Every time we extend loving kindness, tolerance, and understanding to others, at that time we create Heaven.

~ The Supreme Master Ching Hai
The light of Truth shines upon human hearts for eternity, liberating us from ignorance. *Aphorisms* is a collection of wisdom from Supreme Master Ching Hai in response to spiritual questions from Her disciples, Truth seekers and the general public. Its words of supreme wisdom, which deal with spiritual practice, life and philosophy, touch the very source of our being, bringing us enlightenment and heavenly bliss. The book provides rare nectar for the soul that can accompany us on life’s journey and encourage us to persevere in difficult situations, in all seasons of our spiritual practice.
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.

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 Dears)
Example: When God wishes, Hes makes things happen according to Hiers will to suit Hirmself.

Biography of
The Supreme Master Ching Hai

The Supreme Master Ching Hai was born in Central Au Lac (Vietnam). At the age of eighteen, Master Ching Hai moved to England to study, and then later to France and then Germany, where She worked for the Red Cross and married a German physician. After two years of happy marriage, with Her husband's blessings, She left Her marriage in pursuit of enlightenment, thus fulfilling an ideal that had been with Her since Her childhood. This began a time of arduous pilgrimages to many different countries that ended only when She met a perfect living Master in the Himalayas. Master Ching Hai received the divine transmission of the inner Light and Sound, which She later called the Quan Yin Method. After a period of diligent practice, She attained Perfect Enlightenment.

To satisfy the longing of sincere Truth seekers, the Supreme Master Ching Hai offers the Quan Yin Method of meditation to people of all nationalities, religions and cultural backgrounds. Her message of love and peace brings spiritual liberation and hope to people throughout the world, reminding all to uphold Truth, Virtue, and Beauty in life.
Everything is good after enlightenment, while nothing is necessarily good when we are still ignorant. Therefore ignorance is the greatest sin, while enlightenment the greatest merit.

~ The Supreme Master Ching Hai
“Master” means our own almighty wisdom, our infinite wisdom, the quality of the infinite light and infinite life within us. Once we remember It, we no longer have fear of anything.

Spoken by Supreme Master Ching Hai Hsihu, Formosa March 11, 1989 (Originally in Chinese)
We should practice to reach the state of no ego, no face, no conception, no thought of bad or good — just like a child.

When anyone scolds us, speaks ill of us, we should think of it as the Bodhisattva is scolding us, God is testing us. Then there will not be any problem.
God, Buddha means compassion,
means the loving power.
After we get this “wave”
through connection
with the “wire” of compassion, of love,
we will become
more and more compassionate,
more and more loving, and we will become
more tolerant of all sentient beings.
Because we more and more know
that all creatures
in reality are of the same nature.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa May 21, 1989 (Originally in Chinese)
Audiotape # CG14

The inner Master within ourselves
will never leave us.
We should rely on Her,
who is our own Master,
our real Self, our original Nature.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa September 3, 1989 (Originally in Chinese)
Audiotape # CG17
The more simple we are, the more we feel the Love from God or the Buddha. Why is it so? Because the simple people are humble, are not arrogant. God loves the humble.

Spoken by Supreme Master Ching Hai
Pingtung, Formosa December 2, 1988 (Originally in Chinese)
Videotape # 22

When we truly ask, truly have courage, truly hunger for, and sincerely pray, Buddhas and Bodhisattvas in ten directions will help.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa July 29, 1989 (Originally in Chinese)
Videotape # 91
We are born out of concepts, we die within the concepts, and we get liberated from the circle of birth & death also because of the concept. Therefore our concept must be correct, so that we won’t mislead ourselves and others.

~ The Supreme Master Ching Hai
There are two or three kinds of wisdom. Those with highest wisdom do not want to say anything; they talk only when people ask.

The most important thing for a spiritual practitioner is the sincere longing for the Truth; he must really want to learn.

Spoken by Supreme Master Ching Hai Hsihu, Formosa September 28, 1990 (Originally in Chinese) Videotape # 132

Spoken by Supreme Master Ching Hai Hsihu, Formosa September 28, 1990 (Originally in Chinese) Videotape # 131
It is the greatest blessed reward, being able to learn and follow each word from a truly enlightened Master. When you are doing so, you are worshipping all the Saints of the whole universe.

For a person who practices to reach the Truth, the more considerate the better. When we take care of others more, we become more open-minded and the happier our lives will be.
Think like a Buddha, behave like a Buddha, and speak like a Buddha, and you are a Buddha.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa November 4, 1990 (Originally in Chinese)
Videotape # 138
Before criticizing others, we must see through the entire cause and effect. But then, after we see through it, we dare not make any criticism because then we understand that everything is only the performance of causality, of karma.

Spoken by Supreme Master Ching Hai Hsihu, Formosa October 15, 1990 (Originally in Chinese) Audiotape # CG31
Everyone is good. 
Only the circumstances 
make the difference.

We ourselves must be sincere, 
diligent, endeavoring; 
never should we forget the Buddha's Power 
within ourselves. 
We should always pray for it to help us. 
We call this Power 
Buddha or God, 
which is our real Self.
If we don’t love ourselves, we could not love others.

It is safe only when you are sheltered by the supreme Power, no other way.

Spoken by Supreme Master Ching Hai
Videotape # 161

Spoken by Supreme Master Ching Hai
Hshu, Formosa  July 14, 1991 (Originally in Chinese)
Videotape # 182
We can reprimand people. When we have love, people can feel that we are not doing it with malice, but for the sake of taking care of them, so they will never be angry with us.

We live in this world, but we should not be attached to it. We need to know that everything in this world is trouble and to keep our mind in the supreme teaching, just like lotus flowers in a muddy lake without being contaminated.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa September 21, 1991 (Originally in Chinese)
Videotape # 193
If you encounter problems, just try to meditate more and they will be gone.

~ The Supreme Master Ching Hai
Ugly things can be charming and serve as a lesson sometimes. In the eyes of the enlightened, everything has its own beauty.

Everyone is Buddha. It is possible that they may not realize it. We should still respect them and treat them like ourselves. Be strict with tolerance and be loving with detachment.
True love is to warn someone whenever he is doing wrong and to try to enlighten him. It is not to protect him regardless of him doing good or bad.

~ The Supreme Master Ching Hai

Meditation is not merely sitting there. You have to be concentrating with a pure and merciful heart; otherwise, you are just idling.

Spoken by Supreme Master Ching Hai
Videotape # 188
We can be good in our spiritual practice, but we still need to be skillful in handling matters in this world.

The more we hoard for ourselves, the more we lose; and the more we give, the more we gain.

Spoken by Supreme Master Ching Hai
Videotape # 188

Spoken by Supreme Master Ching Hai
Hsihu, Formosa  September 8, 1991  (Originally in Chinese)
Audiotape # CG38
Nobody but the person himself can carry out his spiritual practice, light the lamp and walk the way.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa  August 1, 1991  (Originally in Chinese)
Audiotape # CG35
We should share the merits derived from our spiritual practice with the world. We do not practice for the sake of ourselves only.

It is not that Buddha does not wish to liberate sentient beings. It is that sentient beings do not wish to liberate themselves.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa February 18, 1990 (Originally in Chinese) Videotape # 113

Spoken by Supreme Master Ching Hai
Thailand March 6, 1992 (Originally in Chinese) Videotape # 224
We can accomplish more when we are running short of time.

While we should feel at ease in spiritual practice, we should also let other people feel at ease.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa  April 19, 1992  (Originally in Chinese)
Videotape # 242

Spoken by Supreme Master Ching Hai
Hsihu, Formosa  January 12, 1992  (Originally in Chinese)
Videotape # 204
The best way to change ourselves is to communicate with our God Power inside, and then let that God Power change us.

If you don’t have trouble, then don’t look for trouble. If you have troubles, try your best to solve them.

Spoken by Supreme Master Ching Hai
Malaysia  February 25, 1992  (Originally in English)
Videotape # 218
If we want to change our future, we must change our present. Therefore, the present is the most important. Forget the past!

Spoken by Supreme Master Ching Hai Hsihu, Formosa January 1, 1992 (Originally in Chinese) Videotape # 203
Rather hurt oneself, but never hurt others!

True repentance is not just to know our mistakes, nor is it to say that we won’t make the same mistake again. It is to correct what we do, do it well, and do it better.

~ The Supreme Master Ching Hai

Spoken by Supreme Master Ching Hai
Hsihu, Formosa May 9, 1992 (Originally in Chinese)
Audiotape # CG47
Heaven or hell, 
they are all created by ourselves.

Helping others to attain liberation, 
and helping others to know 
the “True Path” 
are the highest forms of help 
we can give; 
they also bring 
the highest form of merit.

Spoken by Supreme Master Ching Hai 
Taipei, Formosa September 24, 1986 (Originally in Chinese)

Spoken by Supreme Master Ching Hai 
Tainan, Formosa December 4, 1987 (Originally in Chinese) 
Audiotape # CE14
If we cling to our past achievements we will not be able to progress any further.

We do not work just because we want to make money. We work to fulfill our responsibilities.
Even making just enough money for ourselves is good enough. We should save time for meditation practice.
It is not that we do not have misery or happiness. It is just that we do not care about them. Thus, we are at ease.

No matter what you do, as long as your mind is at ease, you know that you have done the right thing. Otherwise, you should not do it.

Spoken by Supreme Master Ching Hai
Hua Lien Center, Formosa November 4, 1988 (Originally in Chinese)
Audiotape # CG4
When our mind is still, when we look for our true Self, all the answers to our problems will be revealed.

The most comfortable feeling comes when we lay everything down.

Spoken by Supreme Master Ching Hai
Videotape # 178

Spoken by Supreme Master Ching Hai
Hsihu, Formosa  July 7, 1992  (Originally in Chinese)
Videotape # 266
We shall attain whatever goal we set in our mind.

It’s good when we do things with attentiveness and know why we do it. We do it in order to train ourselves and serve others. We do it out of love and also to repay this world.
Therefore, if we intend to do charity and keep the precepts, cleanliness is also a kind of charity. To make others feel comfortable is also a kind of charity.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa  April 3, 1992  (Originally in Chinese)
Videotape # 236
It is not important whether you are a monk or not. The important thing is that our mind is liberated and our wisdom is opened so that we can help the world.

Our heart, body, speech and mind are joyous and open because we sacrifice for others and because we practice for our own liberation. This is the true spirit of monkhood.
We have to find our love and compassion within us before we can truly love others.

If we are greedy about other’s property, it is the same as taking their karmic hindrances.
Master is Wisdom, Love and Power, which cannot be encased in anything.
You cannot use space to keep Her away and you cannot use any distance to be separated from Her.

We have to be strict and very sincere with ourselves before others can be sincere with us.

Spoken by Supreme Master Ching Hai Hsihu, Formosa April 3, 1992 (Originally in Chinese) Video tape # 236
Do not flatter and thus poison each other causing other people's level to fall. This is creating karmic hindrance.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa  April 3, 1992   (Originally in Chinese)
Videotape # 236
Remembering Master means thinking about Her teachings and everything She has said and taught us.

When we do good deeds the results would definitely be good.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa October 10, 1990 (Originally in Chinese)
Videotape # 136

Spoken by Supreme Master Ching Hai
Hsihu, Formosa September 2, 1990 (Originally in Chinese)
Audiotape # CG29
It is because you feel you are remarkable, that is why you are afraid (to lose face). This is a subtle form of arrogance (pride).

Our bodies need food to keep us healthy. Our souls depend on love to grow.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa October 15, 1990 (Originally in Chinese)
Audiotape # CG31
We should not like or desire anything of this world. If we do then we would cling on to it. Our hearts should not be attached to anything.

The things that give you the greatest fear, you should try to get through and overcome them.

Spoken by Supreme Master Ching Hai  
Hsihu, Formosa October 15, 1990 (Originally in Chinese)  
Audiotape # CG31
To be honest to yourself means to be honest to everyone.

Spoken by Supreme Master Ching Hai
Yang Ming Mountain, Formosa  October 30, 1992  (Originally in Chinese)
Videotape # 285
Comfort yourself, then everyone is comforted. If you feel comfortable, then everyone feels comfortable.

We should try our best to do whatever someone asks us to do. If we are not asked to do anything, then go to eat or sleep!
The Tao cannot be analyzed with the intellect; the Tao is an inner understanding and an internal realization.

Spoken by Supreme Master Ching Hai
Pusan, Korea March 23, 1992 (Originally in Chinese)
Videotape # 234

If anyone treats us nicely, it is because we are nice.

Spoken by Supreme Master Ching Hai
Pingtung, Formosa December 23, 1992 (Originally in Chinese)
Videotape # 293
You can never be wrong, if you listen to the natural responses of your inner real Self.

When you have turbulence at heart, you will also create turbulence on the outside!

Spoken by Supreme Master Ching Hai
Pingtung, Formosa December 23, 1992 (Originally in Chinese)
Videotape # 293

Spoken by Supreme Master Ching Hai
Hsihu, Formosa July 29, 1989 (Originally in Chinese)
Audiotape # CG15
We pursue spiritual practice for ourselves, not for gaining respect from others.
We should always be vigilant!
When doing things, we have to be independent, logical, and accountable to our conscience.

We should do things without any low-motive in mind.
It applies to any job.
Unconditional devotion is the best.

Spoken by Supreme Master Ching Hai
Hong Kong December 31, 1992 (Originally in Chinese)
Videotape # 304

Spoken by Supreme Master Ching Hai
Pingtung, Formosa January 3, 1993 (Originally in Chinese)
Audiotape # CG54
We should strive for perfection in whatever work we do, so that we don’t give others any reasons to complain or worry.

We should be the representative of Truth, Wisdom, and Beauty, from inside and outside.

~ The Supreme Master Ching Hai

Spoken by Supreme Master Ching Hai
Geneva, Switzerland April 21, 1993 (Originally in English)
Videotape # 357
If we are enlightened, all things will become easy; we think fast, we do things quickly, we react precisely at the appropriate moment, and that’s the key to success.

Spoken by Supreme Master Ching Hai
Brisbane, Australia March 21, 1993 (Originally in English)
Videotape # 337

To be honest with other people is the best protection for our dignity and our conscience.

Spoken by Supreme Master Ching Hai
Singapore March 9, 1993 (Originally in English)
Videotape # 328
Actually, there is no such thing as fate. It's just a matter of having not done enough spiritual practice.
There is nothing better than love and humility in establishing mutual understanding with others.

We should never forget God, and then we’ll have everything.
If we want to get something, we have to know that everything belongs to Hirm.
When Hes gives something to us, we shouldn’t think that it’s ours.

~ The Supreme Master Ching Hai

Spoken by Supreme Master Ching Hai
Hsihu, Formosa May 27, 1990 (Originally in Chinese)
Audiotape # CG22
Just let go of your small self and then you’ll be great.

That’s the best way to get rid of enemies, to make them feel very touched, and then you’ll win them; win them with love.
We will be loving but without being proud that we possess love.
We will give charity but never claim any credit.

We should have a pure and receptive heart like a child, and only then we can progress fast in spiritual practice.

Spoken by Supreme Master Ching Hai
Singapore March 9, 1993 (Originally in English)
Videotape # 328

Spoken by Supreme Master Ching Hai
Hsihu, Formosa October 29, 1988 (Originally in Chinese)
Audiotape # CG4
If we still do not have empathy with the suffering of others, or the capacity to understand the feeling of others, then we are still far from the Tao.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa  November 6, 1988  (Originally in Chinese)
Audiotape # CG5
In this universe, flexibility always prevails over toughness; the more tender, formless and flexible, the greater the power.

What is meant by enduring humiliation? It means clearly discerning that whatever happens to us is our karmic retribution, not the fault of others.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa August 11, 1991 (Originally in Chinese)
Videotape # 187

Spoken by Supreme Master Ching Hai
Taipei, Formosa September 26, 1987 (Originally in Chinese)
Audiotape # CE14
Justice is good, but love is the best.

It's not what we have in life, but to what degree we are contented with life.
We take lessons as punishments; that’s why we are so unhappy.

Spoken by Supreme Master Ching Hai
Taipei, Formosa October 25, 1987 (Originally in Chinese)
Audiotape # CE13
You see,
simple living means stay where you are,
enjoy what you have.
This is in my thinking as simple living.

If all human beings are enlightened,
the end of the world would never come.
You have to learn also
to have your own initiative,
to decide what is good for that moment.
You have to be decisive
and use your wisdom
that is already opened.

Try to be soft, humble and surrender, and
you will see God better.

Spoken by Supreme Master Ching Hai
Taipei, Formosa  May 23, 1994  (Originally in English)
Audiotape # CR14

Spoken by Supreme Master Ching Hai
Malaysia  February 27, 1992  (Originally in English)
Videotape # 220
The more we work (with devotion),
the more we will be enlightened.
Thinking of the benefit that other people will get makes us forget about our fear. This is the best way to nurture courage.

Every time we extend loving kindness, tolerance, and understanding to others, at that time we create Heaven.
The most important thing in this world, regardless whatever our mission, is love one another.

Spoken by Supreme Master Ching Hai
Bangkok, Thailand  September 11, 1994  (Originally in English)
Videotape # 445

The most wasting is that we don’t know we have wisdom; we don’t know we have God’s Power; we forget that we are the children of God.

Spoken by Supreme Master Ching Hai
Oregon, U.S.A. December 4, 1993  (Originally in English)
Videotape # 399
When we free ourselves from the concepts of attachment, negative thinking and binding passions, then we are liberated in this lifetime.

Spoken by Supreme Master Ching Hai
Hong Kong October 1, 1993 (Originally in Chinese)
Videotape # 381
The greatest enemy we ourselves have is our ego, our own pride.

Spoken by Supreme Master Ching Hai
Los Angeles, CA, USA April 4, 1993 (Originally in Aulacese)

We can cultivate a Saint out of ourselves, or we can make a sinner out of us.

Spoken by Supreme Master Ching Hai
Singapore September 26, 1994 (Originally in English)
Videotape # 448
We should live a simple life, not an impoverished lot.

The only means that can provide security is to obtain more inner protective power and wisdom through meditation.

Spoken by Supreme Master Ching Hai
New York, USA June 20, 1994  (Originally in English)
Videotape # 436

Spoken by Supreme Master Ching Hai
Hsihu, Formosa June 10, 1995  (Originally in English)
Videotape # 479
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I hope to let the readers enjoy some glimpse of the beautiful ways that dogs walk the Earth with us, and through them, understand more about other beings.

- Supreme Master Ching Hai

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Every time we extend loving kindness, tolerance, and understanding to others, at that time we create Heaven.

~ The Supreme Master Ching Hai