

Aphorisms



THE SUPREME MASTER CHING HAI





Aphorisms



The Supreme Master Ching Hai

The background of the page is a scenic landscape. In the foreground, there are rolling hills and mountains covered in green vegetation. The middle ground shows more mountain ranges, some with patches of snow or light-colored rock. The sky is filled with soft, white clouds, and a bright sunburst emanates from the upper center, casting rays of light across the scene. The overall color palette is dominated by blues, greens, and whites, with a warm glow from the sun.

Foreword

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

*T*he 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.

*T*o 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.

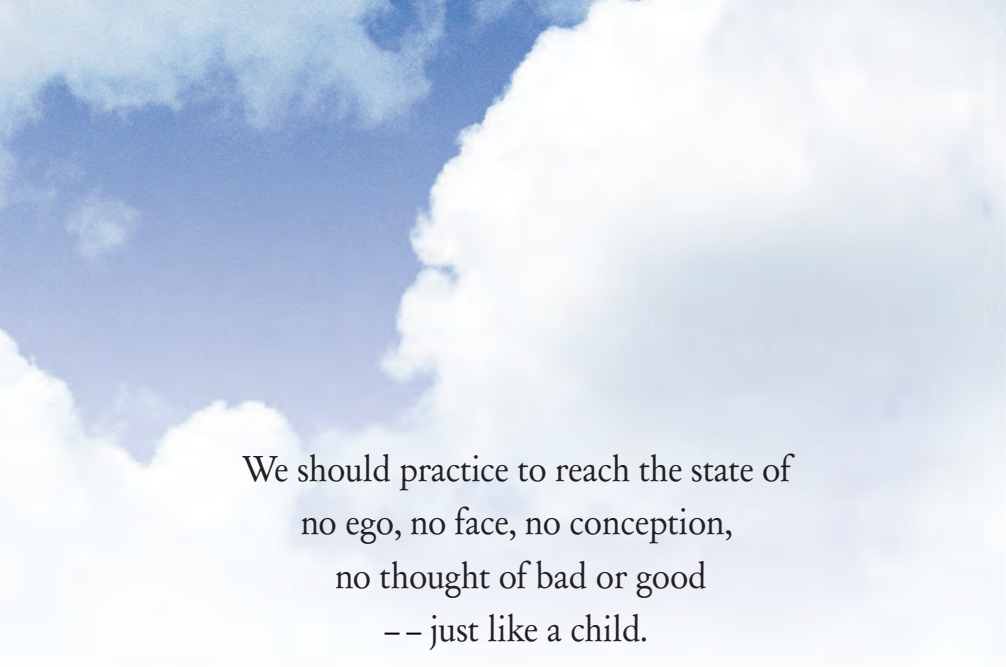
~ The Supreme Master Ching Hai





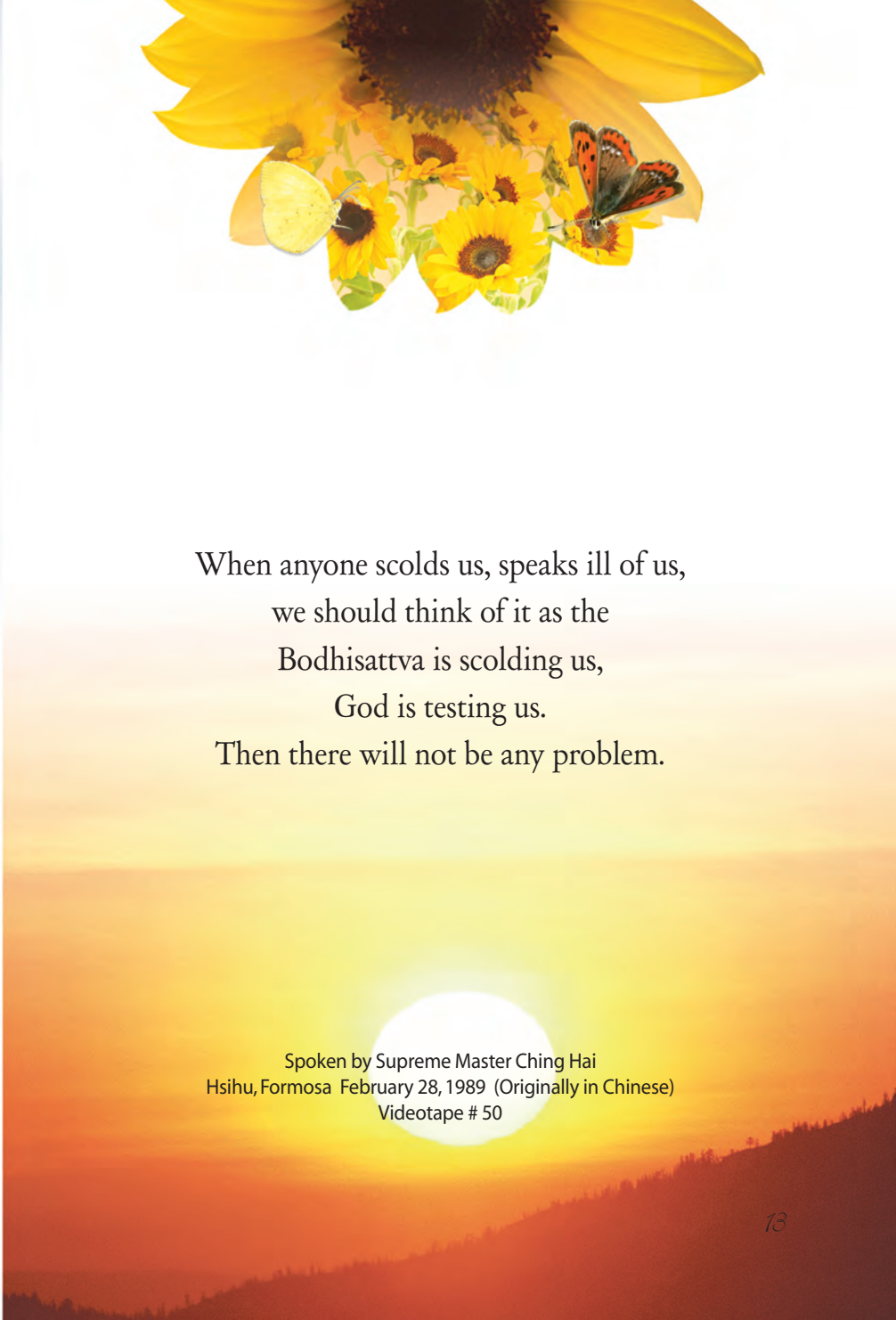
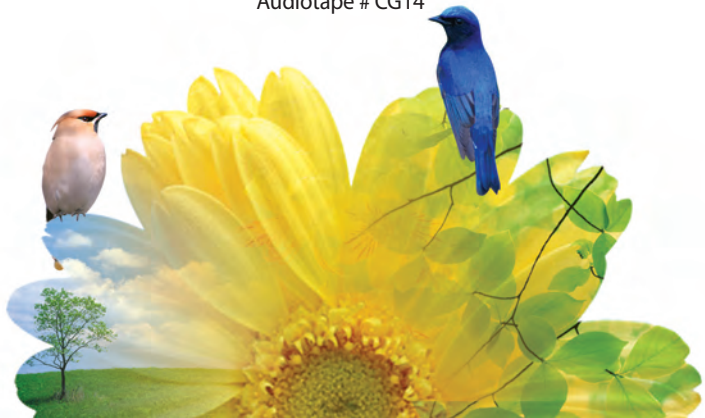
“Master” means our own almighty wisdom,
our infinite wisdom,
the quality of the infinite light
and infinite life within us.
Once we remember It,
we no longer have fear of anything.

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.

Spoken by Supreme Master Ching Hai
Hsiu, Formosa July 1, 1989 (Originally in Chinese)
Audiotape # CG14



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.

Spoken by Supreme Master Ching Hai
Hsiu, Formosa February 28, 1989 (Originally in Chinese)
Videotape # 50



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.



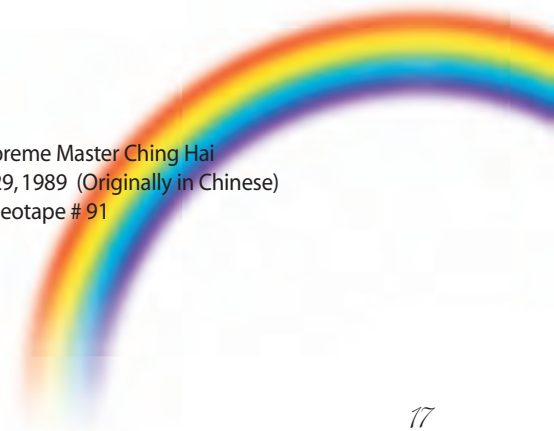
When we truly ask,
truly have courage,
truly hunger for,
and sincerely pray,
Buddhas and Bodhisattvas
in ten directions will help.



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




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.

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

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 # 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.

Spoken by Supreme Master Ching Hai
Taipei, Formosa August 31, 1986 (Originally in Chinese)



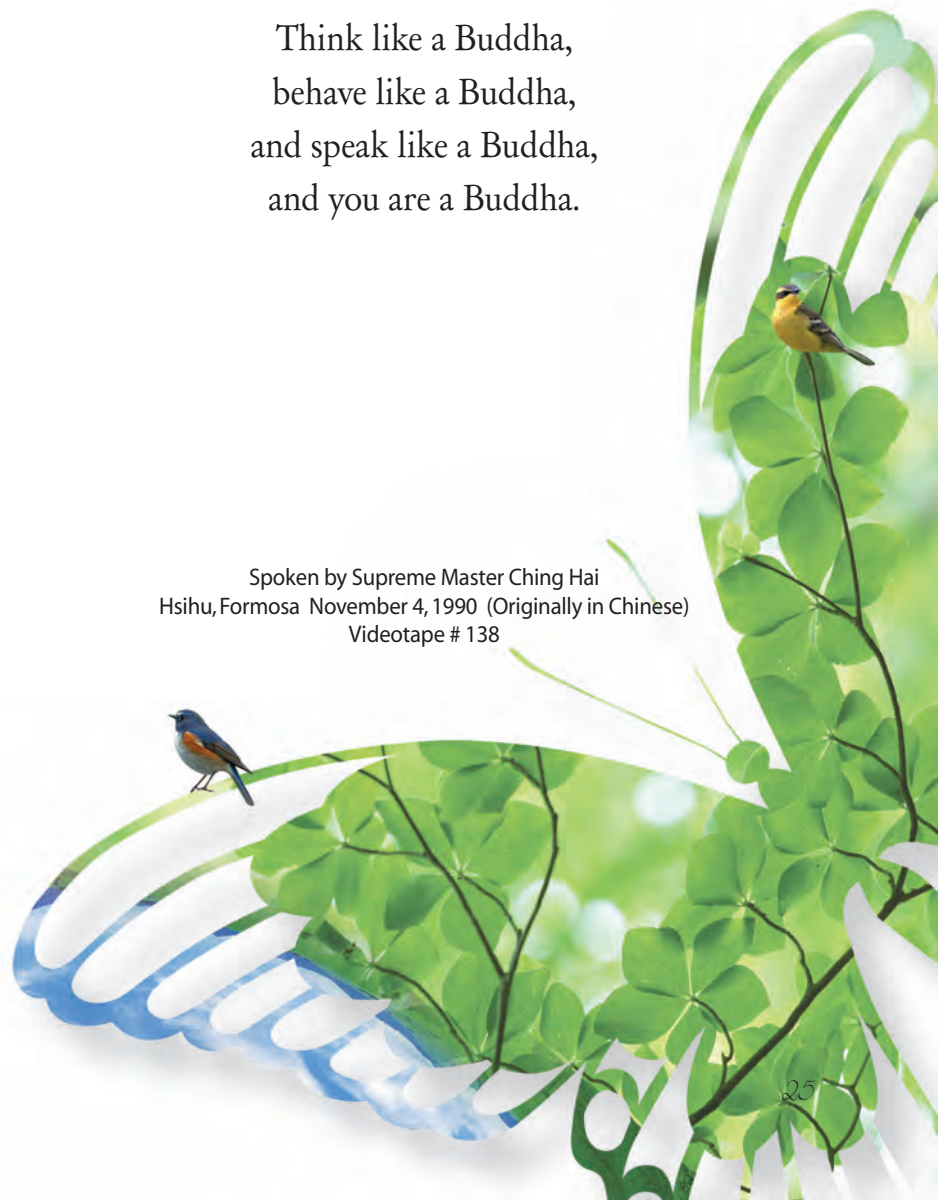
For a person who practices to reach the Truth,
the more considerate the better.
When we take care of others more,
we become more open-minded
and the happier our lives will be.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa January 14, 1990 (Originally in Chinese)
Audiotape # CG30



Think like a Buddha,
behave like a Buddha,
and speak like a Buddha,
and you are a Buddha.

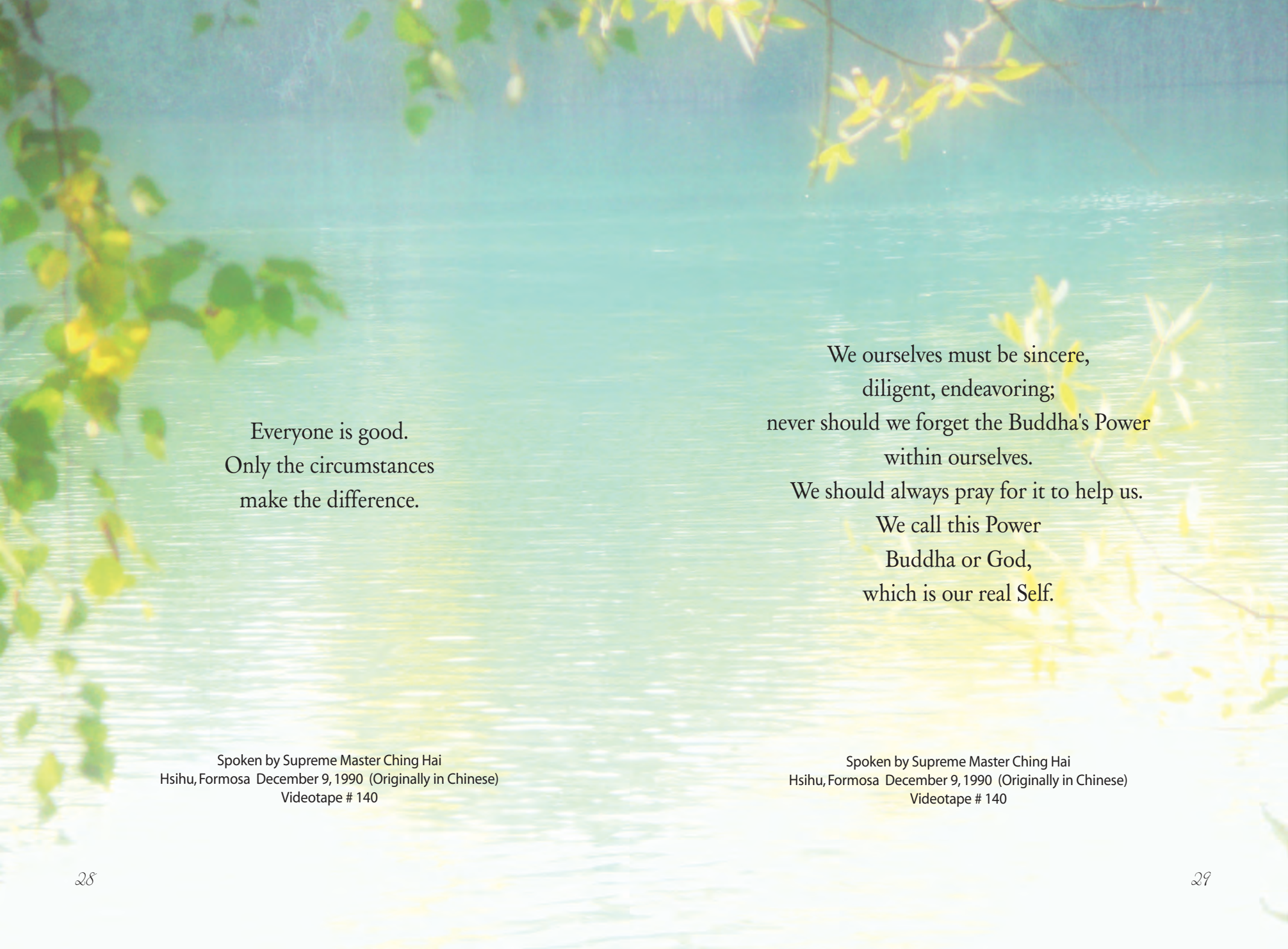
Spoken by Supreme Master Ching Hai
Hsiu, Formosa November 4, 1990 (Originally in Chinese)
Videotape # 138





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.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa December 9, 1990 (Originally in Chinese)
Videotape # 140

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.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa December 9, 1990 (Originally in Chinese)
Videotape # 140




If we don't love ourselves,
we could not love others.

Spoken by Supreme Master Ching Hai
Taipei, Formosa April 20, 1991 (Originally in Chinese)
Videotape # 161

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

Spoken by Supreme Master Ching Hai
Hsiu, 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.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa September 21, 1991 (Originally in Chinese)
Videotape # 193


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


A lush green tree with yellow flowers in the background. The tree is the central focus, with its branches and leaves filling most of the frame. The leaves are a vibrant green, and there are many small yellow flowers scattered throughout the foliage. The background is a soft, out-of-focus green, suggesting a garden or park setting. The overall mood is peaceful and natural.

Ugly things can be charming
and serve as a lesson sometimes.
In the eyes of the enlightened,
everything has its own beauty.

Spoken by Supreme Master Ching Hai
Pingtung, Formosa April 21, 1991 (Originally in Chinese)
Audiotape # CG33

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.

Spoken by Supreme Master Ching Hai
Pingtung, Formosa April 21, 1991 (Originally in Chinese)
Audiotape # CG33

A serene landscape with a river, trees, and a large tree trunk in the foreground. The scene is misty and green, with a large tree trunk on the left and a river in the foreground. The background shows more trees and a building in the distance.

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
Hsiu, Formosa August 25, 1991 (Originally in Chinese)
Videotape # 188




We can be good in our spiritual practice,
but we still need to be skillful
in handling matters
in this world.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa August 25, 1991 (Originally in Chinese)
Videotape # 188


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
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.

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

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
Thailand March 6, 1992 (Originally in Chinese)
Videotape # 224

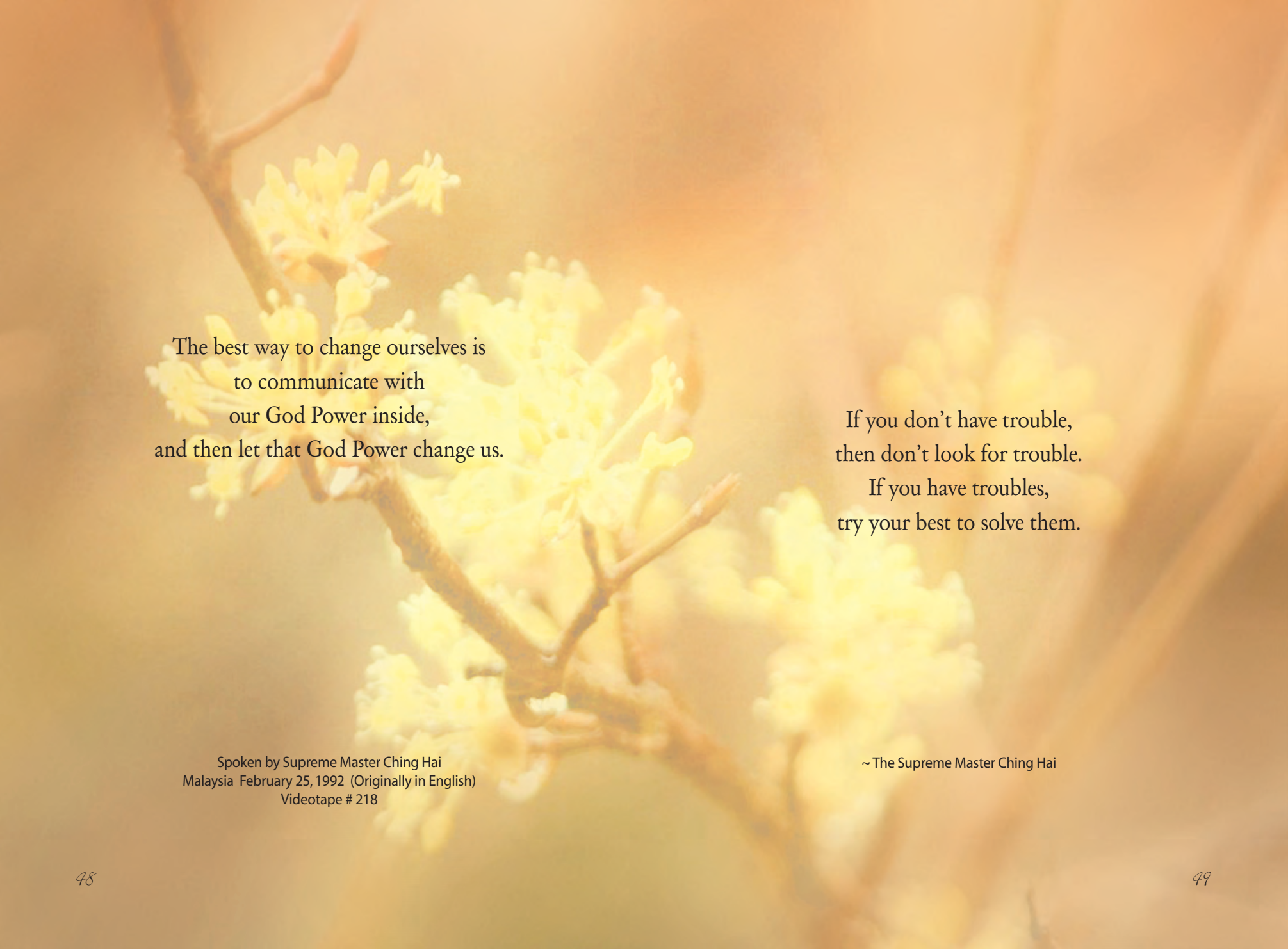


We can accomplish more
when we are running short of time.

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

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 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.

Spoken by Supreme Master Ching Hai
Malaysia February 25, 1992 (Originally in English)
Videotape # 218


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

~ The Supreme Master Ching Hai



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!

~ The Supreme Master Ching Hai

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.

Spoken by Supreme Master Ching Hai
Hsiu, Formosa May 9, 1992 (Originally in Chinese)
Audiotape # CG47




Heaven or hell,
they are all created by ourselves.

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

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
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.

Spoken by Supreme Master Ching Hai
Hsiu, Formosa August 25, 1991 (Originally in Chinese)
Videotape # 188


We do not work just because we want
to make money.
We work to fulfill our responsibilities.

Spoken by Supreme Master Ching Hai
Tainan, Formosa May 13, 1988 (Originally in Chinese)
Audiotape # CG1



Even making just enough money
for ourselves is good enough.
We should save time
for meditation practice.

Spoken by Supreme Master Ching Hai
Tainan, Formosa May 13, 1988 (Originally in Chinese)
Audiotape # CG1




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.

Spoken by Supreme Master Ching Hai
Hua Lien Center, Formosa November 4, 1988 (Originally in Chinese)
Audiotape # CG4

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


A field of wildflowers, primarily yellow and white, with green foliage. The flowers are scattered throughout the frame, with some in sharp focus and others blurred in the background. The overall scene is bright and natural.

When our mind is still,
when we look for our true Self,
all the answers to our problems
will be revealed.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa June 23, 1991 (Originally in Chinese)
Videotape # 178

The most comfortable feeling comes
when we lay everything down.

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.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa July 9, 1992 (Originally in Chinese)
Videotape # 267


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.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa April 25, 1992 (Originally in Chinese)
Videotape # 243



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
Hsiu, 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.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa April 19, 1992 (Originally in Chinese)
Audiotape # CG49

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.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa April 19, 1992 (Originally in Chinese)
Audiotape # CG49




We have to find our love and compassion
within us before we can truly love others.

Spoken by Supreme Master Ching Hai
Kaohsiung, Formosa January 10, 1990 (Originally in Chinese)
Videotape # 109

If we are greedy about other's property,
it is the same as taking
their karmic hindrances.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa April 12, 1992 (Originally in Chinese)
Videotape # 241

A lush garden scene with green foliage, yellow flowers, and purple flowers. The background is a dense thicket of green leaves and stems. In the foreground, several large yellow flowers with orange centers are in focus, along with clusters of smaller purple flowers. The overall atmosphere is bright and natural.

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.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa April 3, 1992 (Originally in Chinese)
Videotape # 236

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)
Videotape # 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
Hsiu, Formosa April 3, 1992 (Originally in Chinese)
Videotape # 236



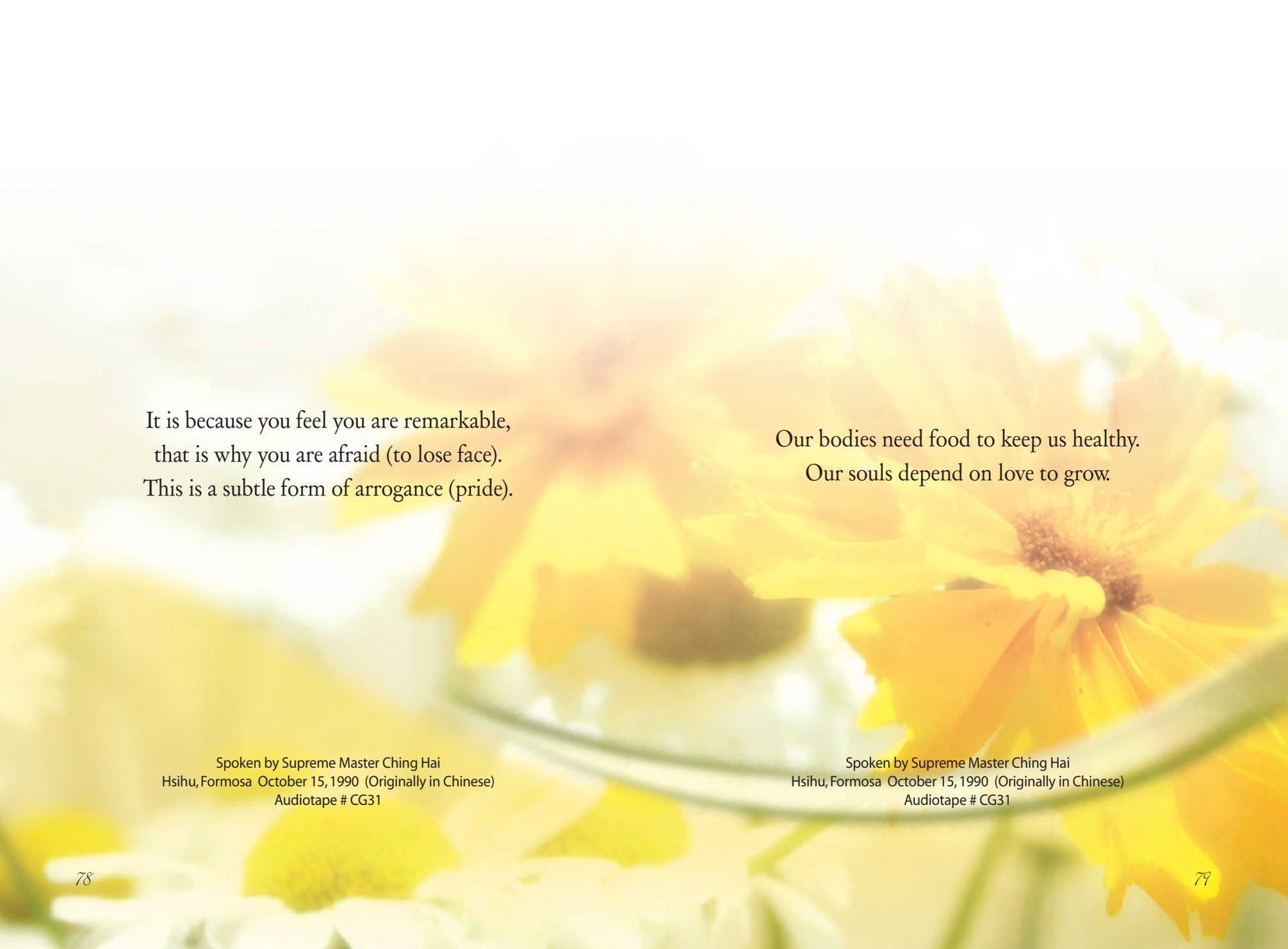


Remembering Master means
thinking about Her teachings
and everything
She has said and taught us.

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

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

Spoken by Supreme Master Ching Hai
Hsiu, 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).

Spoken by Supreme Master Ching Hai
Hsihu, Formosa October 15, 1990 (Originally in Chinese)
Audiotape # CG31

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.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa October 15, 1990 (Originally in Chinese)
Audiotape # CG31

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.

Spoken by Supreme Master Ching Hai
Yang Ming Mountain, Formosa October 30, 1992 (Originally in Chinese)
Videotape # 285

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!

Spoken by Supreme Master Ching Hai
Hsihu, Formosa September 28, 1992 (Originally in Chinese)
Videotape # 275




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.

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


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

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.

Spoken by Supreme Master Ching Hai
Pingtung, Formosa December 25, 1992 (Originally in Chinese)
Audiotape # CG53






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
Pingtung, Formosa January 3, 1993 (Originally in Chinese)
Audiotape # CG54

We should always be vigilant!
When doing things,
we have to be independent, logical,
and accountable to our conscience.

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




We should strive for perfection
in whatever work we do,
so that we don't give others
any reasons to complain or worry.

~ The Supreme Master Ching Hai

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

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.

Spoken by Supreme Master Ching Hai
Hong Kong October 3, 1993 (Originally in Chinese)
Videotape # 381

There is nothing better than
love and humility in establishing mutual
understanding with others.

~ The Supreme Master Ching Hai

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 Him.
When He gives something to us,
we shouldn't think that it's ours.


Spoken by Supreme Master Ching Hai
Hsiuhu, Formosa May 27, 1990 (Originally in Chinese)
Audiotape # CG22

Just let go of your small self
and then you'll be great.

Spoken by Supreme Master Ching Hai
Bangkok, Thailand January 1, 1994 (Originally in English)
Videotape # 400

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.

Spoken by Supreme Master Ching Hai
Bangkok, Thailand January 1, 1994 (Originally in English)
Videotape # 400



We will be loving
but without being proud that we possess love.
We will give charity
but never claim any credit.

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


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
Hsiu, 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.

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

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
Taipei, Formosa September 26, 1987 (Originally in Chinese)
Audiotape # CE14



Justice is good, but love is the best.

Spoken by Supreme Master Ching Hai
Kaohsiung, Formosa May 10, 1988 (Originally in Chinese)
Audiotape # CE6B

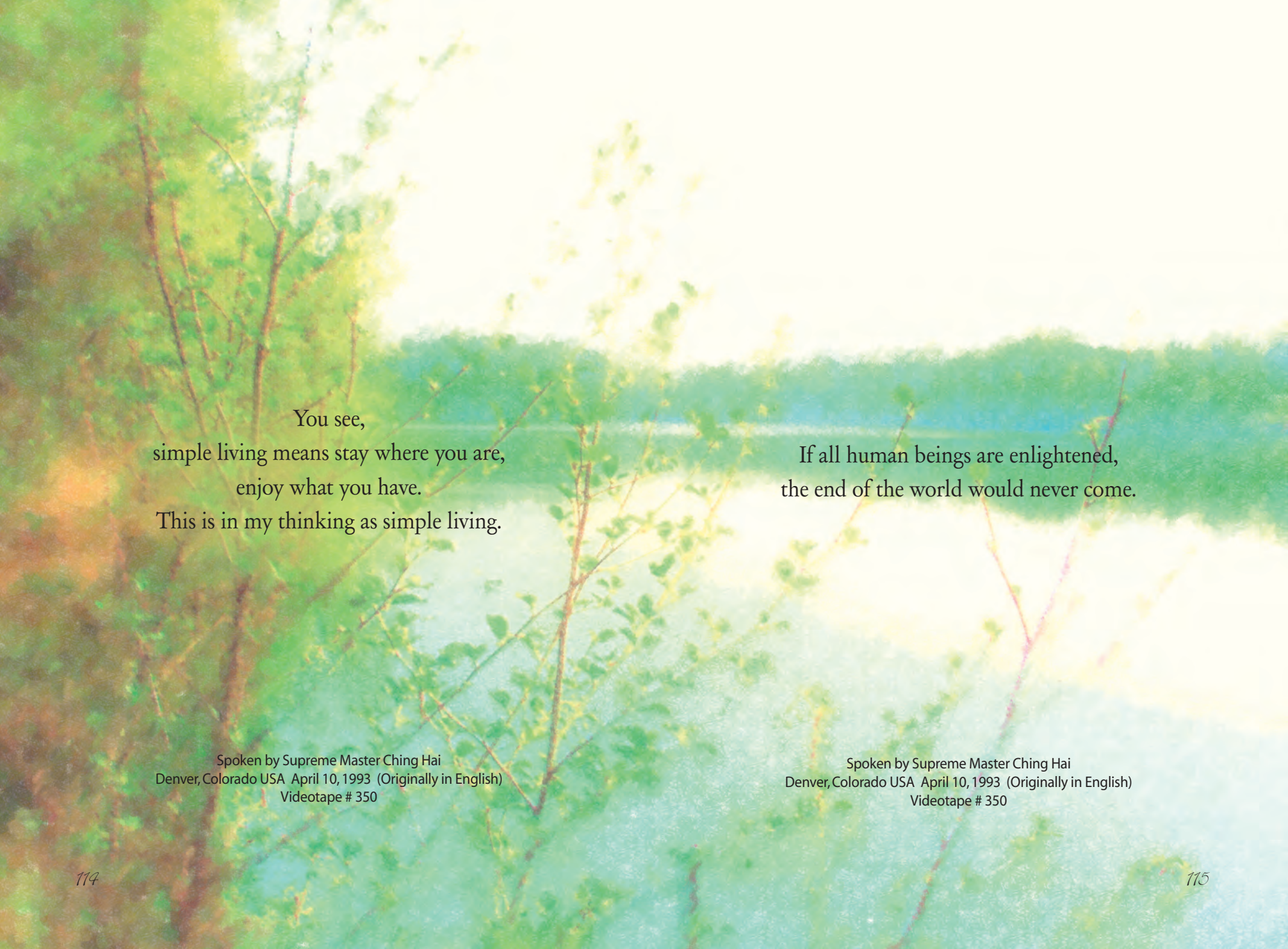
It's not what we have in life,
but to what degree we are contented with life.

Spoken by Supreme Master Ching Hai
Denver, Colorado USA April 10, 1993 (Originally in English)
Videotape # 350



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.

Spoken by Supreme Master Ching Hai
Denver, Colorado USA April 10, 1993 (Originally in English)
Videotape # 350

If all human beings are enlightened,
the end of the world would never come.

Spoken by Supreme Master Ching Hai
Denver, Colorado USA April 10, 1993 (Originally in English)
Videotape # 350



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.

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


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

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.

Spoken by Supreme Master Ching Hai
Pingtung, Formosa January 25, 1993 (Originally in Chinese)
Videotape # 313




Thinking of the benefit that
other people will get
makes us forget about our fear.
This is the best way to nurture courage.

Spoken by Supreme Master Ching Hai
Tainan, Formosa March 3, 1989 (Originally in Chinese)
Videotape # 53

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

Spoken by Supreme Master Ching Hai
Seattle, U.S.A April 7, 1993 (Originally in English)
Videotape # 348



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.

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

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

Spoken by Supreme Master Ching Hai
Hsiu, Formosa June 10, 1995 (Originally in English)
Videotape # 479

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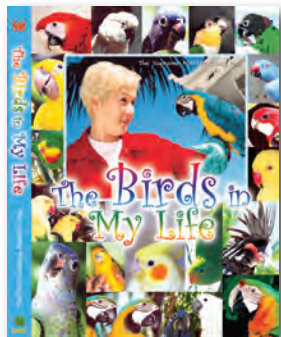
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Written personally by Supreme Master Ching Hai



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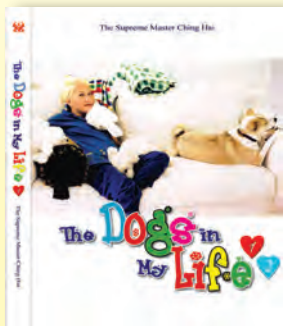
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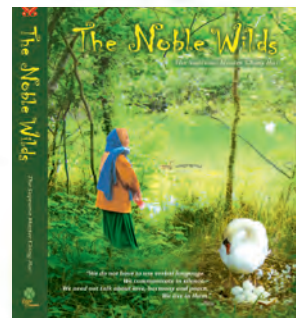
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Author

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Video & Audio Recording

Video Team - Formosa (Taiwan) + International Group

Transcription

Worldwide Transcription Group

Translators

Worldwide Translation Group

Proofreaders

News Group/ Book Department

Design and Layout

An So Young/ Kim Jung Eun/ Bie/ Book Department

Publisher

The Supreme Master Ching Hai
International Association Publishing Co., Ltd.
Rm. 16, 8F, No.72, Sec. 1, Zhongxiao W. Rd., Zhongzheng Dist.,
Taipei City 100, Formosa (R.O.C.)
Tel: 886-2-23759688/ Fax: 886-2-23757689
<http://www.smchbooks.com>
E-mail: smchbooks@Godsdirectcontact.org

The Supreme Master Ching Hai © 1995~2008

First Edition

October 1995

Second Edition

December 1998

Third Edition

August 2008

Printed in Formosa, R.O.C.

ISBN

978-986-6895-36-4

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at that time we create Heaven.*

~ The Supreme Master Ching Hai

