he still chases after me. So you have to find a way to run away! You have to find a way to free yourself. No one else can do it for you. I had all the Buddhas on my altar and Jesus on the other altar, but they didn't help me. I had to do it myself. Talk to your family.

Q: If some people in China invite Master to visit and lecture, is that possible?

M: It depends on the situation in China - whether the government is wise and tolerant enough to accept me there, and if they will not think I am a threat to their power.

Q: Are magical powers supernatural powers?

M: They are not really supernatural powers. They are natural powers. We naturally have them, but we forgot how to use them. After initiation, and then after you practice a long time, you have many magical powers

coming back to you, but these are in the psychic level, astral level. Therefore, we advise to refrain from using them, to abuse them too often, or too obviously. Because then we will feel attached to these powers, and then we remain in the psychic level or the astral world, just like children get attached with toys and forget to go to school.

Q: How do these powers affect the highest Truth? Are they of any use?

M: I have already answered.

Q: What is real love?

M: I don't know if I can say it in language. I only know that we can have it if we are enlightened, the unconditional love, love without wanting anything in return, that we have more and more, according to the degree of our enlightenment, daily in the practice of meditation.

Q: Can homosexuals learn the Quan Yin Method?

M: Yes, there is no homosexual Buddha nature. You are only identifying yourself with the physical frame. That's why you think you are a homosexual or a heterosexual; otherwise, we are not the physical body, so don't worry. These conditions, these ideas that you condition yourself with, will drop away by and by, as you learn to realize how great you are, and what a real Self you are. So don't worry about these conditions. These are just accidents that happen within the soul's journey to eternity. These are just unwelcome diseases that happen to fall upon us and attack us now and again during our journey to eternity. This is no big deal, no sin. Don't worry about these things. But of course, you keep to one partner at a time.

Q: The Quan Yin Method, can it help us be liberated from the wheel of transmigration, the cycle of life and death?

M: Sure, in this lifetime. After initiation, you are liberated. Your five generations are also liberated together with you. Those who are already dead will go to heaven. And more, not only five.

Q: By learning the Quan Yin Method, after death

to what heaven will we go or will our own heart create its own heaven?

M: We don't need to create any more heavens. Heavens already exist in plenty. But many are empty, so we have to immigrate there. To which heaven, depends on how your practice goes while you are living. For example, after initiation, you practice and you have reached the third heaven, then that's where you go after you die. The Master continues to teach you until you are completely enlightened and become the Master yourself.

Q: Is our presence here at this lecture tonight enough for us doesn't see Hirm. So I offer you the way to see God first, and whether you believe it or not later is your business.

Signs of Enlightenment

Q: After enlightenment, does that person himself know he is enlightened?

M: After enlightenment, of course you know you are enlightened. It's very obvious. But maybe one or two do not realize that, just because they have too many preconceived ideas about what enlightenment would be and they expect too much, expect like a big electric shock, or flying in the air, or something like that. But even these persons, slowly, after few days, will also be in the state of realizing that they are enlightened after all.

There are signals for enlightenment. There are signs, special signs. Enlightenment means you are enlightened. You have light; light is flooded into you. So you will see some light inside at the third eye; we use the third eye. At the initiation, the third eye will be opened by the Master power, and then you will see light. Your inner soul will be awakened, and you will hear the heavenly teaching, without using physical ears, the teaching in the form of music, melody, not by language. These are some of the signs of enlightenment. There are more, and day-by-day, we have more.

Q: What is the way to make our heart peaceful?

M: I talk already two hours, and you still ask what is the way. It's the only way, enlightenment. Find your

true Self.

Q: Can anyone, by being vegan and meditating, open and find by themselves without this Quan Yin Method?

M: Find it by themselves? Very difficult, because vegan doesn't mean Buddhahood, doesn't mean enlightenment; otherwise, all the cows would have been Buddhas before we were born. It is just a means of compassion. Vegan is just a way consciously to preserve our great love for all beings.

Q: What is God? Does He create us?

M: If not, who does?

Q: How many are there? Can we be God?

M: It must be a child who asks this question.

You see, suppose there is a God who creates us and that comforts us for the moment at least, until we see

Hirm after initiation or during meditation, then you can ask Hirm yourself whether Hes has created us or not, and how many gods are there. There is a power that creates all things; It's not a person. We call that power, God.

Q: After initiation we can still be living with our family, and become a mother and father. Does this mean we have to change only in our mind?

M: No, just stay where you are, and do what you used to do. These are only the outside duties. We have to do them, and we should do them better than before. No need to run away from home. I did, but I was not enlightened then; you can't blame me.

Q: The last question. When we buy some captive birds and animals and release them in order to gain merit, is this any help to us?

M: When you buy them and release them, the sellers go and catch them back again, because you buy them and pay a lot of money. So, most often it's like that. These are . . . [Master sighs] I don't want to say things about the customs in the society. Some people

have to make money, so don't ask me to tell things that are not very profitable. Suppose we see something in bondage, and of course, we like very much to free it because we feel compassion for that being, whether man or animal. At that time, we have merit already. Not that we do it to earn merit, then it is like business. Buddha doesn't do business. God does not do business. God doesn't care how many birds you free because it's still in this sky in Hiers universe anyhow. All belongs to Hirm. Who frees whom? Where to? What for? So just get enlightenment; that's the best merit you can get. [Applause]

So free yourself, this is a chance. If you don't want to free yourself forever, then at least you are free from this room because the lecture is finished. Thank you. [Applause]

The End

Enlightenment: The Way to Get Out of the Life and Death Cycle

Spoken by The Supreme Master Ching Hai

June 4, 1993

The Heavenly Queens Temple,

Kuala Lumpur, Malaysia

(Originally in English)

First, I congratulate the Malaysian people for having such a beautiful country. And because your country is very stable and safe, I mean compared to many other countries in Asia as well as in the Occident, I will not talk about the mundane things that you already have enough of. We will talk more about the spiritual side. Your country and your people, due to the wise ruling of the government, already receive more or less enough material comforts, so I will just congratulate you, your country, your government, and then we will go straight to spiritual topics. [Applause]

There is a way to rise above the human standard. After we have achieved the best success and the highest peak in our material endeavors, we will wonder, "What now?" At that time, we probably would try to find the way to understand some higher, more intel-

ligent, and more satisfying answers. We would try to find these answers. But sometimes, because we have been too busy during our daily life and we have been too preoccupied with material problems, if suddenly we want to find something else above materialism, we will find ourselves in difficulty.

[The Chinese translator translates incorrectly and Master speaks in Chinese.] No, what I mean is, that we have been too busy during our daily life, too busy in material aspects. We put too much of our energy in them. Now suddenly, we want to find something else above that. It's too sudden; hence, we will find ourselves in difficulty. We don't know how to manage it. That is what I mean. The translation should be more flexible and mild. The way we put it, it is as if people are very stupid, and that is not what I meant. A slight deviation in translation can make a difference. I feel that you are not very cautious in using the right words and language.

For example, some time ago, I said to a disciple, "Please call the Meditation Center in Kuala Lumpur and ask them if they could reserve two rooms in a hotel for my guest. He is coming later, and can't make it on time. Moreover, he is not a local person (Malaysian), and doesn't know how to make a reservation." That's how I said it, in a very courteous manner. But my dis-

ciple said, “Eh! Who are you? Let me tell you. Master wants you to . . . ! You have to reserve two rooms, and I want you to do . . .” this and that! My heart throbbed when I heard this! [Laughter] I said, “If you talk in that manner, no one will want to work with you.” The message was the same but it sounded as though he were giving a command. That’s not how I said it. I asked him to check and see if he could reserve two rooms. It’s not quite the same as giving an order like “Master wants you . . . ! You should . . . ! You must . . . ! You . . . !”

[Master speaks in English] I’m just teaching the Chinese how to use words so that it delivers the same message but it doesn’t sound like you’re ordering people, or making people feel stupid - except when you’re in anger, or you have the reason to do so, that’s different.

[Master speaks in Chinese: Unless you are angry, or have a good reason to speak in a very straightforward manner, you should speak in a courteous way, and use more elegant words.]

Cause of Man's Decreasing Life Span

That's the reason why, sometimes, we have to go and find someone who is a so-called teacher, or an enlightened friend, in order to help us to clear these answers that bother us in our daily life. Apart from our struggle for survival, we have spiritual questions. This is the reason why we need a good friend, an enlightened friend, or we call them "teacher," or "Master," or "sister," or "brother," or whatever. If we have to take time to find out ourselves, it will also probably bear fruit after some period of time. But sometimes we don't even have time to allow this to gradually happen, so we like to find a quicker way, a quicker answer. That's why some people of the enlightened circle will offer us some answers.

In such a short span of our lifetime, we'll usually live up to one hundred years of age, if we are lucky; we need kind of immediate answers to many of our questions. And these questions include the urgent spiritual questions. In the olden times, our lifespan would be up to eight thousand years, or sometimes many, many decades that we could live our life. But because we began to be involved in a kind of "life-shortening process," our life span became shorter and shorter as we took different reincarnations. From one reincarnation to the

next, our life span becomes shorter and shorter.

I will tell you what is the life-shortening process. Maybe you want to know. In the beginning, when men first appeared on this planet, they did not need to eat anything, and they lived in glory. Light and heavenly music, those were their food and they lived for a long time. Then they saw something like foam appear on the sea. After some time, they started eating these things, and later they had no more of this foam, but there were some other things that had appeared, so they kept on eating them, not because they were hungry, just because they were curious in the beginning. They wanted to know what it was like. Some of the people just tasted it, and thought it was good, so they began to eat them, and then everyone else came and ate them. They ate all kinds of vegetables, and this foam, which were sweet and very fragrant. Later, when all these things were less in supply, they began to eat the animals. That was when our life-shortening process began. We have been cheated into this so-called cycle of karmic law; therefore, our life span becomes shorter and shorter with each reincarnation. We have only one hundred years now, and perhaps, if we continue with this kind of life-shortening system, our life will be even shorter.

[The translator translates incorrectly, and Master says to the translator in Chinese: “I didn’t say ‘killing

animals’.” [Laughter] Don’t put words in my mouth; I speak very mildly. I feel the Chinese speak very harshly. I mean that if we get involved in this kind of life-shortening system, then our life span would become shorter and shorter. If we continue to do so, naturally our lifespan would be even shorter in the next incarnation.]

Therefore, we have discovered that even with our best medical inventions, and our discovery of the best system of health care, our life is still not secure.

[The translator translates incorrectly and Master talks to the translator in Chinese.] “No! I said that our life is still not very secure.” Never mind; try to listen as much as you can. [Laughter] Talking to the public is not the same as chatting with someone. When you stand on the stage with people staring at you, you can’t bear it. Sometimes when I am sitting on the stage, people randomly throw criticizing questions at me without much compassion. Why don’t you try coming up and standing here for five minutes? You will be exhausted.

[Master, in English] I said that she [the translator] translated not well, because she fears the public. It’s difficult to stand on the platform and look at thousands of eyes. So, many of the people will find difficulty in this kind of situation; she is not the only one. So, forgive her.

Enlightenment is Very Scientific

The only way to get out of this life-and-death and life-shortening cycle is enlightenment. We need enlightenment to liberate ourselves. It doesn't matter even if we can lengthen our life by medical treatment, it will not be that long; it will not be forever. Also, enlightenment affords a person to be more noble, to enter the circle of Sainthood, of the Buddhas, of the greatest mind of the greatest scientific discovery. Actually, enlightenment is only very scientific. It's not a superstition. We don't even have to talk about faith, religions, or anything of the sort. It is very, very scientific. We don't even have to have a religion to get enlightenment, because we have this enlightening nature within ourselves.

Most of the time, we use very little of this enlightened power. [Master talks to the translator in Chinese.] "I said that we use very little of the enlightened power. I didn't say we are ignorant." [Laughter] A little deviation in the translation makes a great difference. It makes it sound as though I look down upon them. This is not what I mean. I said that most of the time, we use only a very small fraction of our wisdom, the power of enlightenment. This is not the same as "ignorance." I talk to my disciples in this way, but I talk to you in a

more modest manner.

Most of the time, we know that we use only about 5 to 10 percent of our brainpower. [The translator translates “percent” as “Pa Sen.”] “You call it Pa Sen in Chinese?” I don’t know if I can bring enlightenment for you today, but I can bring you some laughter at least. [Laughter] Yes, laughter is what we need also.

If we reach the ultimate limitation of our brainpower, then at that time, we reach complete enlightenment. So, it’s very scientific. Most of the enlightened saints are the great scientists, that’s all, very great scientists. They know the laws of the whole universe, and they can make use of them for their own benefit, for the benefit of their disciples, as well as for the benefit of the whole world. And anyone who studies with them will slowly also discover their own greatness, their own wisdom, and then become the Master, the so-called “Master.” It has nothing to do with religion. It is just because, probably, the Buddha had discovered this power, and the people who followed to study with the Buddha called themselves “Buddhists.” Shakyamuni Buddha had found this power, and the same with other Masters - like the people followed Christ to study with Him and to find their own wisdom, and later, they also called themselves “Christians.”

Then the same thing happened with other enlightened Masters, the other great scientific minds, and that's the root of our present-day religions. Before Buddha was born, there were no Buddhists or no Buddhism. Before Christ was born, there was no Christianity. Before . . . , oh, I dare not say . . . I'd better not mention other religions. I'm afraid if I say that, then they would probably think I offend the Muslims, or whatever. That's the reason why we've just had these religions recently. Now you know why, you know the reason. The same is true for any other religion as well. I respect all religions, but I don't need to mention all of them.

In order to know ourselves, we should find a way to discover our own treasure, our own wisdom, not to just follow the ritual, the tradition, of a religion. That would not be enough.

[The translator translates incorrectly, then Master speaks in Chinese.] That's not what I said. I said, "If you follow a religion and only follow the ritual or tradition of that religion, it would not be enough, not enough!" Wrongly translated! No wonder many people criticize me, all because they [the translators] don't translate properly. [Laughter] It's very troublesome, as our language is insufficient.

The language in this world is never sufficient to describe the Heaven inside ourselves. The true Heaven, the true wisdom, is to be transmitted in silence and without language. That's why, during initiation, or the transmission, we don't talk - therefore, no mistakes. [Laughter] That's why all the disciples will get enlightenment - and immediately, except those who sleep or who just think of money at that time, then, I cannot help them. [Master & audience laugh.] But most of the time, the Master's power will even raise them up and give them an experience of enlightenment. This kind of Method is not described in any books at all because the transmission must be done from mind to mind, from heart to heart, from a spiritual standpoint, and not with language, or with any actions.

[The translation on the last sentence sounds funny. Master and the audience laugh, then Master speaks in Chinese.] Normally, the Chinese language is very elegant. The way you [the translator] say it makes it sound less elegant. [Laughter] The Chinese language is very beautiful, very precise, very perfect.

[In English] I said, "Normally, the Chinese language is very perfect and very noble," but she [the translator] has made it a little bit less noble.

In order to find our real Self, many people do dif-

ferent kinds of practices, different kinds of meditations, different kinds of penance, but the best way, the quickest way, is to go through someone who already has had this experience so they can show us quickly. It is just like everything in this world, if someone has already experience in some field, and that person teaches us, it would be faster and safer.

[The translator translates incorrectly, and Master corrects in Chinese.] I said “a person” not “an enlightened Master.” When you [the translator] say that, people will think I regard myself as an enlightened Master, hence causing trouble for me. [Laughter]

In this world, when we discover something new, or we have some new invention, we normally offer it to mankind at large - the same thing with enlightenment. Therefore, since ancient times, the enlightened person normally would offer his discovery, his experience, to the people of his generation.

[The translator translates incorrectly and Master corrects in Chinese.] I didn't say, “enlightened Master.” I said “a great, enlightened person” normally would offer his experience and his merit to the people of his generation. I use very modest words. Master laughs, and says to the translator, “Why do you keep bringing up the term, enlightened Master?” An enlightened

Master is also a person. It's just that He has discovered more of His power. That's all.

An enlightened person is also a person, and then that person has discovered some super quality, which is inherent in himself, and herself, as well as in every other brother and sister. Therefore, an enlightened person is also a person, but he has more ability, more understanding. Sometimes we expect an enlightened Master must be like this, like that, and like the other - maybe the nose should grow on top of the head, or something like that. Therefore, when we see an enlightened Master, we sometimes feel surprised, "Oh, She looks like me," or "He looks just like my father" - something like that. But we forget that even in mundane affairs, everything is like that. Just like, for example, a medical doctor looks like your brother, perhaps, but his ability as a doctor, your brother doesn't have. Your brother did not learn medicine; he has not studied medicine, but if he studied it, then both would be the same.

Now, a doctor just looks like every other person but he has a different ability because he has learned it. So, we respect him, and we come to him for help when we have problems with disease, or we're uncomfortable somewhere physically. An enlightened person is like that. That person has studied the spiritual field and has mastered this spiritual understanding. He has experi-

ence in this field, so if we have some kind of spiritual discomfort, then we will go to that spiritually experienced enlightened person for help, to ease our spiritual problem, to ease our mind.

[Master speaks in Chinese to the translator.] Again, I didn't say enlightened Master! Some of them (the audience) are very allergic to the term "enlightened Master." Don't keep mentioning this term.

That's the reason why we are here, in case you need any immediate healing for your thirst for spiritual knowledge. This knowledge is for the common good of mankind, not my property, so anyone who is interested in claiming his spiritual inheritance is welcome. Come to me and I will tell you how to get it. In the first place, it belongs to you. I didn't say I was giving you anything; I will just show you how to reclaim your spiritual property. These things are yours also. Therefore, there's nothing to really teach you. I just show you how to reclaim it, to rediscover it, because you have the greatness within you.

Otherwise, we just live our life day after day, and then we work, earn money, eat, sleep, we make children, and then we die. [Laughter] Our life seems meaningless, and it's a waste. If we want to truly discover the meaning of life, why we have come into this world,

why we have become human, why we have to be born, and we have to die, etc. - all these great questions if we want to have the answers, then enlightenment is the only way.

I think you will have many questions for me, and then I will explain further, so I will stop here. And thank you for your loving attention. [Applause]

Questions & Answers

Q: Do You love Your students equally and the same, regardless of their levels of attainment? Will Master take care of Your students even if they do not practice well?

M: Well, that's my business. [Laughter] Why do you worry about my business? [Laughter] That means you want to come and you are already prepared not to practice well, and you want to get assurance from me, right? You should not come with this attitude. You should come with a very determined mind to do your best - not always to expect, but to offer, because this business is for your own sake.

Of course, I love all my students equally, if that's what you want to know. But that's my business. Your business is to do your best in order to get the best out of yourself, not for my love. Even if I love you, and you are lousy, and your level is low, what good is that for you? You are important! What you get is important for you whether I love you or not.

[Master corrects the translator, and speaks in Chinese.] If you are diligent in your spiritual practice, it's good for you. It doesn't matter whether Master loves you or not. You achieve your greatest power by practicing diligently. That's what's good for you, not asking whether Master loves you or not. Your level remains the same, whether I love you or not. For example, I love you very much, but if you don't practice diligently, you will still remain at the same level. That's not good for you; therefore, it's good for you to do work. Master loves you all the same, but working hard is your duty.

Q: If some people have defamed Master in their previous lives, but are initiated by Master in this life, will they still have a tendency of resisting Master's teachings?

M: Yes, they will, but they will change gradually and develop a positive attitude toward Master. There are some disciples or non-disciples who will still slander and criticize Master. If they continue to do so, it's no good for them. They have to change.

Q: Can You explain the five different levels of consciousness?

M: I don't have time now. You can read some of my booklets, okay? Or get initiation and I'll explain better, because we can't explain such things in a few minutes. It takes a little bit longer time. In the lecture at the United Nations, I have explained some about the five levels of consciousness, so please read it.

Q: If Master is not personally here, how can we be enlightened?

M: After initiation, you will be more and more enlightened each day. We are not to be married to each other, that we have to stick around physically all the time. We practice inside, and the Master can help you every day through space and time, despite the space and time. The Master will not be separated or restricted

by space or time. After the initiation, we are connected. We do not practice with the body; we practice spiritually. And we can always communicate spiritually.

Q: Where do we go when we die? [Laughter]

M: Wait. [Laughter] You be patient. You will know soon enough.

Q: Are miracles real?

M: Yes and no. They are real to the people, who receive them, but they are not real to the whole universe because nothing ever happens. Nothing ever changes; everything is already there.

Q: Is it important to know who created man or mankind?

M: It's not. It's important to be enlightened, and then that question will be clear by itself.

Q: Why do humans always want to lengthen their life, and why are they scared of death when in this world everyone is suffering, whether physically or mentally, and they have to struggle so hard for life?

M: Because inherently all of us want to know where we come from. We want enlightenment. That is the true reason for fear of death. They just don't know why they have fear of death, but they know that they have not been enlightened, and that their mission in life has not been accomplished. Therefore, the enlightened person never fears death because he knows that he gets what he came here to get, and then he can go anytime. Only the unenlightened person has fear of death, an enlightened person never ever.

Q: If we miss the initiation tonight, who can give us the initiation when Master is not around?

M: When I am here in person, you can be initiated immediately, and you don't have to be a vegan for three months before the initiation. If you decide to be initiated after I leave, you must purify yourself and keep a vegan diet for three months before the initiation. Then I will send my disciple over to give you the instructions, but I'm still the one who gives you the actu-

al initiation. The Master doesn't have to be physically present to give you the initiation.

Q: Unity of religion. How is this achieved?

M: We don't bother. We're not here to unite the religions. [Laughter & applause.] In our group, the religions are automatically united, because we have different religious backgrounds, people like Christianity, Buddhism, Hinduism, Sikhism, Islam sometimes. So automatically, through enlightenment, people realize that all religions are one. Otherwise, you try by all means and people still don't like to be united, so just leave them alone.

Q: If I want to practice spiritually at home, what should I do? What method can I use?

M: I will tell you what to do during the initiation. Then you can follow the instructions every day. It's very simple; even a child can learn to do it. It's just like after you have learned how to cook, you can do it every day without the teacher being next to you.

Q: Would it help me to become enlightened if I prostrate to the Buddhas, and recite the sutras every day?

M: Perhaps not. That's why you are still asking this question. [Laughter & applause.]

Q: What is rebirth?

M: Rebirth means that you carry your desires and your tendencies on to the next incarnation. You're re-born again after you die.

Q: A few years ago I left home to practice a spiritual life, but due to unforeseen circumstances, I came back to lay life. Now I am working, but I find life very meaningless. Can You help me?

M: Get enlightenment. We don't need to run away from home to find a meaningful life, but we should find life meaningful through enlightenment. After enlightenment, we know why we do all these things. They are just the give-and-take of karmic situations. And then we know many other things, and we can handle life very well.

Q: What is the spiritual world?

M: After initiation, you'll know.

Q: Please teach me how to stop worrying unnecessarily. [Laughter]

M: I can't do that in five minutes. It's impossible. You teach yourself. I only tell you how to teach yourself, and you do that every day through practice. And your worrying will be gone because enlightenment with the light of Heaven will shine through all situations. Then you'll see things more clearly with your spiritual power and you'll stop worrying. Otherwise, you will always worry; it doesn't matter how much I teach you.

Q: Why must people get married? Why do people have so much frustration? [Laughter]

M: You don't have to get married if you don't want to! You ask nonsense! [Laughter] Marriage is one of the causes of frustration. [Master & audience laugh.] But many people are happy, too, after getting married. If people want to get married, they just get married.

Why do you ask such questions? The Chinese really have nothing to do but they like to ask such questions. [Laughter]

Reincarnation and Karma

Q: Could Master explain reincarnation and karma?

M: Reincarnation means that we still have desires to continue in this material world because we have something that we wish to fulfill. We have something we wish to accomplish, and then we take another birth again. We are born in another physical body, and we carry this desire, ambition, and tendency with us. Only when we have no more desire, no more ambition, then we don't need to be reborn again. So, that's what it is.

And karma means simply the consequence of every action that we take in this life. That's all. Very easy, yes? We do some good things, then the good consequences will come. We do some not very good things, then not very good consequences will rebound to us. And that's all, very simple. Karma is just a Sanskrit term for consequences of actions.

Q: What do I have to do if I have already taken another Master, and have already been initiated by him, though I have not become enlightened yet?

M: Well, then you should look for another one.
[Laughter]

Q: What method of meditation do You follow to feel enlightened?

M: The one that I will teach you.

Q: Once enlightened, would a person still encounter problems?

M: Yes, yes. For those who have just got enlightened or who are partially enlightened, of course, they will still have some problems. The more enlightened you are, the less problems you will have.

Q: What are the prerequisites to become enlightened? How can I receive enlightenment from You?

M: Just sign up for initiation today! [Laughter]

Q: Please clarify enlightenment.

M: Enlightenment implies light. So, during the process of enlightenment, you will see light from within, very bright, sometimes like a thousand suns, sometimes a little dimmer. It's according to your level of consciousness, according to your belief in your Great Self, then you see the light greater or a little dimmer. And besides that, we will hear the teaching from the highest level of Heaven, and that sounds like music, but from inside. We don't use the ears to hear it. We use the wisdom to observe it, and use the wisdom eye to see the heavenly light. And also, sometimes we can see heavenly mansions and heavenly beings, or we see ascended Masters like Buddha, Jesus, or other great scientific minds, other Masters.

Q: When a person makes a mistake, has realized the mistake, and wants to repent, how would this sin be wiped off?

M: Repent until you don't remember the sin anymore, and then that's wiped off. Otherwise, wash it

with water and soap. [Laughter]

We don't have any sin, actually. In this world, we have many situations that force us into doing something that sometimes is against our conscience, and that's what we call sin. But if we have enlightenment, this light will clean all the darkness. It doesn't matter how much darkness we had before, once we see the light, all darkness is gone, and all sin will be wiped off in the presence of God at the time of enlightenment.

Q: How can one live a meaningful life?

M: By being enlightened! Being enlightened will make your life meaningful. An unenlightened person simply eats, drinks, plays, enjoys life, and then dies.

Q: Is it possible to lessen one's karma just by chanting Your name? Will You fulfill our spiritual and worldly needs if we pray to You?

M: You should rely on your own power instead of mine; it's better. You'll be more independent, instead of depending on me. If you are enlightened yourself, then later you can help other people to be enlightened

also, and you help five generations of deceased persons to go to Heaven, liberated by your enlightened power. That would be an even greater purpose.

Q: Where does fear come from?

M: Because you don't know where your greatness lies.

Q: Please explain the characteristics and the excellence of this Method (the Quan Yin Method). How can one get into it?

M: You have read too many books. Our Method cannot be explained so much by words. I can only say that during the initiation, you will be enlightened immediately. At that time, you will get into our so-called Method. In our Method, no words are uttered during the initiation. This Method cannot be described by words.

Q: Why are nations fighting among themselves?

M: How do I know? [Laughter] I'm not a politi-

cian.

There are many different motives. Different motives, but the deepest reason is karma - the consequences of our killing. Even killing animals produces war also, in the long run.

Q: Please tell us about the Quan Yin Bodhisattva's method to meditate and cultivate to improve ourselves for benefiting all beings.

M: The Quan Yin Bodhisattva practiced the Quan Yin Method, which I will teach you at the time of initiation. All of the enlightened Masters in the past practiced this Method.

Q: What is the universe really all about? What is the purpose of our existence?

M: I have told you already that after initiation you will understand. This kind of question cannot be answered in one minute.

Q: Two months ago, I listened to a Buddhist friend reciting the “Namo Amitayus Dharani Sutra.” Soon after that, I suddenly felt a kind of energy inside me, and I vomited out all the food that I ate earlier. Why did this happen?

M: Are the sutras really that disgusting? [Laughter]

Q: Once I was meditating, and after about thirty minutes, suddenly I started to cry. Tears poured down my cheeks. It was pathetic. I knew it wasn’t I crying, but I had no control. At that time, I was clear-minded that it wasn’t I crying. Why?

M: Perhaps there were some negative forces, negative beings, in your body at that time. They couldn’t stand your “miserable” way of meditation. That’s why they cried out. [Laughter] Maybe that’s what happened. If you don’t know it yourself, how would I know?

Q: Is God an enlightened being?

M: I don’t know. That, you have to go and ask Hirm. [Laughter]

Q: If a person has no religion or belief and he is a free thinker, is this wrong in life?

M: No problem. I said already that we can get enlightenment without religion. So, it's okay. He can think what he wants to think.

Q: I would like to be initiated, but my husband is against it. I feel so helpless. Could You please advise me? Master, I am learning Your Convenient Method of meditation. Several times during meditation, You took me to some places and my soul was crying. Why? I would like to thank Master deeply for taking care of my two children and me. I wish You good health and success in spreading the gospel.

M: One can have inner visions even by just practicing the Convenient Method. And we will feel that we are free! That's why you are happy and grateful. If you are afraid that your husband is against it, then you should talk to him nicely and use your womanly charms! [Laughter] You should think of a way. Otherwise, when you come back in your next life, you may still have a husband. You will have obstacles in every lifetime. How long will it take until you can practice without obstacles?

If you don't have a husband, then you may have a wife; you will get married in every lifetime. Most people get married; it's unavoidable. Therefore, you have to figure out a way! When I was going to leave home, my husband didn't like it. He loved me so much that he wouldn't let me go. I persuaded him for two months until he had no choice. I reasoned with him every day for two months, and he finally signed it [the separation papers]. [Laughter] Okay, you figure it out!

Q: How can we handle the problem of feelings between men and women?

M: Get married! [Laughter] It's such a simple question; why ask me?

Q: Do You believe that God is the creator of all things, living and nonliving things?

M: Yes, I believe, but it depends on what you think about God, and what you understand as God. There are gods who create humans, I mean the body and the brain, but this is not the Creator. The Creator is unknown, has no form, and is in a nameless region. We can't even reach Him with human thought. We have

to go above the fifth level, the sixth, the seventh level, etc., in order to sense this so-called Creator.

Q: I am already baptized as a Catholic. Can I get initiation from You? If yes, doesn't that mean I will be baptized twice? Is that okay? If I can get initiation, can I still receive communion at Sunday morning's mass in my Catholic church? Please comment.

M: Sure! To be baptized twice is better than none. [Laughter] Just make sure that you are baptized.

Q: Sometimes when I meditate, I can feel there is heat coming down and through my body. What does it mean? Please explain.

M: I don't know what kind of meditation you do. So you have to clarify it. There are many different so-called meditations.

Q: I come from Indonesia and I bring my father who is already 71 years old. We come to get initiation from You. Please, have compassion to let him get ini-

tiation.

M: He is already passed the age. Normally, we don't recommend that an elderly brother take initiation because it's a little bit difficult for him to sit a long time, and also the vegan diet might not be easy for him to adjust to at his age. We worry about his health. So tell him to wait until next birth. [Laughter]

But anyhow, he can practice the Convenient Method, and the Master power will help him be liberated all the same. For his age, don't worry, he doesn't need initiation.

Q: If I stay home to practice spiritually without going to a Buddhist ashram, does it make any major difference?

M: The Buddhist ashram was originally a place for group meditation for those initiated practitioners. That's what it was originally intended for, just like our group meditation center. After they were initiated, they would group together to meditate once every week or every two weeks. They would listen to the Master's teachings and ask questions. The Master would then send some disciples to answer their questions. Thus, they encouraged one another to practice more diligent-

ly. During group meditation, the blessing power is very great and they can progress faster. This is the original purpose of the Buddhist ashrams. Otherwise, you may also ask those Buddhist ashrams of yours, but I won't be responsible.

Q: According to the "Secret Doctrine," is it possible for a man to be reborn as an animal? In the West, certain theories regarding transmigration of souls are held to be false. Is this true?

M: Actually, there's nothing mysterious about it. You see, if a human being behaves or desires in a manner below human dignity and standard, that means he regresses, or he consciously or unconsciously, wishes to experience again the animal status of life, of being. So the law of the universe will grant you whatever you wish.

Therefore, if we have a lot of tendencies to be reborn again, we'll be reborn again. And if we want to get enlightenment, we want to liberate from this material life, then we get enlightenment. And if we want to be living below the human standard, then we'll be granted that experience. That's all. It's not forever. It's just until you satisfy this longing, and then you'll be

going up again. So, whatever you want, it's okay. It doesn't matter.

Q: Is it the responsibility of all in humanity to give birth, to maintain the continuity of human beings? If I have chosen to stop giving birth in order to concentrate on my practice, am I being selfish? Am I depriving another soul of the choice of being born, so that I can practice the Quan Yin Method?

M: No, it's up to you. If that soul doesn't come through your body, it will come through another one. You have the choice, and he has a choice also.

Q: If there is karma, where is the beginning? How did the soul get to exist in the body in the first place?

M: You get enlightenment, and all these questions will be answered to you.

Q: When God was creating people, why didn't Hes make all the people good, instead of having half as good ones and half as bad ones, resulting in an un-

peaceful world, with wars going on every day?

M: When God created us, we were all good. In the beginning, every one of us has this original good nature. Later, we became unrestrained by our own choice. We did many bad things, and the consequences came later. We have to bear these consequences, which we call karma. For instance, God said that we should not kill, we should not steal, we should not tell lies, we should not commit adultery, and we should not drink alcohol and gamble, etc. We know we shouldn't do these things, but we still do them. We kill, eat and drink indiscriminately, and do all sorts of bad things indiscreetly. Hence, we end up with all the ill consequences. That has nothing to do with God.

Q: I hear a kind of voice. I don't know whether he is God or Buddha. Sometimes he tells me not to eat meat anymore, and switch to a vegan diet. At certain times, I wonder what kind of person I am, actually. I want very much to unravel this mystery. Occasionally, I would faint away for a few hours, and then wake up again. Please tell me why these things happen to me?

M: In that case, you should be a vegan, learn to meditate, and get enlightenment. Then you will find the

answers to all these questions.

Q: What method can we use to get immediate enlightenment?

M: This Method. Yes? Is it written? Is the Quan Yin Method written there? [Master turns to look at the backdrop.] No? Isn't the Quan Yin Method written? Use the Quan Yin Method. I will teach it to you later during the initiation.

Q: Does enlightenment represent attaining Buddhahood?

M: Attaining Buddhahood? Not yet, not so fast. Enlightenment is the beginning of learning to become a Buddha. It's like going to college at first. After you have finished your course of study, then you graduate. When we are completely enlightened, then we could say we have attained Buddhahood, not when we just get enlightenment.

Q: How many levels of enlightenment are there?

M: Five.

Q: Is the Pure Land Method the safest, the most convenient, and the best method?

M: Pure Land, that place! It depends, because in certain places there are still beings whose levels are not very high. Therefore, even in the Pure Land, there are still various levels of enlightenment. We can only be safe when we have attained Buddhahood, when we have attained perfect enlightenment.

Q: Why is it that I could occasionally see in my dreams the causes and effects of my previous lives, and also see some gods or ghosts in front of me? Also, a god beside me told me that he wanted to take me back to another world.

M: Such visions are not very reliable, because sometimes the Asura beings try to fool us in this fashion. Therefore, first you have to be sure what kind of god he is. You can ask him which world he came from; ask him if he is really a god or the Highest Master. When you are sure, then you can go with him. You must not be fooled.

You can see the causes and effects of previous lives, because perhaps you had practiced before, and now you still have that ability. That is why you are able

to see some. But being able to see the causes and effects is not a very high level; it is only of the second level. But that is already some achievement. It is already something.

Q: Who is the Master when we are dreaming in our sleep? Is it illusionary? Does it manifest randomly and coincidentally, according to individual causation, or is it the manifestation of our true Nature?

M: Dreaming is not of a very high level. Also, sometimes it is like the Chinese saying, “What is in our minds in the daytime reflects in our dreams at night.” Therefore, sometimes our dreams are born of our desires. It is not entirely that simple.

Q: What is the difference between the nature of visible and invisible beings?

M: There is no difference at all. However, those invisible beings we usually see are the Asura beings, the so-called demons, not deities or fairies from high levels.

Q: Are there ghosts and gods in this world?

M: Yes, there are! [Laughter]

Q: Master, You have talked too little tonight; we have not heard enough! [Laughter]

M: What can we do? Originally I was not planning to come here this time! So do not say, “I have heard enough or not enough.” It so happens that I have been very busy lately. I was not supposed to be in Malaysia or Thailand in the first place. I was forced to come by the disciples. Malaysia and Thailand were not included in my world lecture tour this time. This is your extra bonus, so don’t complain.

Q: Master, from a Buddhist standpoint, is Your process of enlightenment against the teachings of the Buddha?

M: Nonsense. [Laughter] According to Buddhism, there are two kinds of enlightenment; one is immediate enlightenment that we call “sudden enlightenment,” and the other is attaining enlightenment slowly, called “gradual enlightenment.” Sudden enlightenment

means that one attains enlightenment immediately, and gradual enlightenment means that one attains enlightenment over a longer period of time. What we offer you is “sudden enlightenment.” Don’t talk nonsense! How can you say this, and still call yourself a Buddhist?

Q: Are extraterrestrials Bodhisattvas? [Laughter]

M: Bodhisattvas don’t look that ugly! [Laughter] At least, they would look like me. [Master laughs & audience applauds.] The so-called E.T., or those not very good looking ones, are robots; they are the extraterrestrial robots, not real beings.

The extraterrestrial beings themselves are actually quite good-looking, but they are not Bodhisattvas either. Perhaps they are beings of a higher level; some of them are from the Asura world, and some of them are from the second realm. They are able to make UFO’s and sell them to other planets. They are more advanced than us with regard to their machinery, and are more civilized than us. That is all. But they are not necessarily higher than we spiritually or in their spiritual practice. They are just more advanced in the field of technology, more advanced with their science.

Q: If samadhi does us harm, how should we react?

M: No, it does not do you harm. It depends on what you call samadhi. It's best that you study with an experienced teacher, so if there is any samadhi, it's safe samadhi.

Q: Can You give enlightenment to people of different karmic developments?

M: Sure. Normally, we don't have any karma, as I told you. It just depends on how you cling to the karma that you are having.

Distinguish Between a Real and False Master

Q: In this world, there are so many schools of thought, to the extent that some people are being led to evil ways. For example, what has just happened in America - the mass suicide recently. Please tell us how to differentiate between the rightful and the evil spiritual leaders before we decide which one to follow.

M: You have to see what is the motive of that teacher. Does he want to truly serve the people, for the people's sake and happiness, or does he want to serve himself? Does he demand anything from you? Does he want you to do anything for him? For example, if you practice and close yourself in a compound and threaten the world with many things, including using violence, and arms, guns, and all that inside your so-called spiritual compound, then you must know this is not the way.

You never saw Jesus or Buddha with guns, or with anything that harms people. They would rather just die instead of harming other people. So now, you must know that a so-called truly spiritually enlightened person must be selfless and demand nothing from the public, including leaving home to serve him or to be with him, even. All these you have not seen from me. For example, I don't demand you to leave your home, I don't demand you to leave your profession, I don't demand your money, not even one penny, and I don't demand you to do anything for me.

You just meditate and find your own greatness, find your own position, your true position. And if you don't want to do it, it's fine. You'll never have a phone call from me saying, "Hey, come back!" If you walk out, you walk out. Nothing, no obligation whatsoever. You just do it for yourself. And I do this for you only. There-

fore, I only sacrifice, I only give, and I don't take anything. I don't demand anything, no obligation, nothing from you, except that you meditate. And even that, if you don't, it's fine. Never, ever have any problem. You lose nothing, you fear nothing, you are bound to nothing. That's a very free choice, so that, at least, you lose nothing. And you have nothing, no obligation to me. That's very safe for your side, at least. [Applause]

Q: What are the purpose and mission for us in this world? How can we find the answer and what must we do to complete our mission here in life?

M: We have to be enlightened in order to bless this world, and to know what we should do.

Q: To sincerely recite, "Wu Shang Shih"? Is this the only way to be saved and liberated? Is it a form of self-glorification?

M: It's the name of the Greatest Creator, of the Father. I am Hiers daughter. I just have the same name. Just like you are the daughter of Mr. Wang, then your name is also Miss Wang.

Wu Shang Shih is not my name; it's your name also, but you don't know it. You deny your glory, and that is your problem. Don't ask me to deny my glory. I don't ask you to recite Wu Shang Shih name. It doesn't glorify me anymore, because I'm already glorified. I know my glory. I don't need you to praise me. [Applause]

Q: I'm a Chinese Muslim. Can I get initiation and enlightenment? I really want to, because I believe You. I have spent a lot of time reading Your books for the past three weeks.

M: Welcome. Yes, by all means. [Applause]

Q: When I am worshiping the Buddha in the temple and thinking of the Buddha in my heart, I feel an ice-cold current generating from somewhere in my body. What is this, actually?

M: This is not good! Usually, the Yang [positive] force will make us feel very warm and comfortable. If you feel chilly, then it is probably not right.

Q: Master, in one of Your lectures, You said that only a living Master can lead the disciples. My question is, what will happen to Your disciples when You pass away?

M: That's a very understandable question. You see, I don't pass away because I was never born; it's just that my physical instrument gets rotten sometimes, just like your car after twenty years. After initiation we are connected with each other spiritually because we are not the body.

You and I are not the body; therefore, after you leave the body, the body is still there, but it doesn't function. So you have to understand, basically, we are not the body. I just borrow the body to connect you with the spiritual power. And even though my body passes away, you are connected, and that is important. I never die because I never lived in this world - never lived physically, just the physical instrument that we borrow for some time. So don't worry when I go. When the physical body goes, I'm always there. Once we connect, we're never apart.

Q: I stay near a cemetery. Can I learn Your Method of meditation? If so, will I experience a lot of under-

world beings' disturbances? [Laughter]

M: No. If you don't experience it now, why would you experience it after enlightenment? Perhaps they'll come and thank you for bringing the enlightenment into the cemetery.

So, good night. Thank you for your love.

The End

The Heavenly Melodious Teaching

Spoken by The Supreme Master Ching Hai

June 12, 1993

Chulalongkorn University,

Bangkok, Thailand

(Originally in English)

Good evening! I'm very honored to be in this royal country again because your country makes the guests, the visitors, feel very comfortable and feel at home in the first instance. Today I have the feeling that I would like to stay in Thailand forever. I don't want to go home. [Applause] I feel so touched by the spirit of brotherhood and nobility of the people of Thailand. When you come to Thailand, you cannot help but also feel yourself very noble, very graceful. You cannot bring yourself to say something, which is not polite, which is not noble, or bring yourself to do any kind of not noble or not gracious action.

A Beautiful Country Fulfills the Buddha's Teaching

That is because Thai people are very much educated in a beautiful and noble tradition. They have a very age-old culture and very stable moral standard. It is maybe because of the teaching of the Buddha. I think it is. Of course, there are also influences from different religions in Thailand, but I think the Buddhist teachings are the basic root of the social order in this country because the king, the queen, the royal family, and the government of Thailand respect and believe in the teachings of the Buddha. When I first went to another country, I saw that they keep the tradition of the Buddhists very strictly. I thought that was good, but when I came to Thailand, I see a little different tradition. Here, for example, anyone can become a monk for one week, three months, one year or forever. It's up to him or her. No one would blame him or degrade him if he came out of the monk's order. Now, I think this is even better.

This means that the Thai people have truly understood the doctrine of equality from the Buddha, and of the liberal spirit that we should obtain for ourselves, and also grant others the same privilege. We should not try to find the Buddha nature from the outer appearance or dress, but we should look right through into the soul of mankind. That is why Thai people are so beautiful

and open. This is when I see the benefit of temples, of monks, of nuns, and of the teachings of the Buddha. To be a Buddhist by name is not as important as to understand the essence of the teachings of the Buddhist doctrine. I'm very happy to find that such a people exist on this Earth.

On the way to this lecture hall, I was deep in prayer for your country. While I was sitting in the car, I said to the Buddhas [enlightened beings] of the ten directions, please bless your country; bless the people of Thailand because they are so noble, they are so pure, and so sincere. This prayer came from my very heart. I wish your country more prosperity, more nobility, and more enlightenment. If one day I decide to stay here for some time, I hope you will welcome me as a Thai citizen. [Applause] I have already tried very hard on the first day. Yesterday, I promised some of the Thai disciples to wear Thai dress because they wished me to do so. I hope I didn't make a very bad example of your tradition, because your tradition is very beautiful. I can only try my best to make an imitation of it. [Applause]

We All Come From a Glorious Origin

In most of the countries of the world, the old, ancient traditions were very glorious, very noble. It is because we came from a very glorious Origin. In the old times we could communicate with Heaven easily. We could see all kinds of glory of the heavenly beings, of the Buddha's Land people. We could hear the teachings of Heaven in the form of speechless communication. This kind of speechless communication very much resembles our classical music of today, except that when we hear this musical melodious teaching, we will soar into Heaven and our treasure of hidden wisdom and creative power will open. This is much better than the physical music of our world. When I say music, it is because there is no better word to compare. Otherwise, this is a kind of very powerful energy, which will kind of draw us upward into the higher dimensions of the universe. Our Quan Yin Method is named after this quality of the heavenly teaching; Quan means observation, and Yin means this musical sound.

In the old times, when people still had very convenient connections with Heaven, we always heard this music. Therefore, we tried to make many musical instruments, which have lasted until today, and we have many kinds of imitations of the heavenly teaching. We

have the church bells, the harp, the flute, the piano, the zither, etc. When we go to the church, we see all kinds of musical instruments; when we go to the temple, we have also different kinds of musical instruments. When our relatives or friends die, the church services or temple services resound with musical accompaniments. That is the leftover from the age-old glorious heavenly tradition.

The Heavenly Music Comforts Our Souls

A long time ago, there was a king in China who was very compassionate. He asked one of his wise advisors what would make people in hell feel more elevated, more happy. So the wise minister said to him that if they could listen to the big bell sound, they would feel elevated, feel good. So the king ordered them to make big temple bells and then told the people to resound them every day. Because the hell people actually could not hear the inner bell, at least they made the outside bell to remind them of the inner musical melodious teaching. So, such a similar tradition came from such a compassionate person. Therefore when people pass away, we try to accompany them with different kinds of music, hoping to comfort the souls of the departed.

Now, if the man-made physical music could comfort the people when they depart from this world and could comfort the hell beings, then we can imagine how much greater a comfort we would get while we are still living if we get direct original music from Heaven. Therefore, many enlightened beings from higher dimensions in the universe sometimes come down to our world and try to give us this connection with the Buddha's Land or the highest Heaven. Once we are connected with this teaching directly from the Buddha's Land, or from Heaven, our life changes forever because we begin to enter into the golden dimension of the higher beings, like Buddhas or saints of different degrees. Therefore, when the Buddha came to our world, He said, I come to make you become a Buddha. Jesus came and He said, *Whatever I do, you can do also*. [John 14:12] The same is true for the founders of different religions who brought the message of equality among all beings.

But what is it that makes us become a Buddha? If it is all the teachings from the Buddha that make us become a Buddha, then we would have become a Buddha a long time ago. Similarly, if all my teachings, which are recorded by my disciples and printed in books, could make you become enlightened, then I don't need to come. I would just send the books to your house, and we, the disciples and I, wouldn't need to spend so

many days and a lot of energy and money to organize today's lecture. So, we remember when the Buddha transmitted the dharma, (meaning the essence of the teaching), to his fourth disciple Mahakasyapa, He said, "There are no words for it, no language for transmission. My doctrine, my teachings are nonverbal." The same is true with different patriarchs of the Buddhist system, as for example, the Sixth Zen Patriarch, Hui-Neng, of China. Similarly, with different religious systems, we have to get the essence of the Master, not the letters, not the words; it is the essence we have to get.

The Quan Yin Method is the way to help us to get this essence without language. This Method is very ancient, since the time that we appeared on this planet. We came from a glorious dimension and we have to go back there because our work on this Earth does not last forever. So, for some people who feel that they are ready to go Home, the Quan Yin Method will be exactly for them.

How do we know that our time has come? When we feel that this world has no more attraction for us, when we feel that everything here doesn't satisfy us, when we see that everything here doesn't offer us everlasting happiness, that is the time to go Home. For others who do not feel the same, but feel they still would like to stay in this world, that they still want to do many

things, and feel satisfied with this world, for them, the time has not come. Each one of us has a different mission for this planet. For some of us the work is finished and we feel we cannot stay here any longer. Nothing appeals to us anymore. We long to find something, but we do not know what it is. Even if we have great possessions of property, of fame, and of respect in this world, we still feel there is something missing.

Searching for The Inner Treasure

That's the reason why the Buddha left home. That is the reason why many monks, many nuns, forsake worldly attachments to lead a wandering ascetic life - in order to find this missing substance in their lives. Some will find it, and some will not. So whoever has not found this essence yet, we offer to help, be it a monk, a nun, or a lay person, because our inner Nature does not discriminate the robe, the place, the position of the human being. That's why, when the Buddha was alive, He had different kinds of disciples: some were monks, some were householders. There was one householder whose name was Vimalakirti. He was wiser than many of the monks in the circle of the Buddha's disciples. [Q: Was he a male or female?] Male, but don't worry,

females can also become Buddha.

In the sutra called the “Lotus Sutra” . . . “sutra” means Bible, the Sanskrit scripture. The Buddha spoke many things and each time they recorded it into a book, which is called a sutra, or we can call it a “scripture.” Sutra is the Sanskrit name for scripture. Sometimes because we speak in English terminology, we forget to translate into modern English. Just like “Buddha” is the Sanskrit name for an enlightened Master. If you do not translate, it sounds foreign and it sounds very far-fetched. When we say “enlightened Master,” it sounds closer, and that maybe we can obtain it.

In that Lotus scripture, the Manjushri Bodhisattva mentioned that a girl of eight years old had attained Buddhahood - a girl. Bodhisattva means enlightened saint. So you see, to be a layperson and to be a woman is no problem for Buddhahood. Similarly, in Christianity there are different male and female saints. So we don't worry about man or woman. What I say to you has proof from the ancient scriptures, not from my own making. If you do not believe, you can go home and search in these Sutras and have a look. In any temple you can find this Sutra; in any church, you can find the records of different male and female saints.

The essence of the teachings is not possible to be

conveyed in human language. It can only be transmitted through inner wisdom and through silence, but in silence we will see the light of Heaven, we will see Buddha's Land, we will hear the melodious teachings from the higher dimensions. Everything that is spoken in words is only an introduction to the true teachings. Just like when we talk about the lotus flower, it is not the flower itself. When we talk about the king or the queen of Thailand, these words are not the king or queen, just an introduction, just talk about them. It's nice to talk about the king and queen, but it would be much nicer for us to see these noble people in person. Just like ordinarily it's nice to talk about our beloved, our girlfriend, boyfriend, wife, or husband, but it's better for us to be with them, to see them personally. So it's good to know that Buddhas exist, that Buddha's Land is there, that Heaven is somewhere, but it would be best if we can experience these ourselves.

That is the reason why many people would like to receive initiation, to get enlightenment, because they want the real thing. If you are among those who want to see the real thing, we are willing and we are happy to help you. It's very easy, (even children can do it), if we know how, because we already have it within ourselves. If I have this paper in my hands, I can see it any time, but if I am too busy looking somewhere and busy with something else and forget the paper is in my

hand, of course I will not see it, even though it is in my hands.

Enlightenment Is Our Nature

It has always been there; our enlightened Nature, our wisdom or the Buddha nature, is always there, even before we are born and after we die. This is our true Person, our real Self; this body is not. That's why, when our real Self leaves the body, the body just lies there. It cannot move one inch. What happens to us in life, be it happiness or suffering, only happens to this physical instrument; it doesn't happen to our real Self. But because we forgot our real Self and we identify ourselves with this instrument, we experience suffering or happiness. So Buddha said that there is a way to end the suffering. That is the way of the enlightened saints, the way of the Buddha.

To end suffering doesn't mean we run away from suffering; it doesn't mean we run away from the world. We just make ourselves stronger so that the suffering seems like nothing, so that even when we experience the most severe blow or upheaval, we feel that for only a few minutes. Then the next minute, life becomes

normal again. To end suffering doesn't mean we never suffer again after enlightenment. It just means that we are strong enough to withstand suffering and to be detached from happiness. Then we can rise above all changes in this ephemeral world in order to recognize the Real.

This is the way that Buddha taught His disciples more than two thousand years ago, and this tradition continues forever. As long as there are human beings who wish to return to the Source, who wish to become enlightened and to end the suffering, there will be the teachings of the Buddha or the great saints.

A Logical, Scientific, And Easy Method

We are happy to present this teaching to you if you would like to rediscover it for yourselves. It's very logical, scientific, and very easy because it comes directly from Heaven. Only everything man-made is difficult, everything natural or Heaven-born is easy. For example, to have a child with full intelligence and the full qualities of a human being is easy for a couple. For all the scientists, the greatest minds in this world, it's difficult, even expensive, but for a married couple, they

just do it with love - no need for research, no need for laboratory equipment, no need for time, money, nothing. Everything from Heaven is easy to obtain. It's just that we forgot. So if you want to remember again, we're happy to help you. Thank you for your loving attention. If you have any more questions concerning enlightenment, please let me know.

Questions & Answers

Q: What is wisdom?

M: Wisdom is what we call “Buddha nature” or the “Kingdom of God” within ourselves. This is the greatest intelligence Resource from which all intelligence comes. When this wisdom is opened, we know everything without knowing, we can do everything without doing, and we can be anywhere at the same time without going anywhere. When this wisdom is opened, we have almighty power, omnipresence, and all-knowingness.

Q: Can everyone reach Buddhahood or nirvana?

M: Yes, but it depends on your sincerity, your diligence, and also your background merit.

Q: After we have attained enlightenment and we die, where do we go?

M: It depends on where you are when you are alive. For example if, during our life we have attained the third level of enlightenment or the Third Heaven, (it's not the highest Heaven), when we leave this world, we will go to the Third Heaven. Then our Master will continue to teach us and we can gradually also rise up to nirvana or the highest dimension of Heaven. If we have already reached nirvana in this lifetime, then after we leave this world, of course we will go to nirvana. "Nirvana" is the Sanskrit word for the highest Heaven, what is termed the "Kingdom of God" in Christianity.

Q: This is the first time I have been to Bangkok, but in my dream I have seen these lecture surroundings before. Is this something to do with my previous life?

M: If you have affinity with a Master, any Master, then sometimes the Master will give you some sign of recognition before you see that Master, so you know

this is for you. It is just a proof, a signal, for your recognition; therefore, you have seen this lecture before you even came here. That's just the blessing from the Buddhas to let you know you've come to the right place and met the right person. Many people have had similar kinds of experiences before they met me in person; sometimes, even seventeen years, twenty years, ten years ago, before I even appeared in the public for the first time.

Q: Master, can You see the future? If You can, could You tell us when the end of the world will come?

M: I don't want to see the end of the world. I want to see that you help me to preserve this beautiful planet. The future is in your hands, so you make it beautiful or you make it worse; it's up to you. [Applause]

We should not think in this negative way about anything. We should always try our best to do good, to think good, to speak good, and then the future will be good. [Applause] Is it not easy? For example, before I came here, I put on a beautiful dress and I put on nice jewelry because I wanted to appear beautiful before you. I made the decision to be beautiful. I could have also made the decision not to be beautiful and appeared

to you in rags, dirty clothes, unkempt hair, and looking lousy. So the future is yours.

Q: After initiation we are not allowed to heal other people's sickness; what is the reason behind this?

M: It's not that you are not allowed, but you're advised not to. It's better for you. After enlightenment, you don't have to do any actions to heal people. They just get healed automatically if they think of you, if they pray to you. That is better for both sides, because if the people know that you healed them, they will be attached to you. They will worship you instead of trying to find their own healing power. They will rely on you instead of relying on themselves. That is slavery; that is dependence. That's not the teaching of equality, and it's not the teaching of enlightenment.

When you heal without doing anything, your ego will not become bigger and that's good for you also. Many people claim that they are healed by me when they pray to me, but I never do anything. Therefore, I cannot be proud; I cannot take credit for anything. If we are proud of any achievement, we walk the road of illusion, of maya. So I try to teach you the way of egoless practice, the way without pride. [Applause]

Q: Why does having sex outside of marriage mean we cannot reach enlightenment?

M: I did not say you cannot reach enlightenment. I just said that you are advised not to. The more disciplined you are, the stronger your mind-power, the stronger the concentration, and the more powerful you will be. You can reach enlightenment, but you might not be so fast if you are too much divided, if your attention is too scattered on different material matters. Extra sexual relationships bring trouble, bring strain, and bring unhappiness, into the family relationship and atmosphere. That divides your attention.

Also lately, scientists have discovered that people who have extra sexual relationships outside of marriage tend to have more heart attacks, more diseases, and a shortened life. That comes from a restless conscience. Therefore, whatever I tell you is also very, very scientific. This I told you long ago, but the scientists just discovered lately.

Q: Is Your initiation Method the same as in Taoism?

M: In the ancient time, originally the Taoist way was the Quan Yin way, but today, Taoism is different.

Many Taoist sects have only the written and oral doctrines; they don't have the speechless transmission, and the same is true for many other religious divisions.

Q: The business life means hard work, confusion, and confrontation of problems the whole day. How can we provide the time to study meditation, because I think it needs time?

M: You can find time, anytime you have time. Business and obligations in this world, we have to fulfill anyhow. Even if you are monks or nuns, you still have to do some kind of business, do some kind of work in the temple. So there is no priority, no privilege for anyone. Do you think we, this group, I and my close disciples, cross our legs all day long and do nothing? If that were the case, you would never see me tonight. I had to work for the airplane tickets for a lot of people, for all the equipment, and for all the staff members that you have seen. We all have to work, so don't have the illusion about a life in the Himalayas with nothing to do.

Enlightenment must be also useful to the society. Otherwise, what is the use? So, do your work and try to meditate in your free time. If you try your best, the

Buddhas, God, will know your efforts and bless you all the same.

Q: Could You explain about the cycle of rebirth?

M: When we still have desire for anything in this world, we will be given another human body or another kind of body again, in order to make us satisfied. That is the cycle of rebirth. Or when we owe someone something, we have to come back and repay. Therefore when I teach you meditation, I also tell you to keep the guidelines and make sure you don't owe anyone anything financially, emotionally, mentally, and even physically. Therefore, we keep the vegan diet, so we don't owe any living beings their life. [Applause] Thank you for understanding.

Q: To see God and attain enlightenment, are they the same or different?

M: Yes, the same. God is enlightenment, and when we are enlightened, we are able to know God.

Q: Is it sinful to give meat to the dog we raise at home?

M: The dog can be vegan also, then you don't have to share his karma. Or you don't have to have a dog. It would save you from the problem.

Q: How can we know that what we think is not wrong?

M: Whatever you think, if that doesn't hurt someone else, then it is not wrong.

Q: Can we go to Heaven by just eating vegan food?

M: You go to Heaven if you behave according to heavenly rules. Vegan food is just one of the rules. Otherwise, you will go to vegan Heaven and see all the cows there. [Laughter]

Q: Who are You, Master Ching Hai?

M: I am what you think me to be. [Applause] I am

different according to individuals, but I never change. According to your understanding level, so I will be.

Q: It relates to that question: Where are You from?

M: I came from the exact place that you came from. [Applause]

Q: And what do You want in Your life?

M: It's difficult, because I don't remember if I want anything. I used to want before, but now I forgot. Before enlightenment, I used to want many things. Like you, I wanted to be successful; I wanted to graduate with the best marks; I wanted to have a good husband; I wanted to have a harmonious family. Finally, I wanted enlightenment. Now, I want nothing. [Applause]

Q: In meditation, I see the white light in the middle. Can You explain about this?

M: It depends on the brightness of that light. If it is as bright as a thousand suns, then you have reached the third level of enlightenment. If it's still very dim, then you have to try harder. There are greater lights than this white light. Only those with the initiation will experience the greater light.

Q: If we have killed someone, and practice the Quan Yin Method, can we be delivered in this life?

M: Yes, you can, if you repent and don't do it again. You did it because you did not understand, or because the circumstances forced you to do it. It will be forgiven if you understand now and try to keep the guidelines.

When the Buddha was alive, someone killed 99 people and wanted to kill the Buddha to make it one hundred. His previous teacher had taught him to do that. But when he came to the Buddha and then the Buddha enlightened him, he knew it. He repented and the Buddha forgave him, and he became an Arhat [liberated] in a very short time. We have the same Method to cleanse all the sins.

Q: How do we know our Original Self?

M: Get enlightenment, then you'll know everything.

Q: Why is it that as the scientific world learns more and more, it comes closer to religion?

M: Religions originally are very scientific. It's just a science of life. Therefore, many enlightened Masters know a lot of things before the scientific discoveries. For example, the Buddha said that in a glass of water, there are numerous sentient beings. The scientists refer to them now as bacteria. The Buddha knew that more than two thousand years ago. It took a lot of time and research before the scientists confirmed that. The enlightened person sees with the real wisdom eye and the scientists have to see with instruments.

Q: In order to get initiation, people have to eat vegan food for their whole life. This is very difficult. Don't You think that it prevents a lot of people from doing or practicing good things?

M: Yes, it's difficult, but we don't have to always do easy things. These are reserved for babies, children. If we are grown up, we do something difficult because we are strong. But it's up to you.

We have two kinds of Methods. One is called "the great way" and the other one is called "the small way." The "great way" is initiation, fully vegan, keep the guidelines and you can save five generations and give them liberation, and save anyone that's dear and be-

loved to you. So one person enlightened, many people benefit. The “small way” is that you are enlightened yourself, and benefit your very own self. The “small way” you can have as the expedient, Convenient Method.

Q: How can we know that we attained Buddhahood?

M: We know, but we don't know. Buddhahood is not candies or cake that you can define, “Oh! I got a cake.” But we know, the Buddhas in the ten directions know, the whole world knows, and the whole universe knows. When you attain Buddhahood, there are different signs. Without your knowing, you have all-healing power, almighty power, and all-pervading power. That means you can appear in a thousand and one places at the same time while you are sitting in your house. That's one of the signs of Buddhahood, a very important sign. You can help different sentient beings in different parts of the universe, not only this world, but different heavens and hells as well. Your disciples will know that you are the Buddha.

The End

Some Benefits of a Vegan Diet:

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

- * Lowers blood pressure
- * Lowers cholesterol levels
- * Reduces Type 2 diabetes
- * Prevents stroke conditions
- * Reverses atherosclerosis
- * Reduces heart disease risk by 50%
- * Reduces heart surgery risk by 80%
- * Prevents many forms of cancer
- * Stronger immune system
- * Increases life expectancy by up to 15 years
- * Higher IQ
- * Conserves up to 70% clean water
- * Saves over 70% of the Amazonian rainforest from clearance for animal grazing
- * A solution for world hunger:
 - Frees up 3,433 million hectares of land annually
 - Frees up 760 million tons of grain every year
(half the world's grain supply)
- * Consumes 2/3 less fossil fuels than those used for meat production.
- * Reduces pollution from untreated animal waste
- * Maintains cleaner air
- * Saves 4.5 tons of emissions per US household per year
- * Stops 80% of global warming

PLUS MORE...

SAVE YOUR LIFE: BE VEG. GO GREEN.

For more information, please visit

www.SupremeMasterTV.com

Veganism:

The Best Solution to the Global Water Crisis

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

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

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

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

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

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

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

For related reports, please visit:

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

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

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

Good News for Vegans

The Essential Vegetable Protein

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

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

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

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

Preparing a vegan meal is the same as cooking a meal with meat, except that vegan protein ingredients such as vegan chicken chunks, vegan ham or vegan meat slices are used in

its place. For example, instead of cooking “saute shredded meat with celery” or “seaweed soup with egg,” we can now cook it as “sauteed shredded vegan meat with celery” or “seaweed soup with bean curd sheets.”

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

As to how to cook 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.

The Spiritual Teachings by The Supreme Master Ching Hai

The Key of Immediate Enlightenment

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