SUPREME MASTER CHING HAI
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Aphorisms 2

The Supreme Master Ching Hai

The Supreme Master Ching Hai
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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.
The Supreme Master Ching Hai was born in Central Au Lac. 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.
Life does not start here when we are born, or end when we are dead. And enlightenment is only the beginning. The journey will continue, full of wonder and miraculous encounters and discovery for those who truly want to know the miracle of life and the real love from the universe and from your heart.

Spoken by Supreme Master Ching Hai
Videoconference with Supreme Master Television staff
Los Angeles, California, USA – December 31, 2011
(Originally in English)
DVD #993
One small step from everyone in the right direction can result in a big leap in our evolution as a human race, and that small step is very simple. It’s just no killing, abiding by the principle of “Live and let live,” adhering to the universal law where we grant life to beget life. Because like attracts like; that we all know. This, of course, includes adopting a vegan diet.

Through our leap in the evolution (of consciousness), we can leave this existence of want and fear, toward a true life of peace and love and enlightenment – from the vicious cycle of killing, suffering and violence to a circle of loving kindness, protection and happiness.

Spoken by Supreme Master Ching Hai
Climate Change Conference –
Humanity’s Leap to the Golden Era
Washington D.C., USA – November 8, 2009
(Originally in English)
DVD #818
The more good you do for the world, the more good you will get. The more happiness you bestow on other people, the more happiness you will gain.

Spoken by Supreme Master Ching Hai
Videoconference with Supreme Master Television staff
Los Angeles, California, USA – December 22, 2012
(Originally in English)

We should think more about spiritual side of our nature and get contact with it, and not to be too indulgent in material comfort and greed and other things that are transient. We should look more for the long, everlasting happiness and true bliss within ourselves. Heaven is always here, within us, if we go inward and connect with it.

Spoken by Supreme Master Ching Hai
Videoconference with Supreme Master Television staff
Los Angeles, California, USA – December 22, 2012
(Originally in English)
“Should concentrate on doing good things. Pray and meditate whatever way you can to the highest possible spiritual power. Eliminate evil tendencies in all corners of your life. Remember God at all times. Be grateful to whatever you have and all the blessings all over around you and in your life. Pray for the world’s wellness. Be vegan, make peace. And, be grateful for your beautiful life and enjoy your short but beautiful existence.”

Videoconference with Supreme Master Television staff
Los Angeles, California, USA – December 0414, 2013
(Originally in English)

Every time you think nobly and you act nobly or selflessly, the results are always fantastic, visibly and invisibly. And it affects the whole world, not just that person that you did a favor for, or not just yourself or your family or your five generations. It affects the world and even the universe, depending on how big your action or how grand your noble thoughts are.

Spoken by Supreme Master Ching Hai
International Gathering in France – March 26, 2012
(Originally in English)
DVD #998
You ought to be truthful to yourself under any circumstances.

Spoken by Supreme Master Ching Hai
Kampong Spoe, Cambodia – July 19, 1996
(Originally in Chinese)
Videotape #556

The more superior the spiritual practice is, the simpler it will be.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa – October 15, 1988
(Originally in Chinese)
MP3 #CG02
Why are the enlightened Masters capable of doing anything? It is because They are always in a state of concentration, focusing Their acts, speech and thoughts on whatever They are doing, and at the same time being omnipresent.

Spoken by Supreme Master Ching Hai Hsihu, Formosa – July 14, 1991
(Originally in Chinese)
Videotape #182

Have one hundred percent faith and live to pursue spiritual practice. Very soon, you will have results. And when you reap a harvest, you will have greater faith, and hence more fruits.

Spoken by Supreme Master Ching Hai Hsihu, Formosa – February 6, 1992
(Originally in Chinese)
Videotape #209
We are not the body.
And in the true Self, the big Self,
we are all together in one.

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

You work as if you are the only one
who knows that you are working
— not even God knows.
That is perfect work.

Spoken by Supreme Master Ching Hai
New York, USA – April 13-16, 1995
(Originally in English)
Videotape #471
God is the great Love. The more we manifest that love, the closer we are to Godhood. That is what God realization is all about.

Spoken by Supreme Master Ching Hai
International Three-day Retreat
Los Angeles, California, USA – December 18, 1998
(Originally in English)
DVD #642
After we join the practice of the Quan Yin Method, we have only one common language. It becomes very easy for us to communicate because we share the same ideal and the same spirit of serving and offering to others.

Spoken by Supreme Master Ching Hai
Surabaya, Indonesia – February 28, 1992
(Originally in Chinese)
Videotape #221

Don’t expect anything and you will have no trouble. We should only expect enlightenment.

Spoken by Supreme Master Ching Hai
Laiyi, Pingtung, Formosa – December 29, 1992
(Originally in English)
Videotape #302
The more we go inside, the more we understand things without talking.

Spoken by Supreme Master Ching Hai
Chicago, USA - February 19, 1994
(Originally in English)
Videotape #402

He/She who has love for other people has God in his/her heart. To serve God’s children is to serve God.

Spoken by Supreme Master Ching Hai
Costa Rica - February 4, 1991
(Originally in English)
Videotape #150
Love knows no burden; love knows only sacrifice.

Spoken by Supreme Master Ching Hai
Costa Rica – February 9, 1991
(Originally in English)
Videotape #153

We should rise to the noble position of a Saint. And to do that we must possess compassion, love, understanding and unselfish sacrifice at all times.

Spoken by Supreme Master Ching Hai
Phnom Penh, Cambodia – May 14, 1996
(Originally in English)
Videotape #548
We should not be afraid to hurt ourselves while benefiting others, because the path we tread is the way of the Saints, the way of the Masters.

Spoken by Supreme Master Ching Hai
Tainan, Formosa – March 16, 1989
(Originally In Chinese)
Videotape #57

When a Master comes to Earth, not only are the disciples uplifted and shown wisdom, but the whole race of humankind is purified and uplifted to a certain higher level of consciousness.

Spoken by Supreme Master Ching Hai
Costa Rica – May 29, 1991
(Originally in English)
Videotape #171
The more you use your inner wisdom, the more you know that you know.

Spoken by Supreme Master Ching Hai
Pusan, Korea – May 14, 1993
(Originally in English)
Videotape #372

You have to be flexible; that’s why we need wisdom and love, not only rules and laws. The law of love transcends everything. Do things with love, with purity and wisdom; that’s all I ask of you.

Spoken by Supreme Master Ching Hai
Colorado, USA – April 11, 1993
(Originally in English)
Videotape #351
Samadhi means that you enter into a blissful, tranquil state of mind where you have no sorrow, no worry, no fear. In the samadhi state, we feel absolutely perfect; we feel nothing is bothering us in this world, nothing is happening at all. Everything is perfect.

Spoken by Supreme Master Ching Hai
Malaysia – October 1, 1989
(Originally in English)
Videotape #99

Only when we are empty, can God then fill us with wisdom and love. If we are still somebody, if we still have something, we cannot become completely empty and we cannot hold all the God power that wants to fill within us.

Spoken by Supreme Master Ching Hai
Brazil – June 16, 1989
(Originally in English)
Videotape #83
Anyone who loves others more than him—or herself must be a Saint or a Bodhisattva. No matter what path you practice, you will surely attain a very high spiritual level. To love others more than yourself is the greatest secret. It doesn’t matter if you love other people or animals. If you can sacrifice yourself for others, then you are at the Bodhisattva level. There’s no mistake about it.

Spoken by Supreme Master Ching Hai
International Gathering in France – December 17, 2008
(Originally in Chinese)
DVD #962
There is no end to all the 'dos and don'ts.' Use your wisdom and purity to do your work, and act accordingly, see to yourself that you are pure at all times. That's important. Always recite the Holy Names and ask for inner guidance on whether what you do is correct, and meditate on that if you are in doubt.

Spoken by Supreme Master Ching Hai
Colorado, USA – April 11, 1993
(Originally in English)
Videotape #351

The one who truly has knowledge is the one who has no ego. Then your knowledge shines, and you do everything right! It's just like that. So don't be afraid of any danger or any trouble — be afraid of your own ego. Ego is what? From where do we have ego? It's from past life impressions and accumulated habits or associations, and background.

Spoken by Supreme Master Ching Hai
European 3-Day Retreat, Paris, France - August 22, 2007
(Originally in English)
DVD #794
We do things because they need to be done; we do things to serve others, not to satisfy our own feelings. In this way we will not lose our wisdom.

Spoken by Supreme Master Ching Hai
Brazil – November 19, 1989
(Originally in Chinese)

Humility doesn’t come with the title ‘very humble;’ it comes from within. When we all realize that we are all children of God, and we and the Father are one, that is where true humility begins.

Spoken by Supreme Master Ching Hai
Brisbane, Australia – March 20, 1993
(Originally in English)
Videotape #336
Should we think that we are great at all, then we are not great.

Spoken by Supreme Master Ching Hai
Brisbane, Australia – March 19, 1993
(Originally in English)
Videotape #335

To kill our ego is to merge ourselves with God. When we are one with God, then we lose ourselves. It’s as simple as that.

Spoken by Supreme Master Ching Hai
California, USA – May 27, 1989
(Originally in English)
Here in this world, the mind controls everything. The preconceived ideas – the prejudices, the collected data control everything and make us forget our inborn Nature and that we are not these preconceived ideas. We are not to forget our judgment; we have to find our inborn Wisdom.

Spoken by Supreme Master Ching Hai
California, USA – May 27, 1989
(Originally in English)

Initiation is meant to remind you of your greatest inheritance, and then you can make use of your treasure every day instead of relying on any Master at all, whether dead or alive. That is the purpose of our method of practice, and there is no other purpose besides that.

Spoken by Supreme Master Ching Hai
Brisbane, Australia – March 20, 1993
(Originally in English)
Videotape #336
By observing the precept of not telling anything but the truth, whatever we say will benefit others, and whatever we say will come true.

Spoken by Supreme Master Ching Hai
C.K.S. International Airport, Taoyuan, Formosa
May 21, 1989
(Originally in Chinese)
Audiotape #CG13

The more we endure, the less we feel that we are enduring, and the more aware we become of our rising level.

Spoken by Supreme Master Ching Hai
Taipei, Formosa – March 7, 1989
(Originally in Chinese)
Videotape #56
If we become delighted and arrogant when people praise us and offer us temptations, then that is very dangerous. On each one of these occasions, we must promptly introspect, and ask: "Did I use the ego in performing the act just now? Was I overjoyed or arrogant?"

We must introspect every day.

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Being quiet doesn’t mean being empty of anything, but quiet of unnecessary burdens and prejudice, quiet of all kinds of nonsense and desires and cravings for impossible things, and quiet in order to be able to be of service, to have intelligence, and for pure Intelligence to appear.

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Spoken by Supreme Master Ching Hai
Kaoshiung, Formosa – April 14, 1989
(Originally in Chinese)
Audiotape #CG13

Spoken by Supreme Master Ching Hai
Kuala Lumpur, Malaysia – February 23, 1992
(Originally in English)
Videotape #214
It is so blissful in Heaven that there is nothing to remind us of spiritual practice. It is so agonizing in hell that it is impossible to practice spiritually there. In the secular world, we have suffering, joy, misunderstanding, ignorance, wisdom, enlightenment, the unenlightened, and lots of different situations.

Therefore, we can learn quickly from various situations in life, and we can find sufficient material from which to experience and train ourselves. We have the chance to practice to become Buddhas, which we cannot find in other worlds. Therefore, the human body is very precious. We must cherish the chance to practice spiritually without delay.

Spoken by Supreme Master Ching Hai
Taipei, Formosa – December 1, 1986 (Originally in Chinese)
By practicing the Quan Yin Method, our vibrations become very fast and we feel more energetic, just like young people. We become more alert, able to figure out problems easily, and smart like young people. Therefore, we can say that we become rejuvenated.

Spoken by Supreme Master Ching Hai Hsihu, Formosa – August 13, 1989
(Originally in Chinese)
Audiotape #CG15

The person who enjoys the greatest freedom is the one who is most responsible; because he/she is responsible, he/she is free.

Spoken by Supreme Master Ching Hai Tainan, Formosa – March 15, 1990
(Originally in Chinese)
Videotape #119
A self-realized soul emits a kind of Godly fragrance and supra-mundane Virtue that everyone loves to be near, and everyone feels naturally comfortable with.

Spoken by Supreme Master Ching Hai
California, USA – May 25, 1989
(Originally in English)

Each time we take any action, we reflect what God thinks of our action. If what we are doing pleases God, then it is righteous.

Spoken by Supreme Master Ching Hai
Panama – November 29, 1989
(Originally in English)
Videotape #106
If we spiritual practitioners still have fears, preferences, and needs, then we are still not 100 percent true.

Spoken by Supreme Master Ching Hai Hsihu, Formosa – November 26, 1988 (Originally in Chinese) Audiotape #CG6

We spiritual practitioners should speak the truth. Why? It is because we are seeking the Truth. Speaking words that are not true only brings harm to us.

We should think more positively, optimistically, and courageously, and then it will become a habit, for everything is created by the mind.

Spoken by Supreme Master Ching Hai
Tainan, Formosa – January 12, 1989
(Originally in Chinese)
Audiotape #CG8

Be selfless all the time, always unconditional. Never want to profit from any situation for yourself. Then you’ll get more than you expect. Always be selfless and unconditional. That’s the way of the working of the universe.

Spoken by Supreme Master Ching Hai
Cancún, Mexico – December 9, 2010
(Originally in English)
DVD #923
When we help other people, we should say, "I am doing it in the name of God." Then we will not incur any blessed reward or karmic retribution.

Spoken by Supreme Master Ching Hai
Kaohsiung, Formosa – October 19, 1988
(Originally in Chinese)
Audiotape #CG3

After we have purified our actions, speech, and thoughts, everything we do is right, and befits the way of the Truth. This is why we should pursue spiritual practice.

Spoken by Supreme Master Ching Hai
Tainan, Formosa – May 13, 1988
(Originally in Chinese)
Audiotape #CG1
We are representing love; we are representing God. So every time we forget that, we should try to remember again. That’s how we become great. That’s how we realize God.

Spoken by Supreme Master Ching Hai
International Three-day Retreat
Los Angeles, California, USA – December 18, 1998
(Originally in English)
DVD #642

Your work itself is a blessing. When you’re working for God and the multitude, your merits multiply. As you help more people, many fold of merits will be added to your treasure of spiritual progress.

Spoken by Supreme Master Ching Hai
Cape Town, South Africa – November 29, 1999
(Originally in English)
DVD #674
God can't give us peace on Earth if we don't make peace ourselves.
We have the power.
We're the representatives of God here; we must do the things we should on this level because we exist here. Only if we have peace within ourselves can we make peace; only when we see God within ourselves can we see God in others.

Spoken by Supreme Master Ching Hai
Prague, Czech Republic - May 28, 1999
(Originally in English)
Videotape #654
No one is going to protect us if we are not protected by our own spiritual development and spiritual power.

Spoken by Supreme Master Ching Hai
Cape Town, South Africa – November 28-30, 1999
(Originally in English)
DVD #673

Enlightenment is the only solution to all kinds of diseases in this world. God’s love is the only medicine for all kinds of trouble on this planet.

Spoken by Supreme Master Ching Hai
Ljubljana, Slovenia – May 26, 1999
(Originally in English)
Videotape #660
When you see something beautiful, a flower, painting, photo or hear some lovely music or poetic verses, don’t you feel better? Don’t you feel more relaxed and loving? Yes, so at that moment, your heart feels open, your spirit expands, and you love the surrounding, you love the people near you. And the relationship between you and others suddenly has more meaning and deepens, and your thinking is more positive. That’s how art uplifts our spirit. And if our spirit uplifts, then the world is uplifted.

Arts, such as good paintings, poetry and music, are to comfort and soothe our minds, heal our hearts in this turbulent world. To some extent, they also remind us of our ethereal Home and rekindle some nostalgic feelings within us, so we may seek an elevating way to reach our true origin.

Spoken by Supreme Master Ching Hai
Videoconference: Premier of English Edition of "Celestial Art"
Los Angeles, California, USA - December 12, 2008
(Originally in English)
DVD #852
We don’t need to know the past. We should take care of the present, and the future will come out beautifully.

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

Being childlike doesn’t mean that we don’t take responsibility or we don’t do what we have to do. It means that we just do it with a very pure joy and without expectations, because knowing God as God is, we should not really worry.

Spoken by Supreme Master Ching Hai
Los Angeles, California, USA – September 13, 1997
(Originally in English)
DVD #602
The light of Heaven will cleanse all the darkness for eons, billions, trillions of years from within our souls.

Spoken by Supreme Master Ching Hai
Hawaii, USA – March 27, 1993
(Originally in English)
Videotape #341

I do not tell you to change your religious beliefs, occupation, or way of life, but just to know the Truth, because the Truth is inherent in all underlying religious principles.

Spoken by Supreme Master Ching Hai
Hawaii, USA – March 27, 1993
(Originally in English)
Videotape #341
The more you are exposed to the sense of the needy’s suffering, the more you feel your compassion being touched. And then you want to do something for that person or that animal or that situation, and then that’s how your NQ (Noble Quality) grows.

Spoken by Supreme Master Ching Hai
European 3-Day Retreat, Paris, France
August 22, 2007
(Originally in English)
DVD #794

The more we exert our loving kindness and protection towards all beings, the greater we will be in the world, the greater will be the feeling in our heart as well as in the Kingdom of Heaven.

Spoken by Supreme Master Ching Hai
Videoconference in Washington, D.C., USA
November 8, 2009
(Originally in English)
DVD #818
The more we spiritual practitioners look inward, the better we will be. Within us are our virtuous quality, supreme wisdom, and greatest power. If we turn outward, the power and concentration of our wisdom will be dispersed.

Spoken by Supreme Master Ching Hai Hsihu, Formosa – August 18, 1991
(Originally in Chinese)
Audiotape #CG37

Do not lose your original Self or personal demeanor for the sake of anyone. Only in this way can we be original, genuine, and natural. We'll be charismatic, lovely and beautiful. It is not good to imitate anyone.

Spoken by Supreme Master Ching Hai Hsihu, Formosa – January 12, 1992
(Originally in Chinese)
Videotape #204
We never know what’s good for us. It’s better to just try our best and accept whatever comes. But you always have to try your best. In that way you’ll rest in peace and you’ll know that you have tested your strength and wisdom.

Spoken by Supreme Master Ching Hai
Surabaya, Indonesia – March 19, 1997
(Originally in English)
Videotape #580
Usually, even if we know our past mistakes, we do not have the power to repent. If we can truly repent, however, our karmic hindrances will be erased. We must really practice spiritually in order to repent. Therefore, we still have to meditate.

Spoken by Supreme Master Ching Hai
(Originally in Chinese)
Audiotape #CG33

Once we are enlightened, we see things from a higher standpoint, from a higher intelligence, and we see that nothing happens by accident, or nothing occurs by our own doing.

Spoken by Supreme Master Ching Hai
Columbia University, New York, USA, November 3, 1989
(Originally in English)
Videotape #102A
We are, in fact, one. No matter what we do for each other, it is the same as doing it for ourselves, because we love each other. That is the essence of life. The essence of life is love. The essence of God, of Buddha, of Allah, is love.

Spoken by Supreme Master Ching Hai
Kuala Lumpur, Malaysia – April 30, 2000
(Originally in English)

DVD #688

We renounce the desire for the world, but not the world itself.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa – June 3, 1995
(Originally in English)
Make sure that every precept you keep is physically, astrally and intellectually all clean and pure. Of course, we can’t help it if a habit rises up again. But we can help by stopping it, not following it and not making excuses for ourselves.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa – October 31, 1995
(Originally in English)
Videotape #509

We practice spiritually inside, but should apply it to the outside. Then, seeing the results of our practice, we will feel very comfortable, knowing that spiritual practice is very useful and we are progressing well.

Spoken by Supreme Master Ching Hai
Tainan Center, Formosa – February 18, 1993
(Originally in Chinese)
Videotape #317
Our tiny bit of wisdom can be either developed or destroyed. When we’re with spiritual people and wise friends, our wisdom will glow more brightly and develop more fully.

Spoken by the Supreme Master Ching Hai Hsihu, Formosa – June 24, 1990 (Originally in Chinese)

As spiritual practitioners, we need to be cautious and distinguish facts from non-facts clearly. If we really do not understand, then we should refrain from thinking too much. Possibly we will understand a few days later.

Spoken by Supreme Master Ching Hai (Originally in Chinese)
There's no such thing as a fixed future. If we're connected with God's Grace, we can change everything.

Spoken by Supreme Master Ching Hai
Warsaw, Poland – May 11, 1999
(Originally in English)
Videotape #657

You're the best doctor for yourself if you think positively and live a healthy, simple life.

Spoken by Supreme Master Ching Hai
Group Meditation in Singapore
September 28, 1994
(Originally in English)
Videotape #446
The more we respect others, the less our ego and arrogance will be; the more we lessen our ego, the nobler, wiser, and freer we will be; we will be free from the bondage of this humble self, free from feelings of sensitivity, free from the pain of an inferiority complex.

Spoken by Supreme Master Ching Hai
Hong Kong – September 24, 1989
(Originally in Chinese)

The more we practice spiritually, the better we understand how to manage our affairs, the more we realize how rich we are inside and the more we know in what situation they may be applied.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa – June 16, 1991
(Originally in Chinese)
Videotape #176
I think all the presidents or leaders of the world should try more to remind people of the spiritual aspects, instead of just material aspects because they last longer. It's actually beautiful to remind people about spiritual practice because that's all we have. That's the only lasting thing we have. That's the only thing that helps us to have peace in the world and among nations. If all nations become more enlightened, we'll be more peaceful toward each other.

Spoken by Supreme Master Ching Hai
Florida, USA – June 6, 2001
(Originally in English)
DVD #714
Get more enlightened and then you’ll be more loving. That’s the purpose of enlightenment. Enlightenment makes us more loving, more tolerant and more understanding. That’s the best outcome of spiritual cultivation.

Spoken by Supreme Master Ching Hai
Seattle, USA – April 7, 1993
(Originally in English)
Videotape #348

Any event that happens in our life is for us to measure how we have grown already, how we have grown in spiritual development. If you can look at it that way, that’s fine. And try to know how to react to it in the best way possible for yourself.

Spoken by Supreme Master Ching Hai
Five-day Retreat, Long Beach, California, USA
December 29, 1996
(Originally in English)
DVD #571
Heaven is the state of tranquility, of desirelessness, of everything being fulfilled of its own accord.
We also call that Nirvana.

It's not meditation that protects you. It's the awakening of your own power within that protects you. It's knowing that you're God that protects you.

Spoken by Supreme Master Ching Hai
Singapore - March 3, 1992
(Originally in English)
Videotape #223

Spoken by Supreme Master Ching Hai
Amsterdam, Holland - May 9, 1999
(Originally in English)
Videotape #647
All Masters of the past, present or future try to demonstrate to us the good qualities of a true human being. They attempt to teach by example, not only by talking, and they try to teach us to always be loving and tolerant, and to always put other people's advantage before our own.

Spoken by Supreme Master Ching Hai
Bangkok, Thailand – June 7, 1994
(Originally in English)
Videotape #435

The more people know God, the more people contact God directly and become happier, the more peaceful the world will be, the less war there will be, and the more we can bring Heaven onto Earth.

Spoken by Supreme Master Ching Hai
Budapest, Hungary – May 24, 1999
(Originally in English)
Videotape #652
Actually, everything takes care of itself in time. But meanwhile, we should try our best to make life better and always avoid violence. That’s the lesson of all the Shakyamuni Buddha stories – we have to surrender to God’s will and be tolerant and patient. When the time comes, everything will change.

Spoken by Supreme Master Ching Hai
Bangkok, Thailand – June 7, 1994
(Originally in English)
Videotape #435

Just be natural, be wise, be unconditional all the time, like the Sun, the Moon, the sky. Be big, be grand, be limitless: Then you are that.

Spoken by Supreme Master Ching Hai
Cancún, Mexico – December 9, 2010
(Originally in English)
DVD #923
Just do things naturally, with no expectations, nothing!
Not just by doing them but by acting intelligently and unconditionally, casually and naturally.

Spoken by Supreme Master Ching Hai
Florida, USA – June 6, 2001
(Originally in English)
DVD #714

We don't just meditate.
We also help people when they're in need.

Spoken by Supreme Master Ching Hai
Los Angeles, USA – October 29, 1993
(Originally in English)
Videotape #388
Do your job correctly; work and use your wisdom to at least take care of your family. Whatever's to spare you can use to help the desperate. You can then contribute to the world not only to help cleanse the atmosphere spiritually, but also financially, physically and in many other respects. We have to develop ourselves in all dimensions to become perfect beings.

Spoken by Supreme Master Ching Hai
Los Angeles, USA – October 29, 1993
(Originally in English)
Videotape #388

When you have a lot, give some to those who have little. In this way, everyone will be happy and contented. Those who give will also be happy. Try it and see! It makes us feel good to give. When we make others happy, we ourselves also feel good. We feel like we've fulfilled our responsibilities.

Spoken by Supreme Master Ching Hai
Buddha Mountain, Thailand – January 2, 1994
(Originally in English)
DVD #401
When God gives us disadvantages, He also gives us advantages. So if you think you have disadvantages, try to find out what advantages God has given you to balance your life; because God does give. Don’t dwell on your disadvantages and dampen your spirit. Instead go into your advantages, go into your talents, go into the positive side of life that God granted you and thus uplift yourself.

Spoken by Supreme Master Ching Hai
Paris, France - January 26, 1997
(Originally in English)
After our wisdom has been reclaimed, we become wiser and more loving each day, and we might automatically want to help whoever comes to us. We will feel the pain of others as our own and we will want to bring happiness to everyone with whom we are in contact.

Spoken by Supreme Master Ching Hai
Budapest, Hungary - May 24, 1999
(Originally in English)
Videotape #652

Try to have some consideration; not because of other people, but for yourself, to elevate yourself into a much higher sensitivity of consciousness.

Spoken by Supreme Master Ching Hai
New Jersey Center, USA - June 18, 1992
(Originally in English)
Videotape #256
Whatever we do, we do for others. We don’t think so much about ourselves. What we can do for others, we do promptly without hesitation. That’s a saintly quality.

Spoken by Supreme Master Ching Hai
Bangkok, Thailand – April 2, 1996
(Originally in Chinese)
Videotape #542

If we aren’t pure and tranquil within, we can’t enter samadhi in meditation. The more tranquil we are, the more we’ll progress, and the more mentally relaxed and happy we’ll feel. We’ll also become increasingly clever.

Spoken by Supreme Master Ching Hai
International Seven-day Retreat, Taipei, Formosa
May 27, 1994
(Originally in Chinese)
MP3 #CR-15
It’s important to constantly fix your mind on the quest for enlightenment. That’s the only way to make yourself progress very quickly.

Spoken by Supreme Master Ching Hai
Malaysia – February 27, 1992
(Originally in English)
Videotape #220

The moment you’re proud or think you are special, you go down very quickly.

Spoken by Supreme Master Ching Hai
European Retreat, Hungary – February 24, 2005
(Originally in English)
Whatever you want, you’ll get. That’s the law of the universe. Whether you want bad or you want good, you’ll get it. It’s just a question of time. So, watch it! Watch what you want.

Speech by Supreme Master Ching Hai
European Retreat, Hungary – February 24, 2005
(Originally in English)

Each time we serve the public in a noble way to reunite them with the Father/Mother or to spread the good news for their liberation from suffering, we earn an extra first-class ticket or something like that to Heaven. We are very fortunate. It’s not that we really want it; it’s just a reward.

Speech by Supreme Master Ching Hai
Videoconference in San Francisco, USA – August 25, 2002
(Originally in English)
DVD #748
If everyone in this world considers the other end, considers other people's position, then we will have no war, no cruelty, no animal killing, no hunger even.

Spoken by Supreme Master Ching Hai
International Gathering in France – July 25, 2009
(Originally in English)
DVD #874

We can save ourselves right now by turning to the vegan diet, which is benevolent and very compassionate. And by being compassionate to others, Heaven will be compassionate to us. The law of cause and effect is always very correct.

Spoken by Supreme Master Ching Hai
Videoconference in Pathumthani, Thailand
October 11, 2008 (Originally in English)
DVD #846
In order to have everlasting happiness, to be more peaceful, we need to use our concentration to go to a higher dimension so that we can learn of the nobler purpose of life and the nobler wisdom of the universe. Then we can become complete beings, not just successful executives in this world but also Saints and Buddhas to bless the world and the universe.

Spoken by Supreme Master Ching Hai
Tokyo, Japan – May 7, 2000
(Originally in English)
DVD #693
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.
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.

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 Key of Immediate Enlightenment: A collection of The Supreme Master Ching Hai’s lectures
  Available in Aulacese (1-15), Chinese (1-10), English (1-5), French (1-2), Finnish (1), German (1-2), Hungarian (1), Indonesian (1-5), Japanese (1-4), Korean (1-11), Mongolian (1-6), Portuguese (1-2), Polish (1-2), Spanish (1-3), Swedish (1), Thai (1-6) and Tibetan (1).

• The Key of Immediate Enlightenment – Questions and Answers: A collection of questions and answers from Master’s lectures
  Available in Aulacese (1-4), Chinese (1-3), Bulgarian (1), Czech (1), English (1-2), French (1), German (1), Hungarian (1), Indonesian (1-3), Japanese (1), Korean (1-4), Portuguese (1), Polish (1) and Russian (1).

• The Key of Immediate Enlightenment – Special Edition/1993 World Lecture Tour: A six-volume collection of The Supreme Master Ching Hai’s lectures during the 1993 World Lecture Tour
  Available in English and Chinese.

• The Key of Immediate Enlightenment – Special Edition/7-Day Retreat: A collection of Master’s lectures in 1992 during a 7-day retreat in San Di Mun, Formosa
  Available in English and Aulacese.

• Letters Between Master and Spiritual Practitioners
  Available in English (1), Chinese (1-3), Aulacese (1-2), Spanish (1)

• The Key of Immediate Enlightenment – My Wondrous Experiences with Master
  Available in Aulacese (1-2), Chinese (1-2)

• Master Tells Stories
  Available in Aulacese, Chinese, English, Japanese, Korean, Spanish and Thai.

• Coloring Our Lives: A collection of quotes and spiritual teachings by Master
  Available in Aulacese, Chinese and English.

• God Takes Care of Everything – Illustrated Tales of Wisdom from The Supreme Master Ching Hai:

• The Supreme Master Ching Hai’s Enlightening Humor – Your Halo Is Too Tight!
  Available in Chinese and English.

• Secrets to Effortless Spiritual Practice
  Available in Chinese and English.

• God’s Direct Contact – The Way to Reach Peace: A collection of The Supreme Master Ching Hai’s lectures during Her 1999 European Lecture Tour
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• Of God and Humans – Insights from Bible Stories
  This special anthology includes thirteen Bible narratives, uniquely retold by Master on various occasions. Available in Chinese and English.

• The Realization of Health – Returning to the Natural and Righteous Way of Living
  Available in Chinese and English.
• **I Have Come to Take You Home:** A collection of quotes and spiritual teachings by Master
  Available in Arabic, Aulacese, Bulgarian, Czech, Chinese, English, French, German, Greek, Hungarian, Indonesian, Italian, Korean, Mongolian, Polish, Spanish, Turkish, Romanian and Russian.

• **Aphorisms (1):** Gems of eternal wisdom from Master

• **Aphorisms (2):** Gems of eternal wisdom from Master
  Available in Chinese, English.

• **The Supreme Kitchen (1) – International Vegetarian Cuisine:** A collection of culinary delights from all parts of the world recommended by fellow practitioners
  Available in English/Chinese, Aulacese and Japanese.

• **The Supreme Kitchen (2) – Home Taste Selections:** Combined volume of English/Chinese.

• **One World... of Peace through Music:** A collection of interviews and musical compositions from a Benefit Concert in Los Angeles, California
  Combined volume of English/Aulacese/Chinese.

• **A Collection of Art Creation by The Supreme Master Ching Hai**
  Available in English, Chinese.

• **The Dogs in My Life (1-2):** This two-volume book set of 500 pages is a fabulous real-life set of doggy tales published by Master about Her canine companions
  Available in Aulacese, Chinese, English, German, Japanese, Korean, Spanish, Polish.

• **The Birds in My Life:** In this beautifully illustrated picture-story book, Master Ching Hai shows us the secret to unlocking the animals' inner world
  Available in Arabic, Aulacese, Chinese, English, French, German, Indonesian, Korean, Mongolian and Russian.

• **The Noble Wilds:** Lovingly composed and photographed by Master Herself, this book is filled with beautiful poetry and breathtaking pictures. In this intimate journal-like story, Master speaks of Her lakeside explorations and reveals to us the inborn noble qualities of our animals friends.

• **Celestial Art**
  Celestial Art is a distinguished volume in which the author interprets artistic creation from a spiritual perspective to reflect Truth, virtue, and the beauty of Heaven. As readers are invited into the boundless world of Supreme Master Ching Hai’s art and uplifted through its resonance with the divine, they will be profoundly touched by the deep emotions of a poet, the subtle touches of a painter, the unique ideas of a designer, and the romantic heart of a musician. Above all, one is blessedly introduced to the wisdom and compassion of a great spiritual teacher.
  Available in Aulacese, Chinese and English.

• **From Crisis to Peace: The Organic Vegan Way Is the Answer**

• **Thoughts on Life and Consciousness**
  A book written by Dr. Janez. Available in Chinese

• **S.M. Celestial Clothes (6)**
  Available in a combined language edition of English/Chinese.
Poetry Collections

- **The Real Love** – A special book featuring poems by Supreme Master Ching Hai set to music by award-winning composers for the musical *The Real Love*, plus more on the artists and production
- **Silent Tears** – A book of poems by Master (available in Aulacese, Chinese, English, Korean, Portuguese, Spanish, Tagalog and German/French/English)
- **Wu Tzu Poems** – A book of poems by Master (available in Aulacese, Chinese and English)
- **The Dream of a Butterfly** – A book of poems by Master (available in Aulacese, Chinese and English)
- **Traces of Previous Lives** – A book of poems by Master (available in Aulacese, Chinese and English)
- **The Old Time** – A book of poems by Master (available in Aulacese, Chinese and English)
- **Pebbles and Gold** – A book of poems by Master (available in Aulacese, Chinese and English)
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- **Loving the Silent Tears** (song performances from the musical *Loving the Silent Tears* in multiple languages by distinguished artists, along with the exquisite song *Talking to a Stone Buddha* sung by Master): MP3, MP4, DVDs
- **The Real Love** (song performances from the musical *The Real Love* by eminent artists, along with exclusive interview footage): DVD, MP4
- **Shade of Time (Beyond the Realm of Time)** (song performances in Aulacese): MP3 and DVD, MP4
- **A Touch of Fragrance** (song performances in Aulacese by celebrated artists): MP3

We invite you to listen to a recital of Venerable Thich Man Giac’s beautiful poetry through the melodious voice of Supreme Master Ching Hai, who also recites Her own poems, “Golden Lotus” and “Sayonara.”

- **An Ancient Love** (poetry recital in Aulacese): MP3 and DVD, MP4
- **Love for the Homeland** (poetry recital in Aulacese): DVD, MP4
- **Buddha’s Sadness** (song performances in Aulacese by celebrated artists): DVD, MP4
- **Since I’ve Loved You** (song performances in Aulacese by celebrated artists): DVD, MP4
- **Traces of Previous Lives** (poetry recital in Aulacese): MP3s, DVDs, MP4, DVDs 1 and 2 (with a choice of subtitles in 17 languages)
- **A Path to Love Legends**: MP4s 1, 2 and 3 (poems by distinguished Aulacese poets recited in Aulacese)

* The poems “Shade of Time (Beyond the Realm of Time),” “That and This Day,” “Dream in the Night,” “T-L-C Please,” “Songs and Compositions of The Supreme Master Ching Hai,” “Good Night Baby,” “The Jeweled Verses,” “The Golden Lotus,” “An Ancient Love,” “Please Keep Forever,” “Love for the Homeland,” “A Path to Love Legends” and “Traces of Previous Live” were...
recited or set to music and sung by the Poet Herself. DVDs, MP3s and MP4s of The Supreme Master Ching Hai’s lectures, music and concerts are available in Arabic, Armenian, Aulacese, Bulgarian, Cambodian, Cantonese, Chinese, Croatian, Czech, Danish, Dutch, English, Finnish, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Malay, Mandarin, Mongolian, Nepali, Norwegian, Persian, Tagalog, Polish, Portuguese, Romanian, Russian, Sinhalese, Slovenian, Spanish, Swedish, Thai, Turkish and Zulu.

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