



SUPREME MASTER CHING HAI
Europe
August 29, 2013

A woman with brown hair pulled back, wearing a pink qipao with a heart and floral pattern and a large pink bow at the collar. She is smiling and speaking into a red microphone. The background is pink with a large blue flower and some purple flowers.

SUPREME MASTER CHING HAI
Europe
March 28, 2012

THE SUPREME MASTER CHING HAI

❧ *Aphorisms 2* ❧

The Supreme Master Ching Hai
International Association Publishing Co., Ltd.



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.

❧ A Little Message ❧

*I*n speaking of God, or the Supreme Spirit, Master instructs us to use original non-sexist terms to avoid the argument about whether God is a She or a He.

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

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

*A*s 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.

❧ Biography of ❧ The Supreme Master Ching Hai

*T*he 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.

A portrait of Supreme Master Ching Hai, a woman with brown hair tied back, wearing a pink floral-patterned dress with a large bow at the waist. She is looking slightly to her right with a gentle expression. The background is a soft-focus image of large pink lotus petals.

SUPREME MASTER CHING HAI
Europe
April 7, 2012

*L*ife 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.

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

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

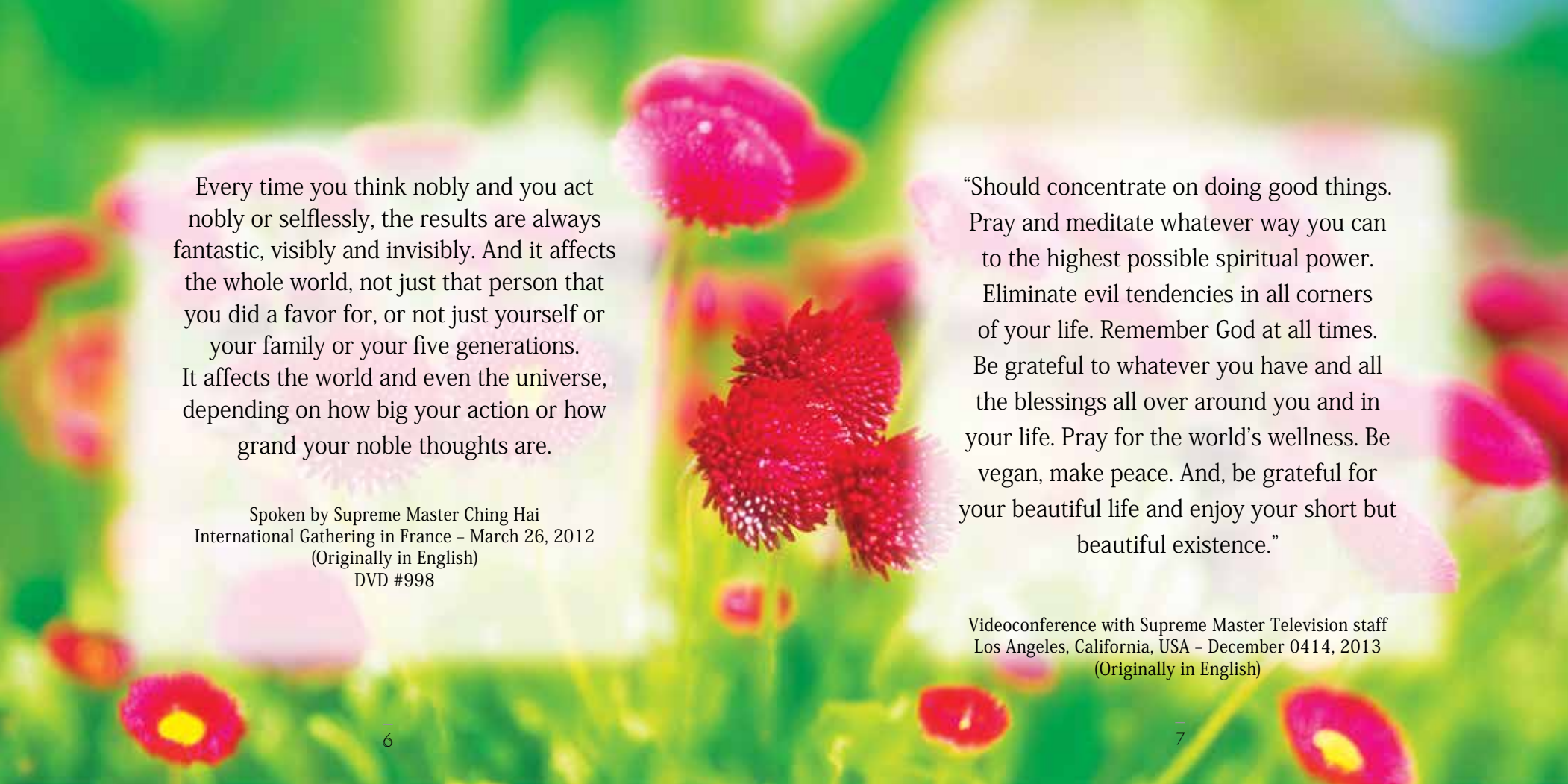


The more good you do for the world,
the more good you will get. The more
happiness you bestow on other people,
the more happiness you will gain.

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)




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

“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)



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.

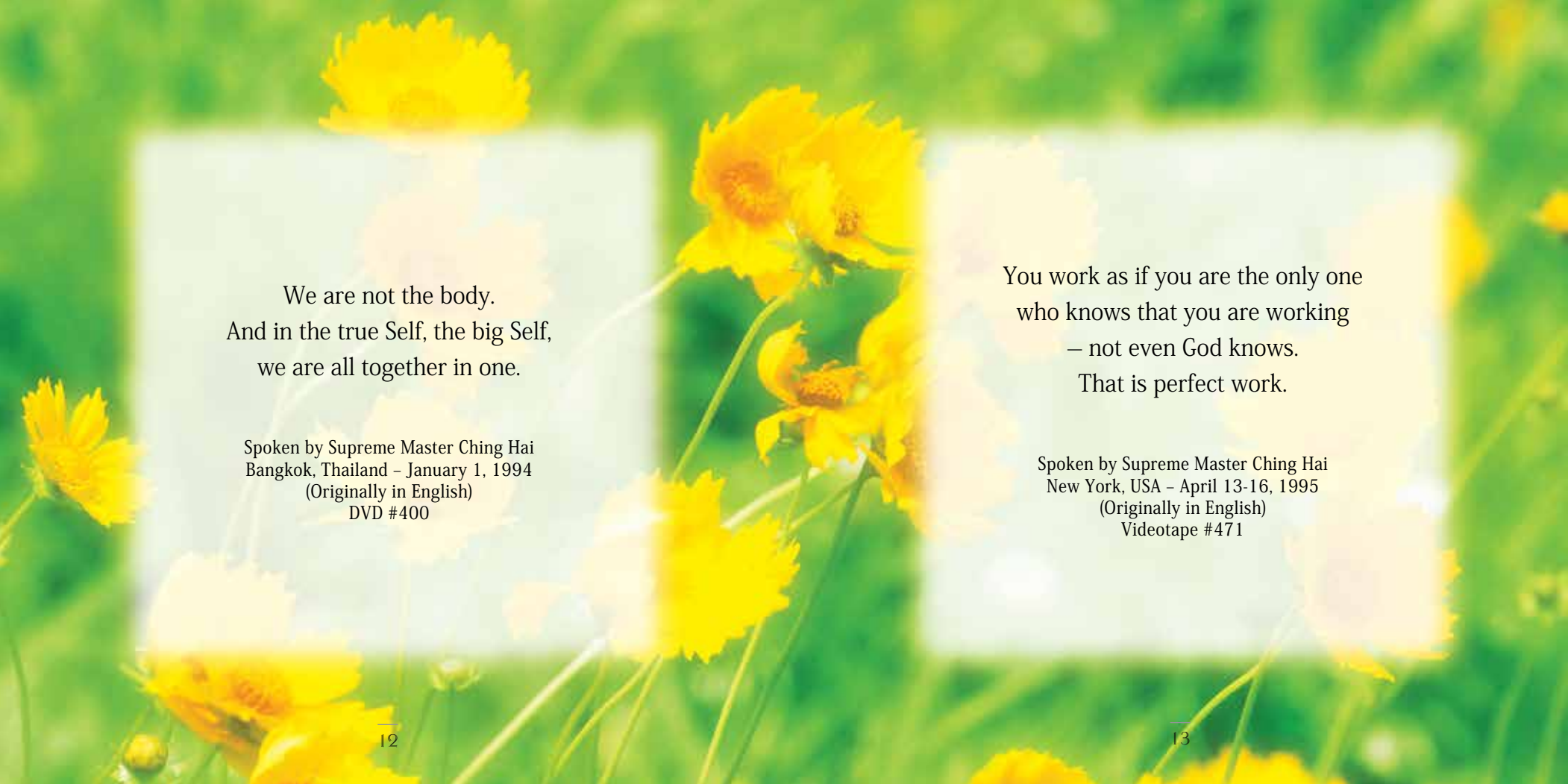
Spoken by Supreme Master Ching Hai
Hsihu, Formosa – October 15, 1988
(Originally in Chinese)
MP3 #CG02

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

SUPREME MASTER CHING HAI
Europe
April 3, 2012






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

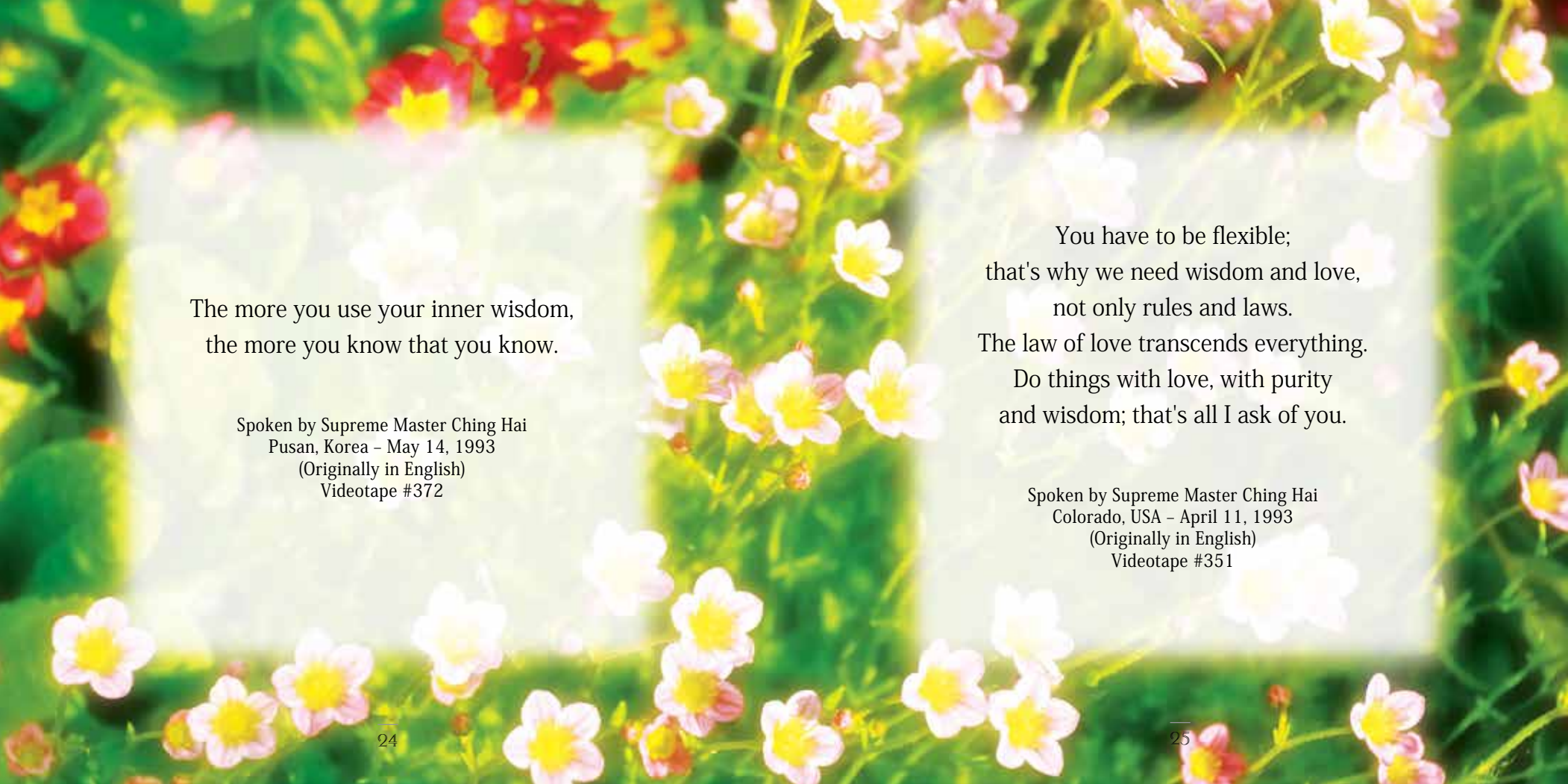


We should not be afraid to hurt
ourselves while benefiting others,
because the path we tread
is the way of the Saints,
the way of the Masters.

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

The background of the entire image is a vibrant, low-angle shot of pink bougainvillea flowers. The flowers are in sharp focus in the foreground and midground, with some branches reaching towards the top of the frame. The sky is a clear, bright blue, visible through the gaps in the foliage. The overall lighting is bright and sunny, creating a warm and uplifting atmosphere.

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.

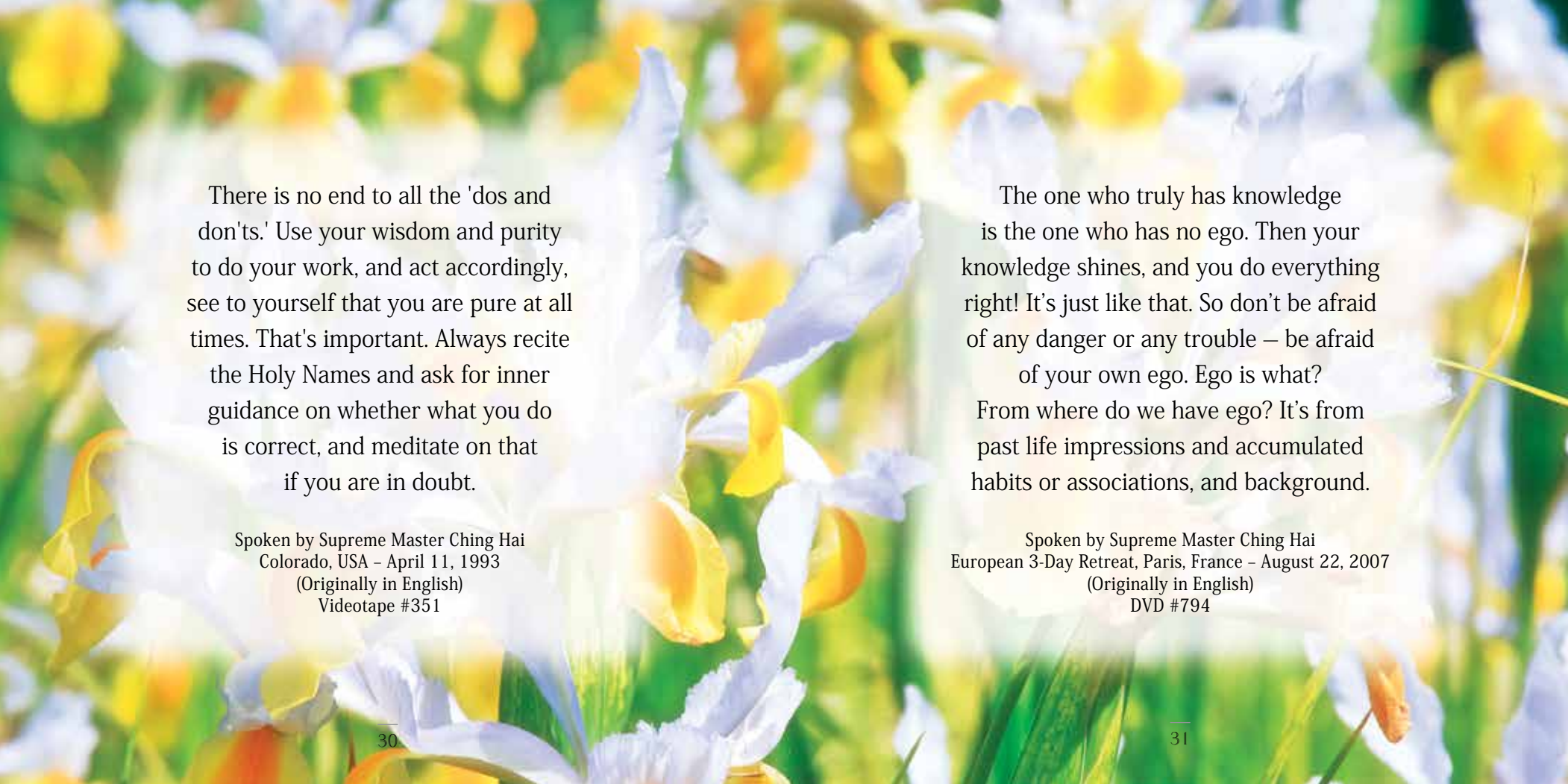
Spoken by Supreme Master Ching Hai
Brazil – June 16, 1989
(Originally in English)
Videotape #83

A portrait of Supreme Master Ching Hai, a woman with dark hair pulled back, wearing a vibrant red robe with a thick white fur collar and a red tassel. She is looking slightly to her right with a gentle smile. The background is a soft-focus pink with large, glowing orchid flowers and sparkling light effects.

SUPREME MASTER CHING HAI
(wearing vegan fur)
Europe
April 4, 2012

*A*nyone 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

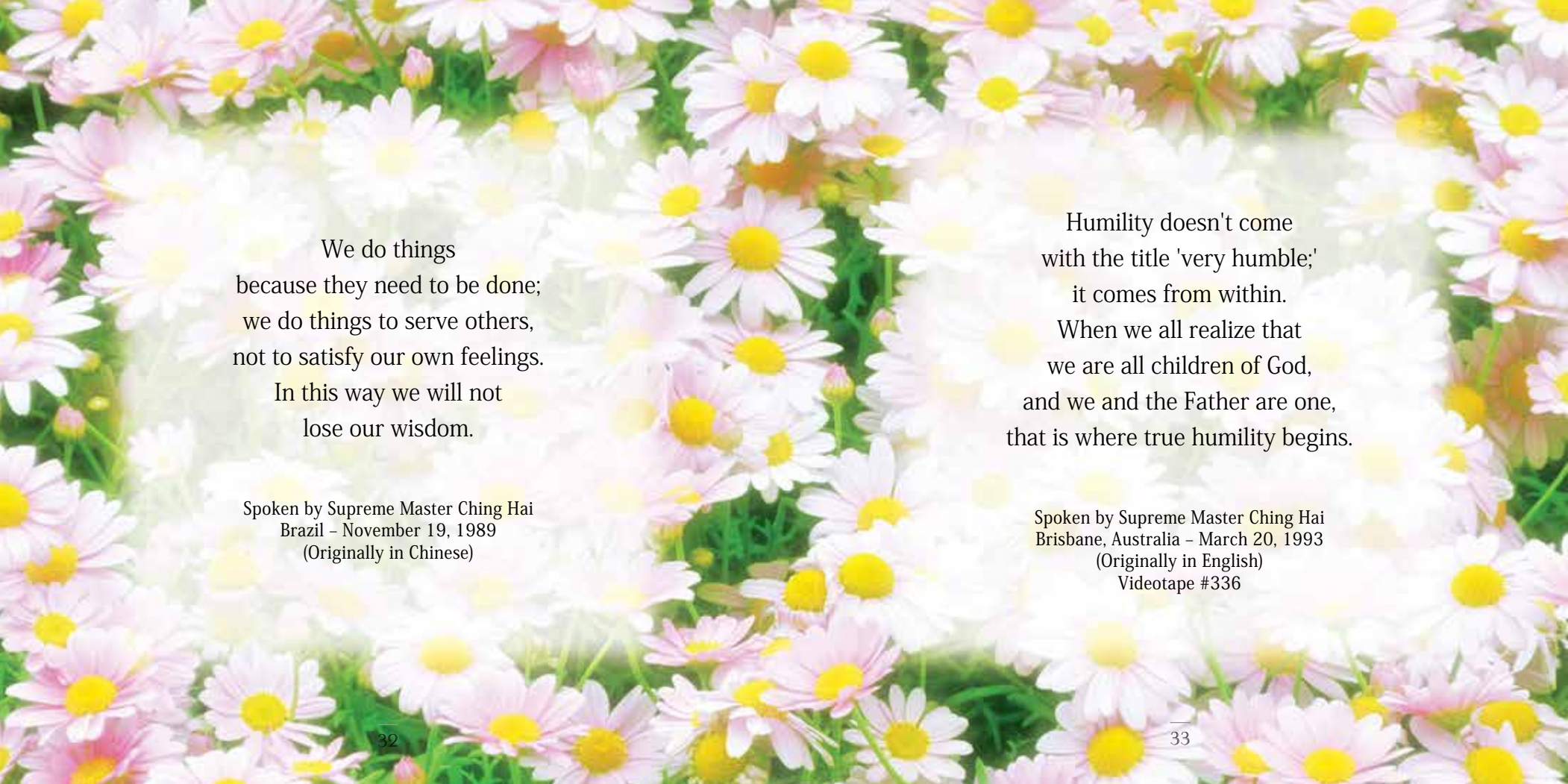


There is no end to all the 'dos and don'ts.' Use your wisdom and purity to do your work, and act accordingly, see to yourself that you are pure at all times. That's important. Always recite the Holy Names and ask for inner guidance on whether what you do is correct, and meditate on that if you are in 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

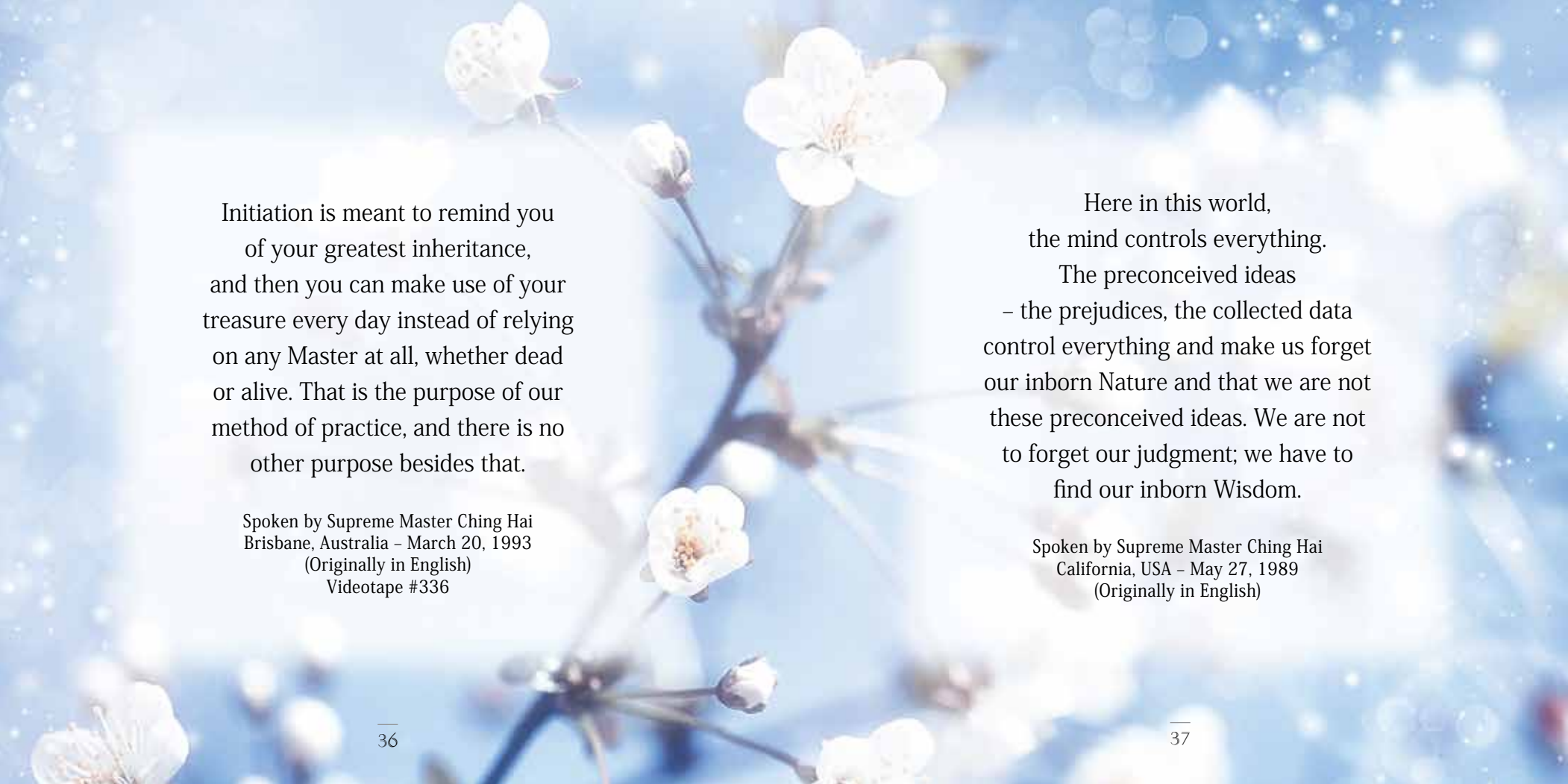


To kill our ego
is to merge ourselves with God.
When we are one with God,
then we lose ourselves.
It's as simple as that.

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

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

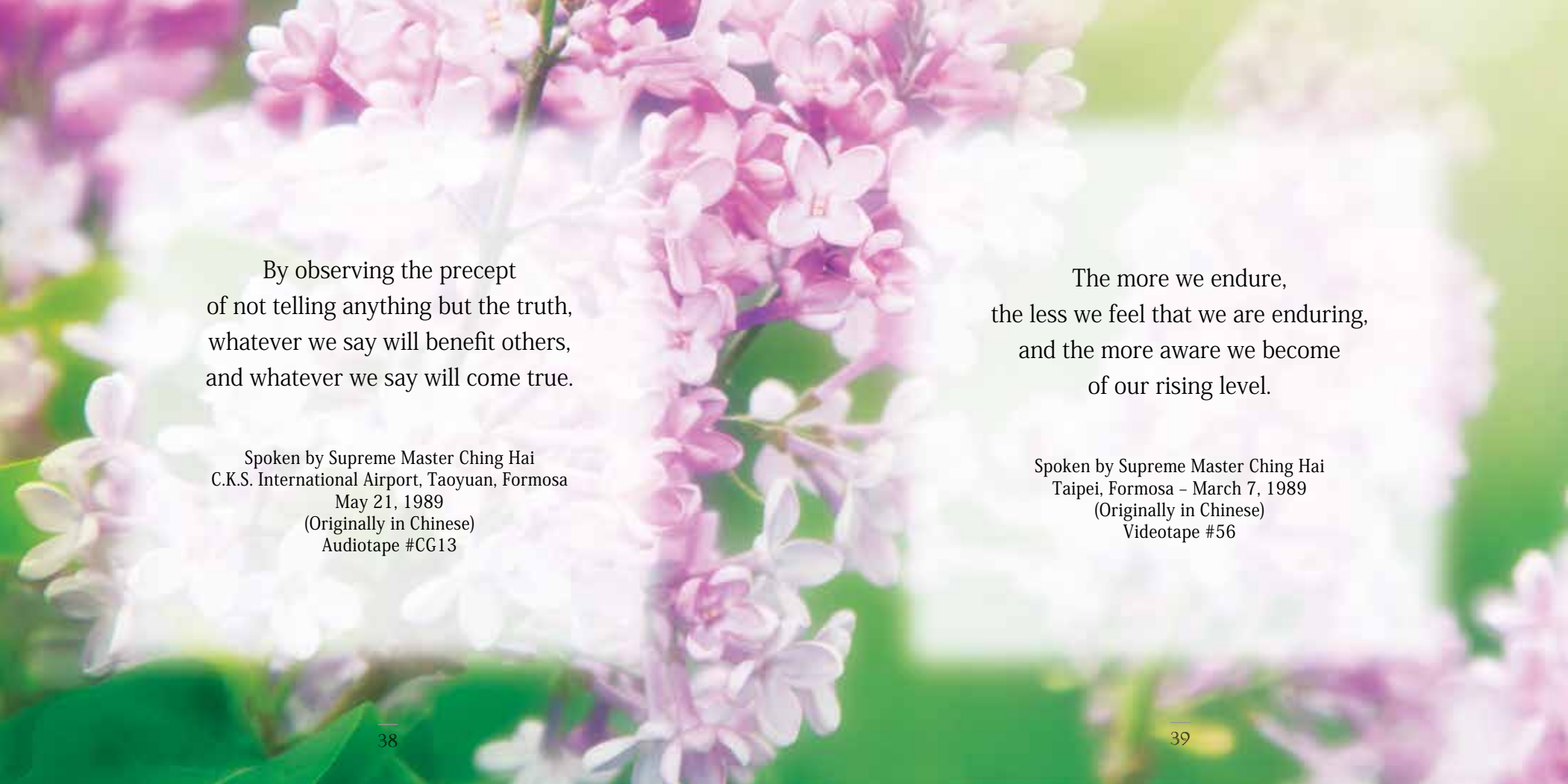


Initiation is meant to remind you
of your greatest inheritance,
and then you can make use of your
treasure every day instead of relying
on any Master at all, whether dead
or alive. That is the purpose of our
method of practice, and there is no
other purpose besides that.

Spoken by Supreme Master Ching Hai
Brisbane, Australia – March 20, 1993
(Originally in English)
Videotape #336

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)

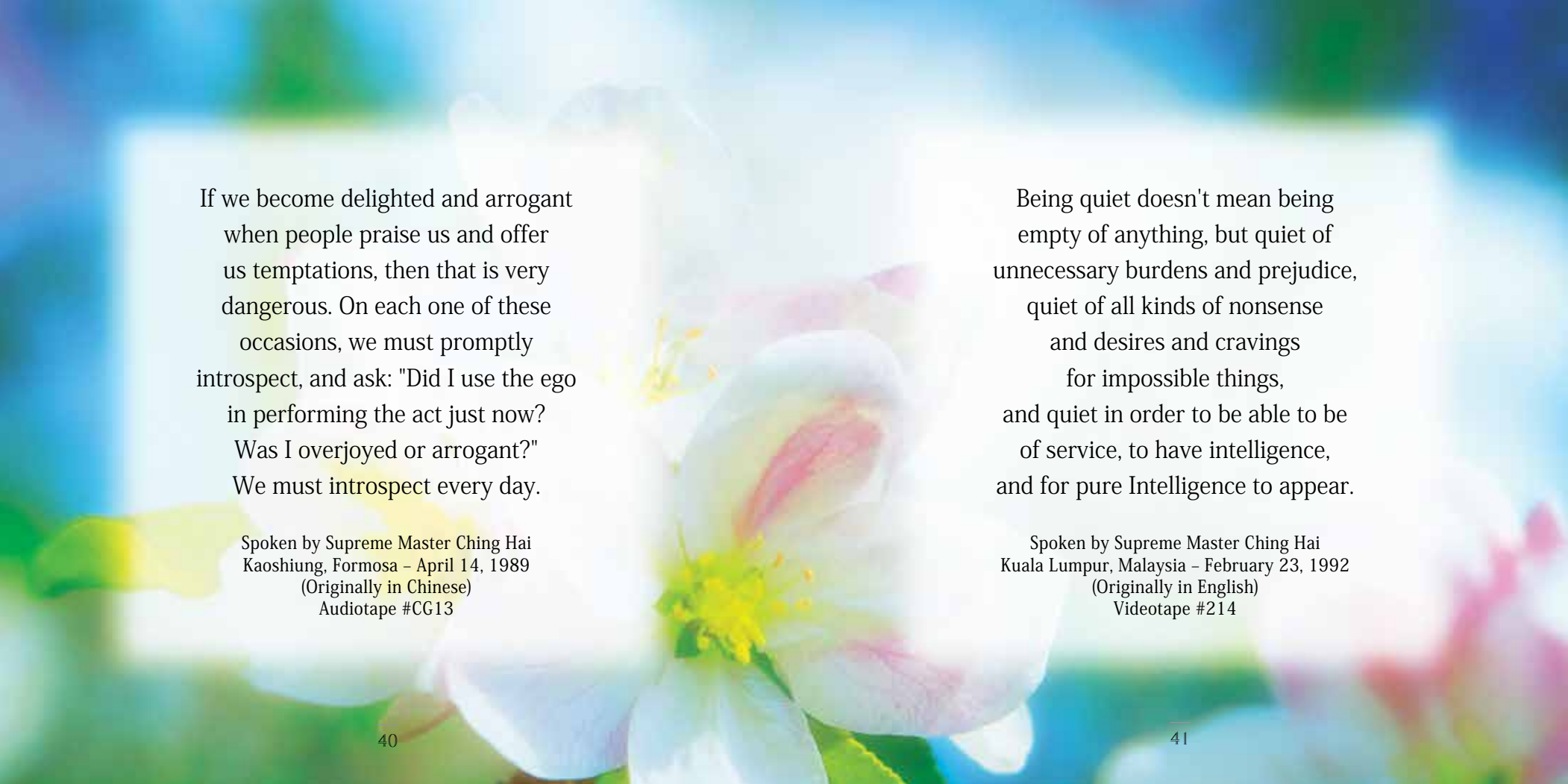


By observing the precept
of not telling anything but the truth,
whatever we say will benefit others,
and whatever we say will come true.

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.

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

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.

Spoken by Supreme Master Ching Hai
Kuala Lumpur, Malaysia – February 23, 1992
(Originally in English)
Videotape #214

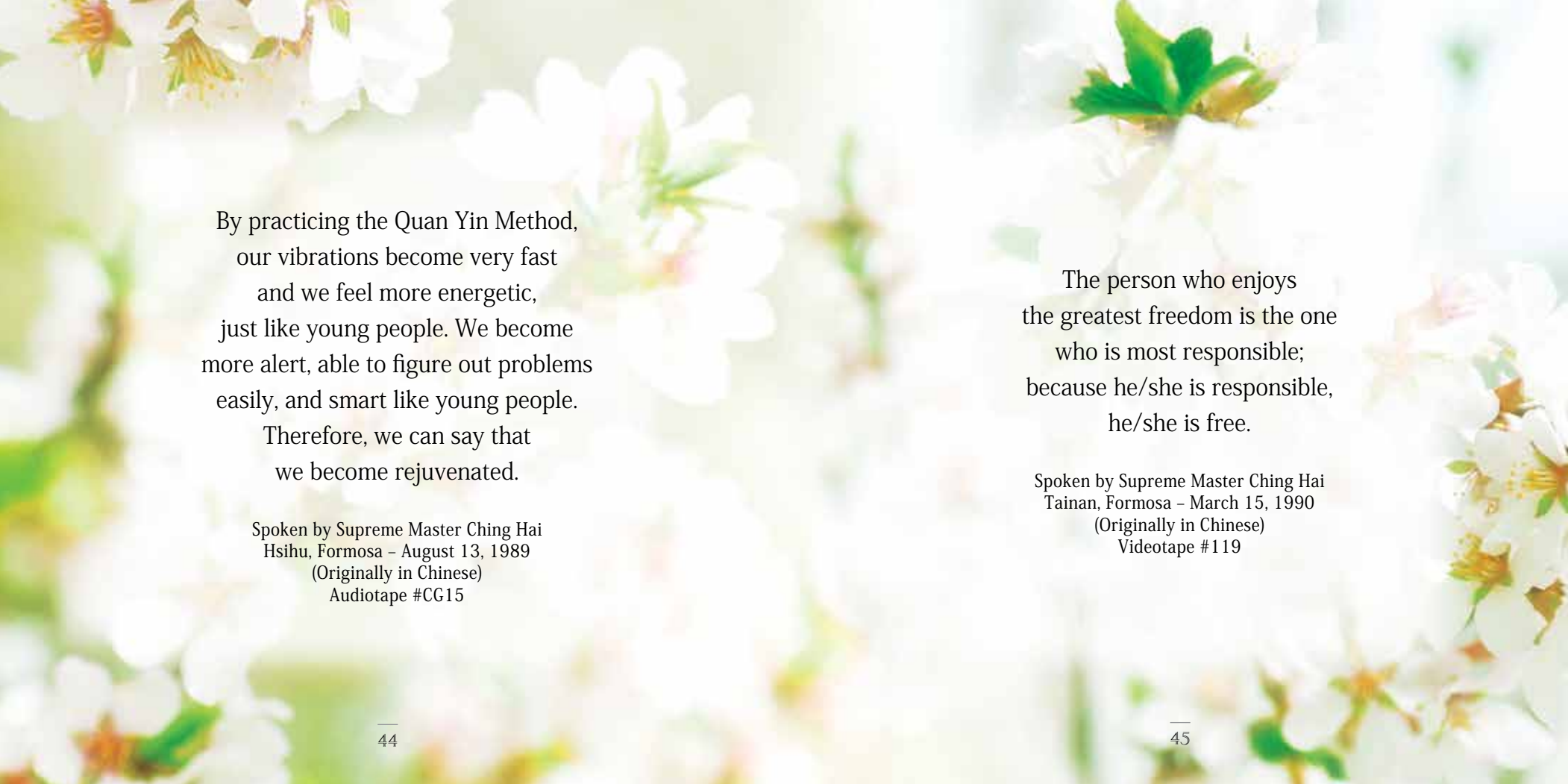
*I*t is so blissful in Heaven that there is nothing to remind us of spiritual practice. It is so agonizing in hell that it is impossible to practice spiritually there. In the secular world, we have suffering, joy, misunderstanding, ignorance, wisdom, enlightenment, the unenlightened, and lots of different 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)

A woman with blonde hair in two braids, wearing a blue qipao with floral patterns and a high collar. She is standing against a background of large, stylized pink and white lotus flowers. The qipao has English text on it: "The Veg. G. Group", "the Pure", and "the Veg. G. Group". She is wearing a watch on her left wrist and a bracelet on her right wrist. Her hands are clasped in front of her.

SUPREME MASTER CHING HAI
Europe
July 18, 2009

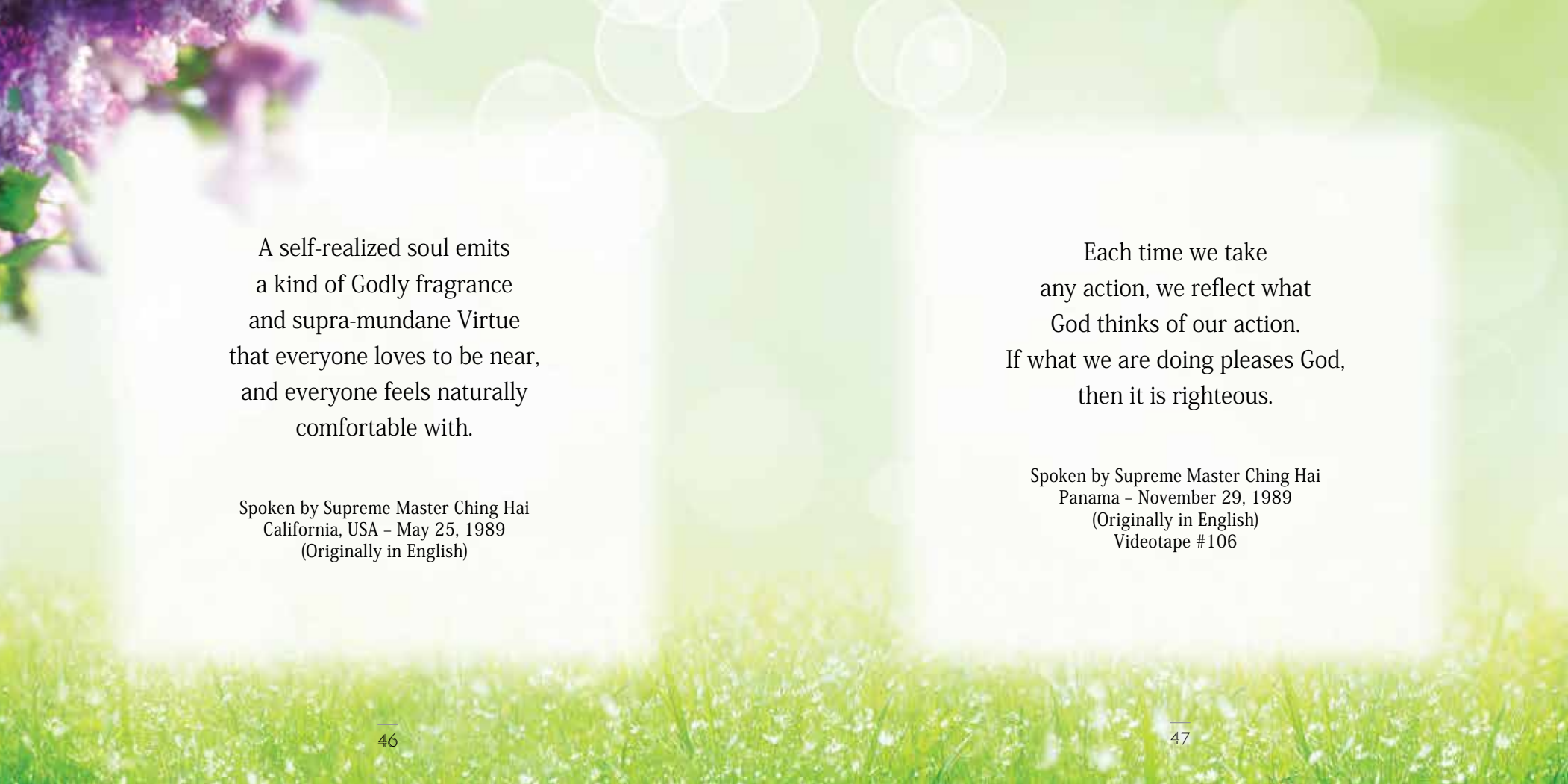


By practicing the Quan Yin Method,
our vibrations become very fast
and we feel more energetic,
just like young people. We become
more alert, able to figure out problems
easily, and smart like young people.
Therefore, we can say that
we become rejuvenated.

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

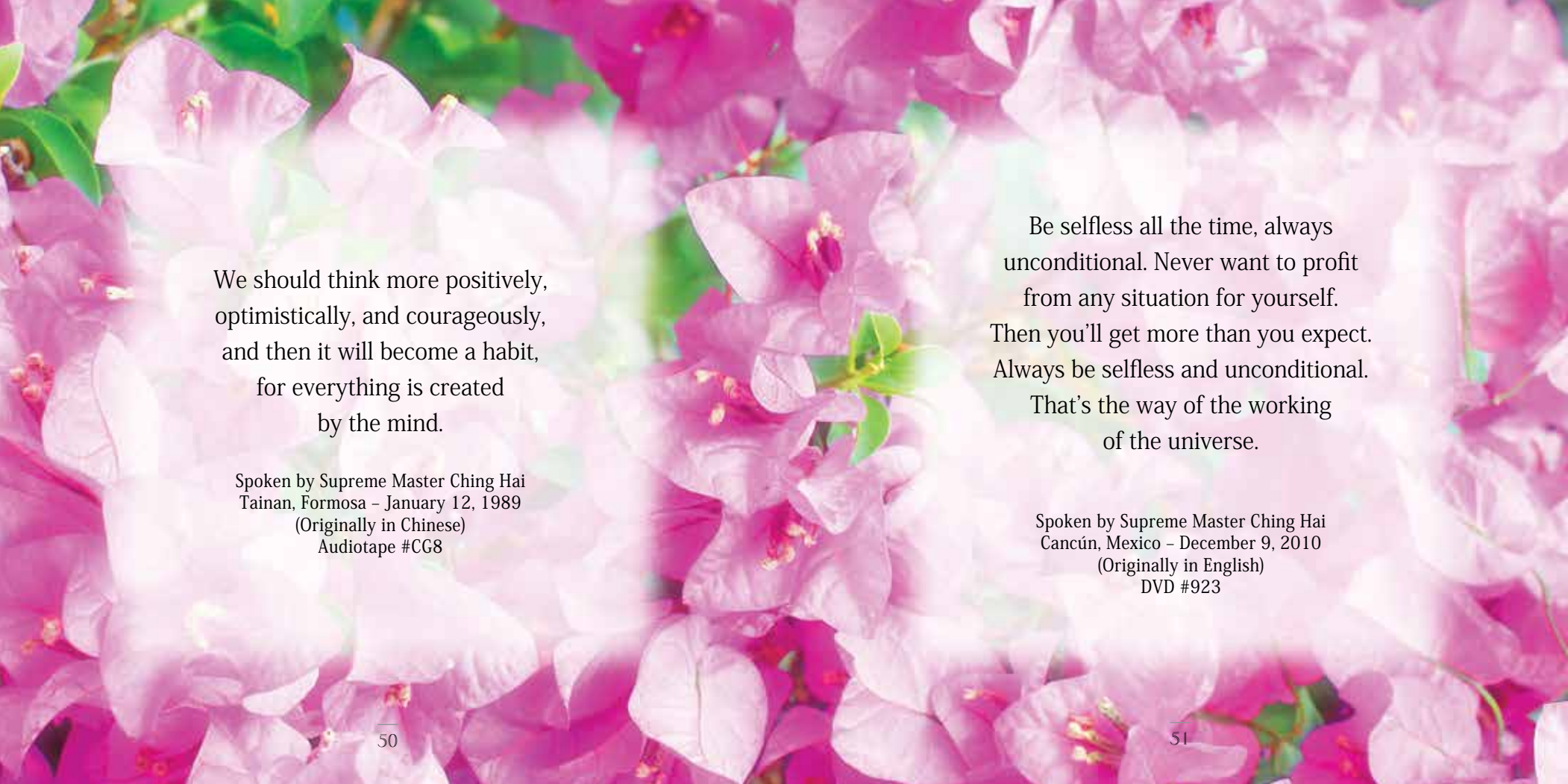


If we spiritual practitioners
still have fears, preferences,
and needs, then we are still not
100 percent true.

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.

Spoken by Supreme Master Ching Hai
Taipei, Formosa – December 6, 1988
(Originally in Chinese)


The background of the entire image is a dense, close-up photograph of pink bougainvillea flowers. The flowers are in various stages of bloom, with some showing bright pink petals and others appearing more faded or white. Green leaves are interspersed among the flowers, adding contrast to the pink tones. The lighting is soft, creating a gentle, ethereal atmosphere.

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

SUPREME MASTER CHING HAI
Europe
March 21, 2012



The background of the entire image is a soft-focus photograph of numerous pink flowers, likely cherry blossoms, with green leaves visible in the background. The flowers are in various stages of bloom, creating a dense and vibrant floral pattern.

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.

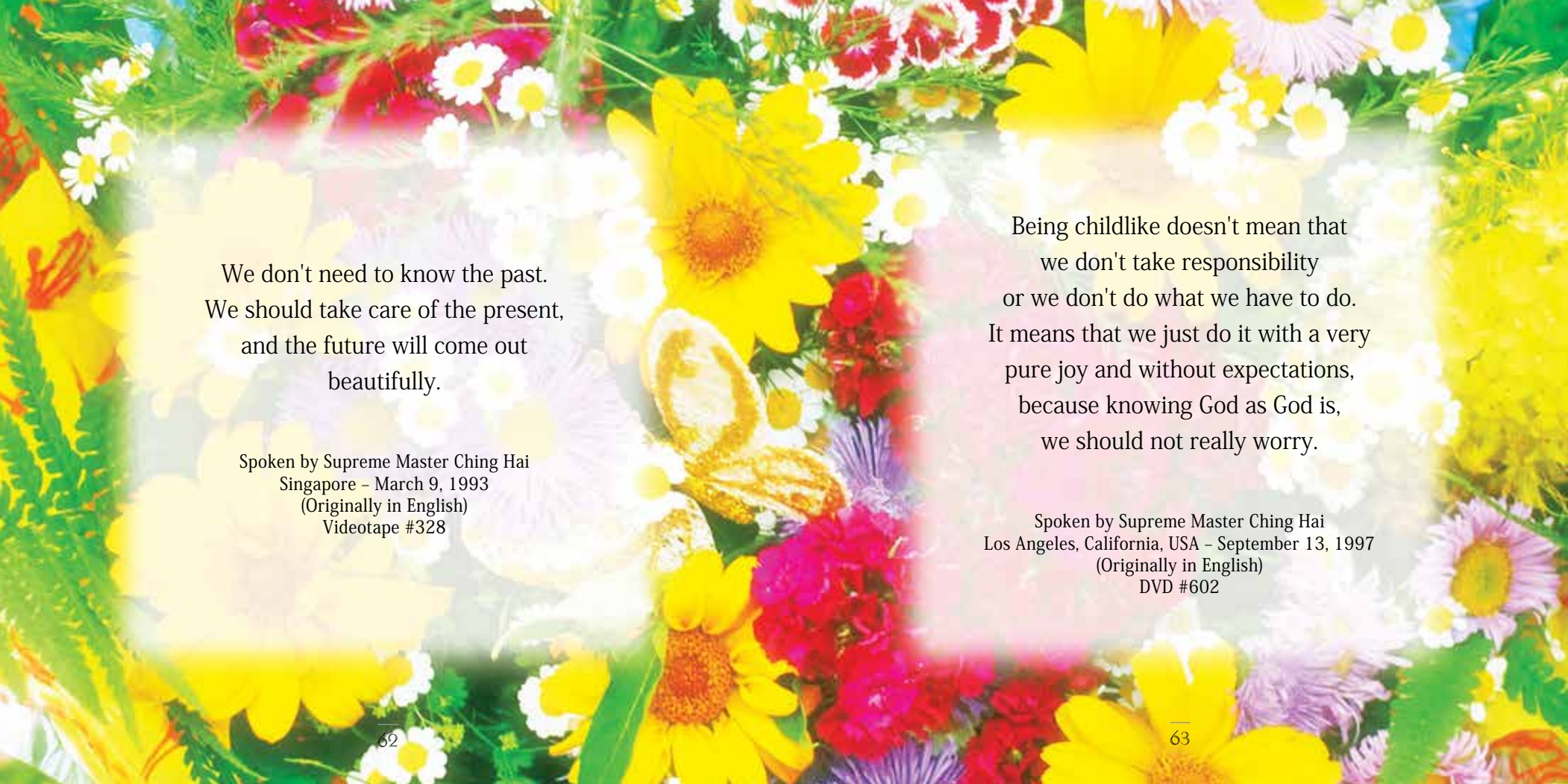
Spoken by Supreme Master Ching Hai
Ljubljana, Slovenia – May 26, 1999
(Originally in English)
Videotape #660

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.

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

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 background of the entire image is a close-up, soft-focus photograph of numerous pink flowers, likely azaleas or cherry blossoms, with green leaves visible in the background. The flowers are in various stages of bloom, with some showing prominent stamens.

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

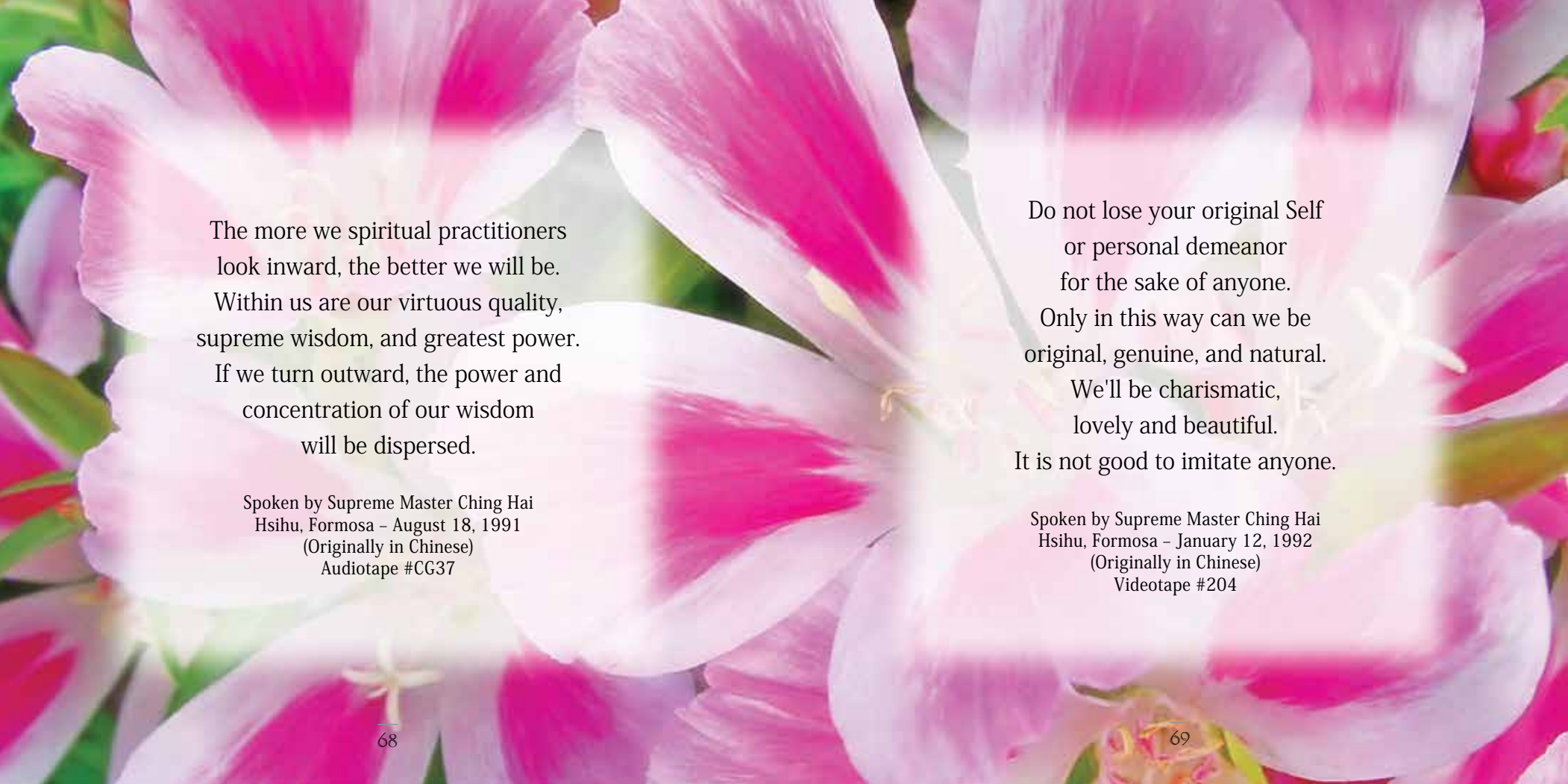


The more you are exposed to the sense
of the needy's suffering, the more you
feel your compassion being touched.
And then you want to do something
for that person or that animal or that
situation, and then that's how
your NQ (Noble Quality) grows.

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.

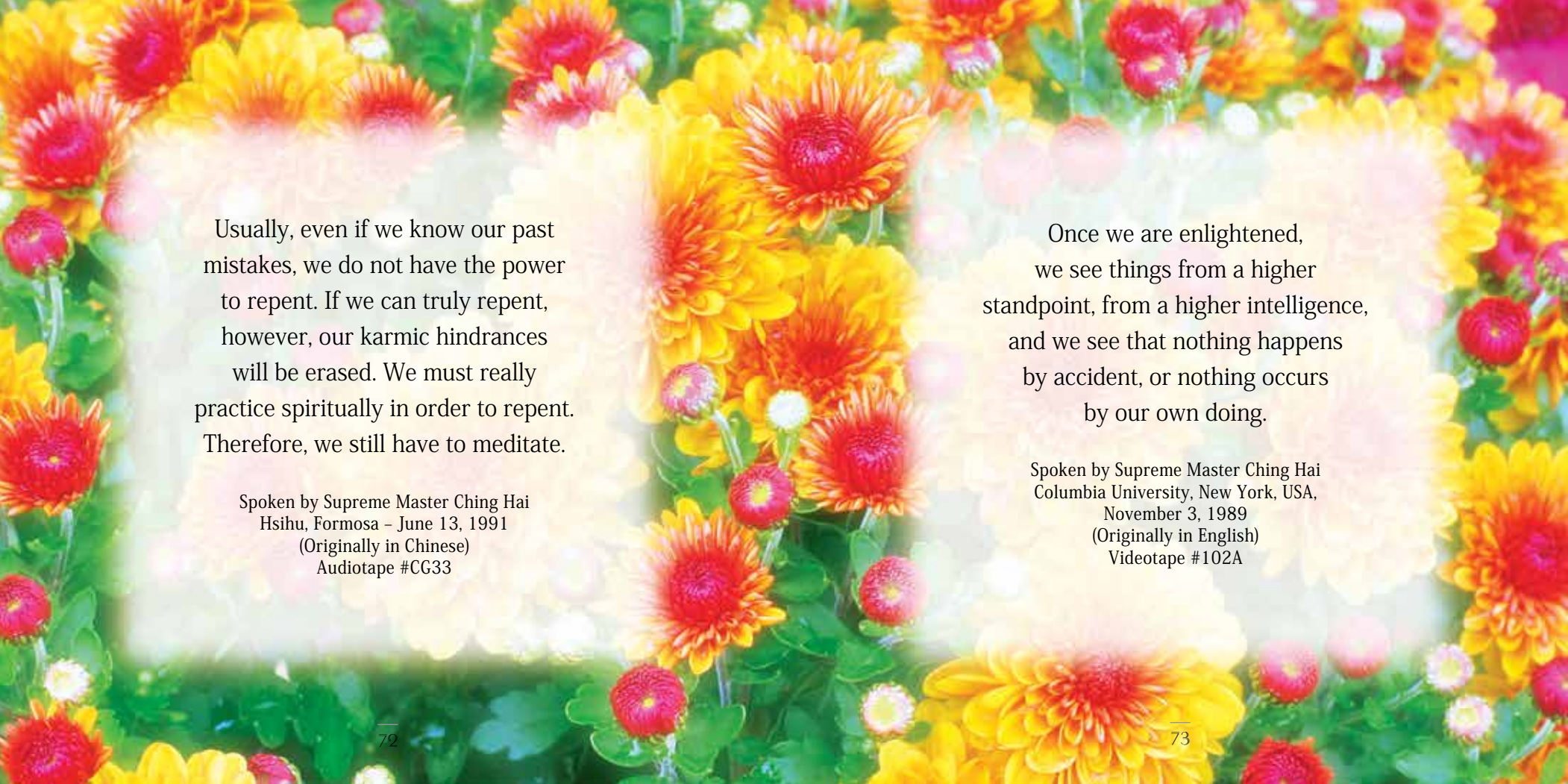
Spoken by Supreme Master Ching Hai
Hsihu, Formosa – January 12, 1992
(Originally in Chinese)
Videotape #204

A photograph of Supreme Master Ching Hai standing in a field of purple flowers under a bright blue sky with white clouds. She is wearing a colorful patterned dress, a white fur shawl, and a matching headscarf. She is smiling and looking towards the right.

SUPREME MASTER CHING HAI
(wearing vegan fur)
Europe
March 30, 2012

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

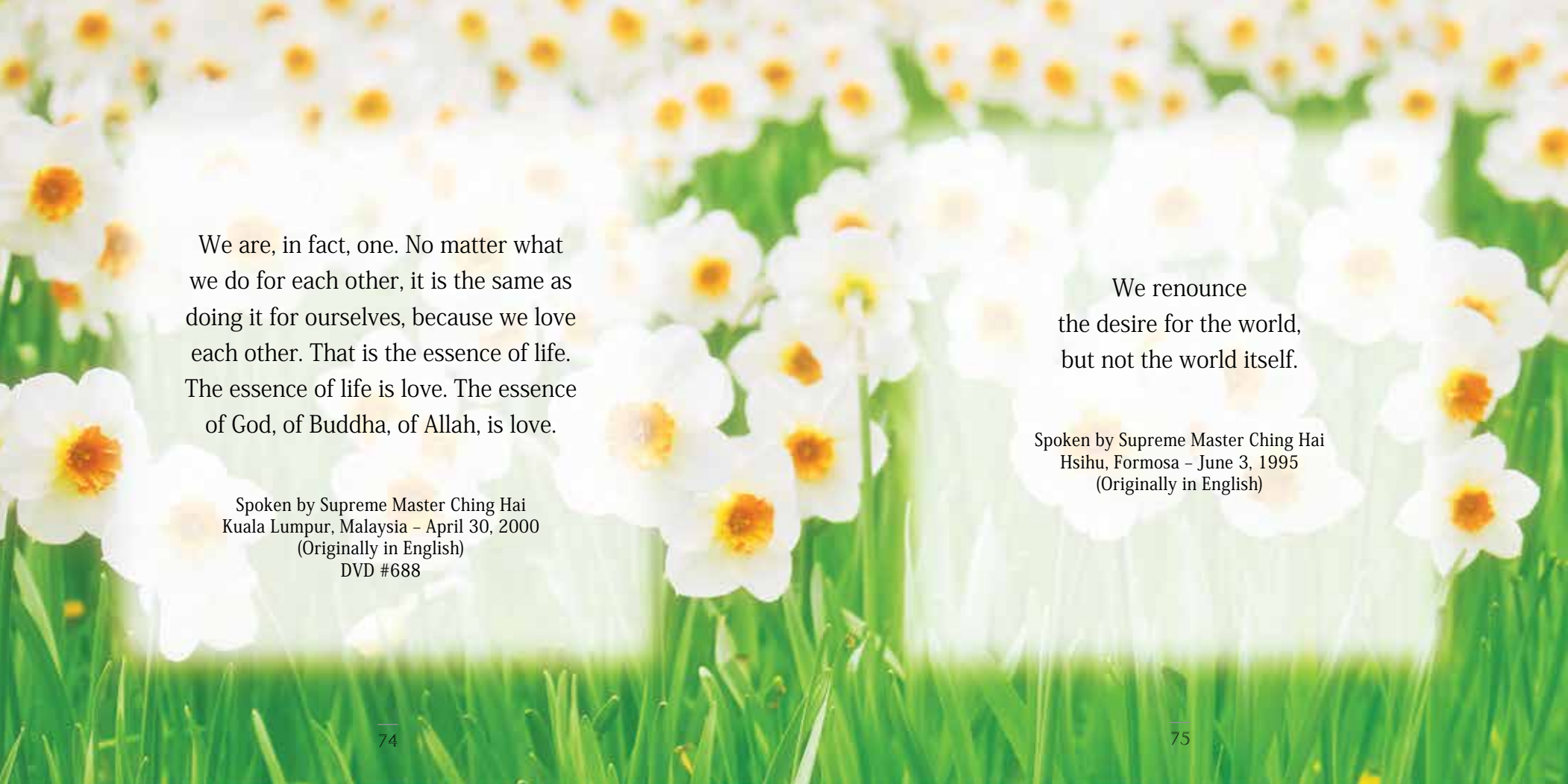


Usually, even if we know our past mistakes, we do not have the power to repent. If we can truly repent, however, our karmic hindrances will be erased. We must really practice spiritually in order to repent. Therefore, we still have to meditate.

Spoken by Supreme Master Ching Hai
Hsihu, Formosa – June 13, 1991
(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)




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

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
Hsiu, Formosa – October 31, 1995
(Originally in English)
Videotape #509




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

A portrait of Supreme Master Ching Hai, a woman with long blonde hair, wearing a yellow top and a white flower in her hair. She is holding a white envelope. The background is a soft, yellow, bokeh-like pattern.

SUPREME MASTER CHING HAI
Europe
August 27, 2013

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.

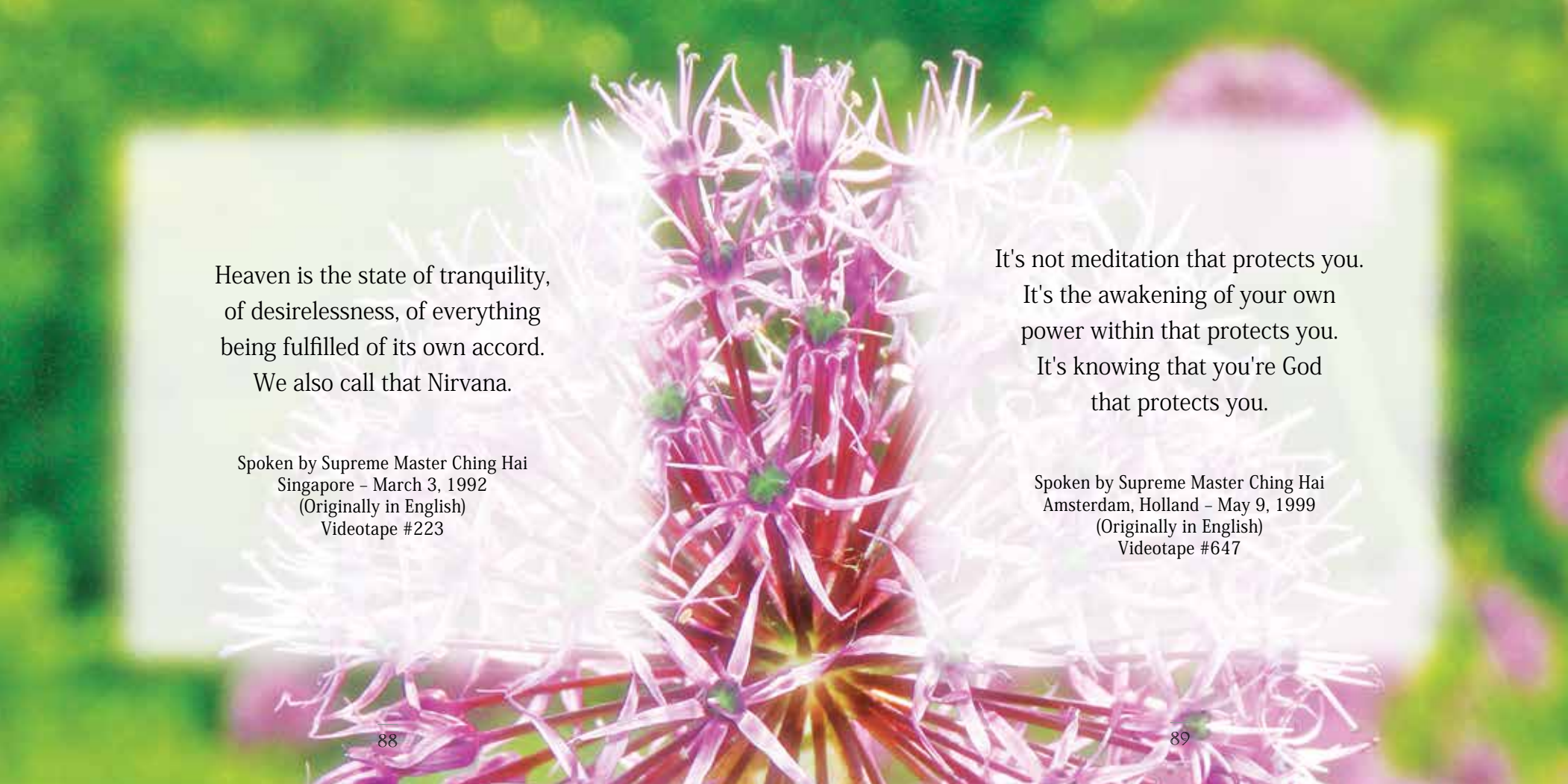
Spoken by Supreme Master Ching Hai
Florida, USA – June 6, 2001
(Originally in English)
DVD #714

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

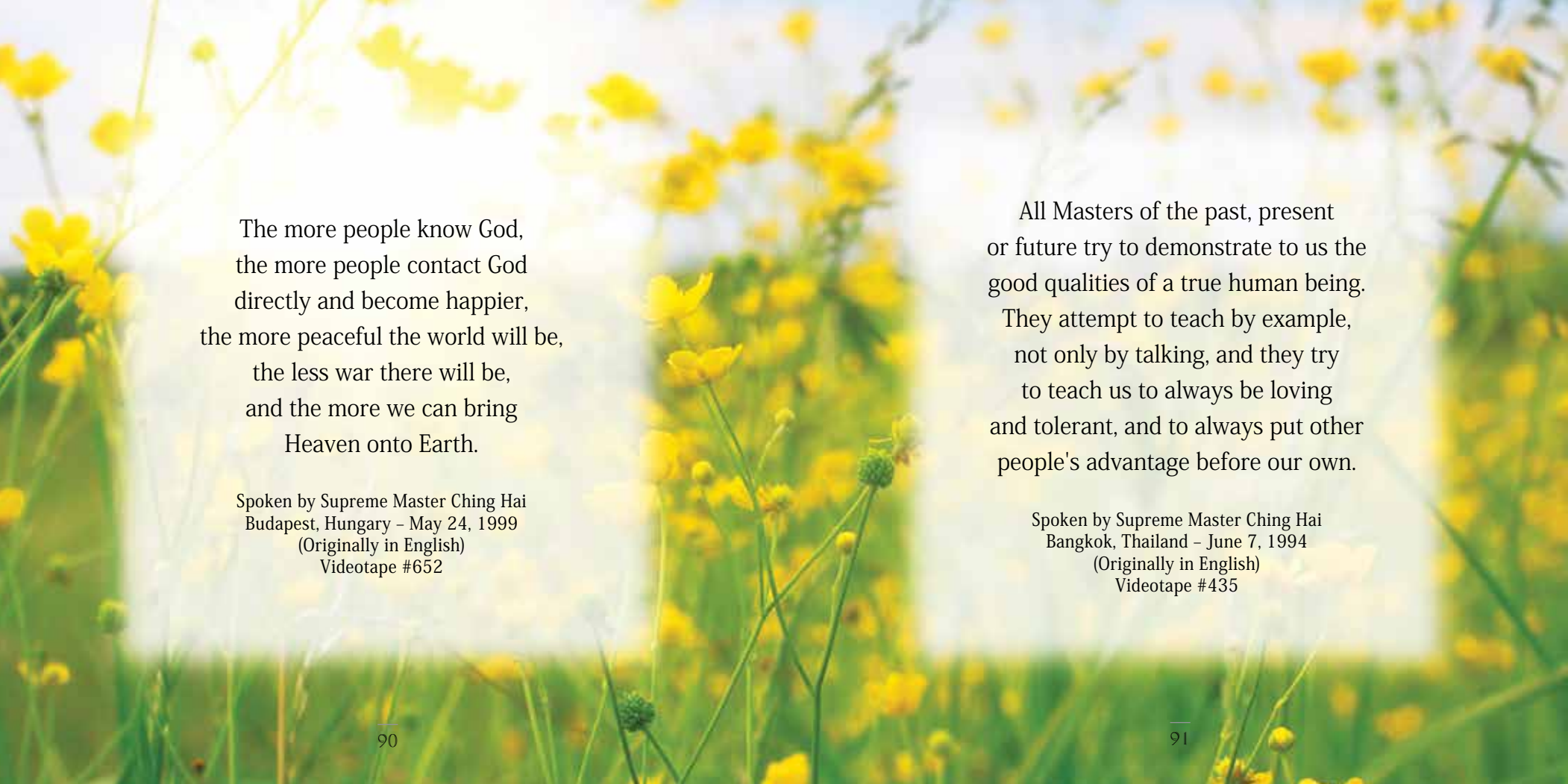


Heaven is the state of tranquility,
of desirelessness, of everything
being fulfilled of its own accord.
We also call that Nirvana.

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

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
Amsterdam, Holland – May 9, 1999
(Originally in English)
Videotape #647

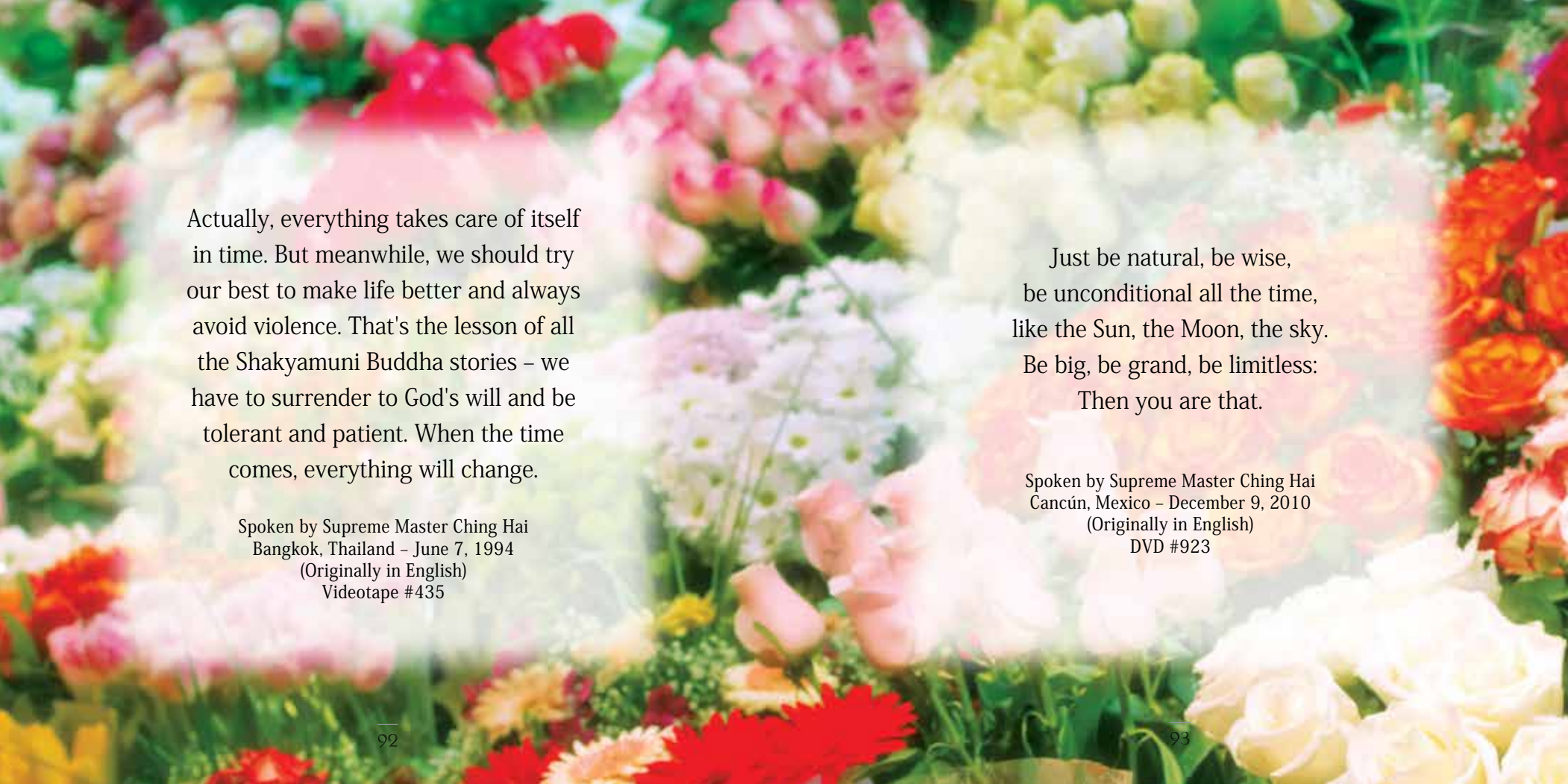


The more people know God,
the more people contact God
directly and become happier,
the more peaceful the world will be,
the less war there will be,
and the more we can bring
Heaven onto Earth.

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

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

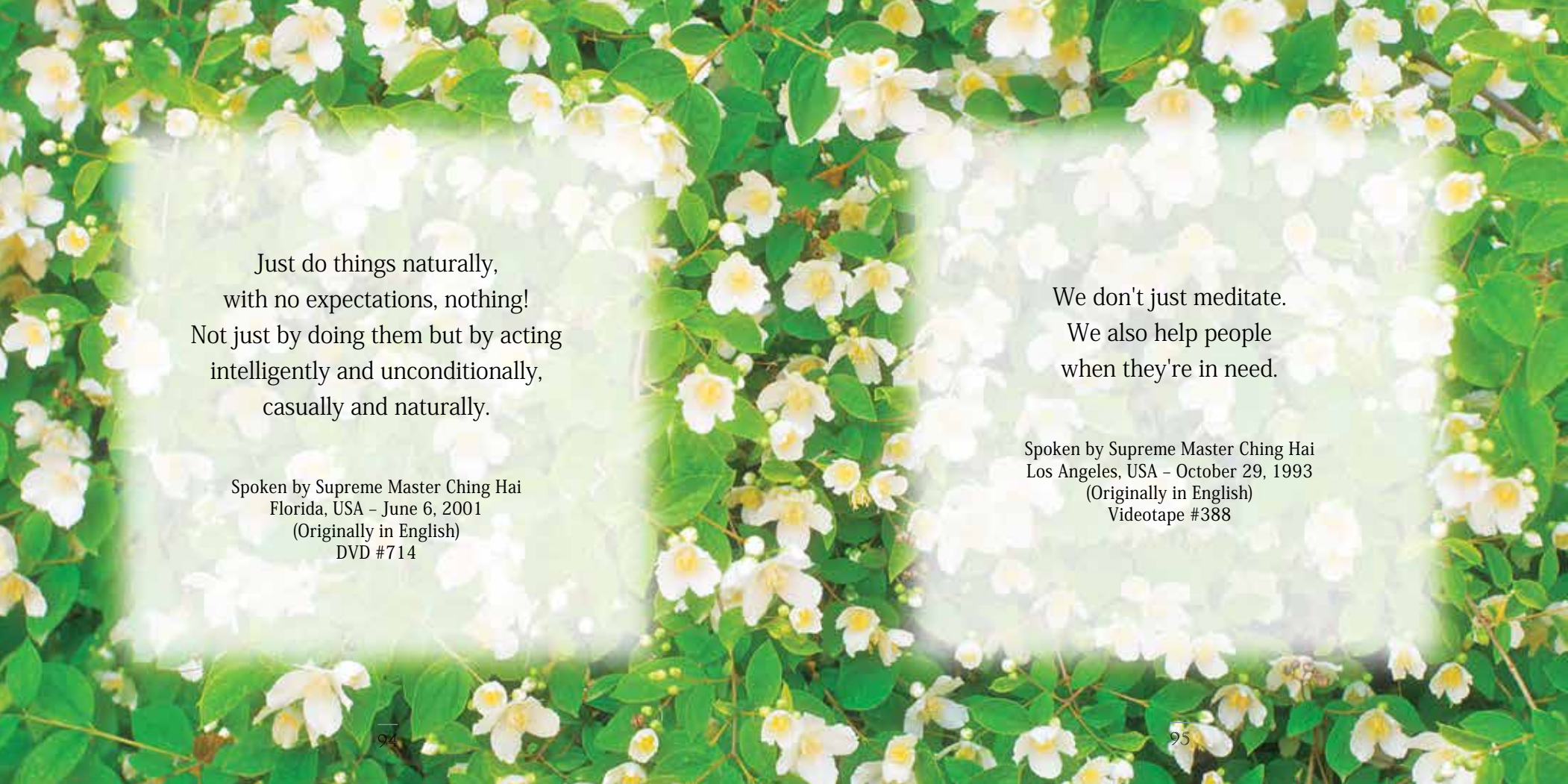


Actually, everything takes care of itself
in time. But meanwhile, we should try
our best to make life better and always
avoid violence. That's the lesson of all
the Shakyamuni Buddha stories – we
have to surrender to God's will and be
tolerant and patient. When the time
comes, everything will change.

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

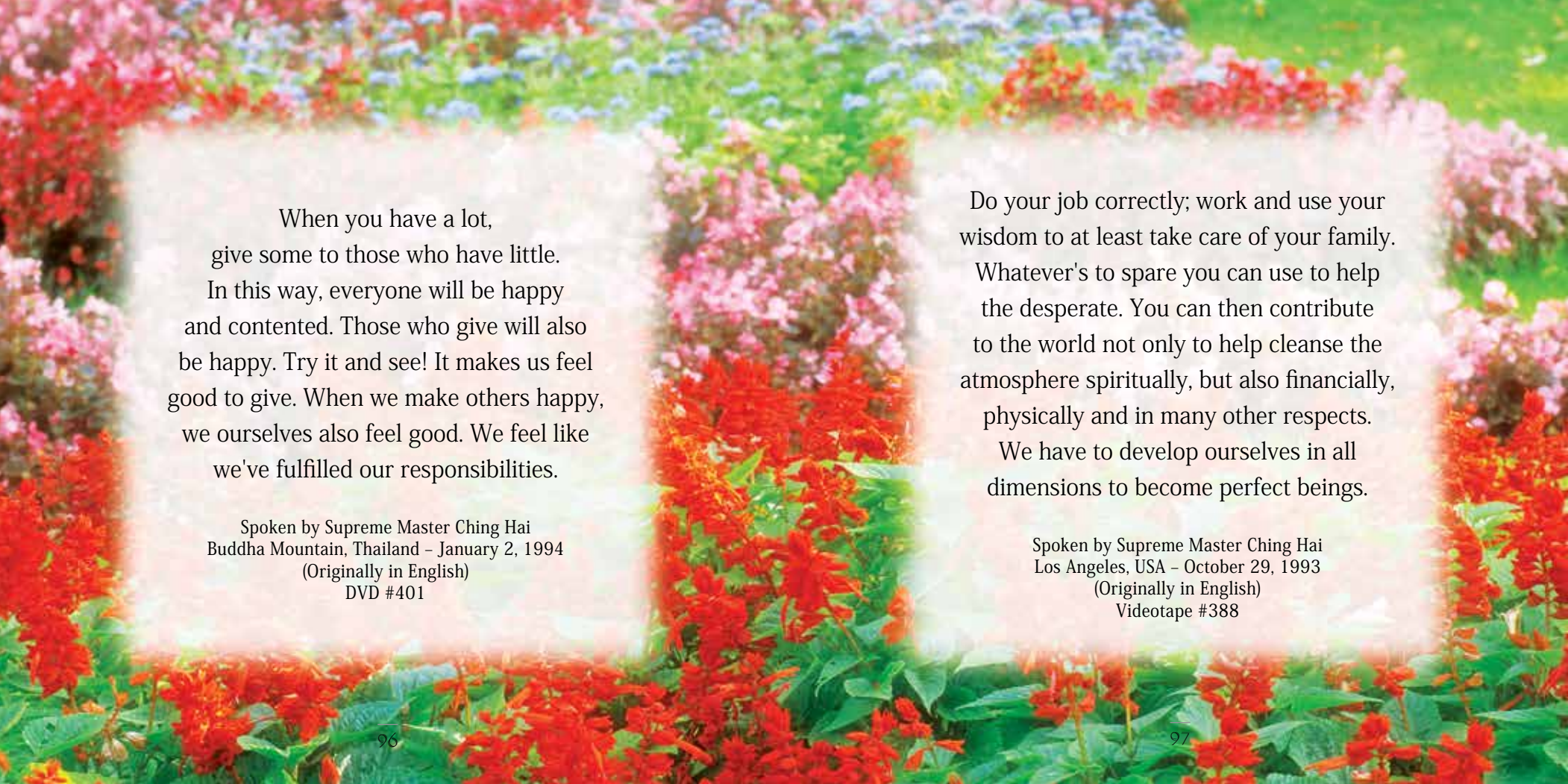


Just do things naturally,
with no expectations, nothing!
Not just by doing them but by acting
intelligently and unconditionally,
casually and naturally.

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



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

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 God gives us disadvantages,
Hes 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)

SUPREME MASTER CHING HAI
(wearing vegan fur)
Formosa
January 12, 2011






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



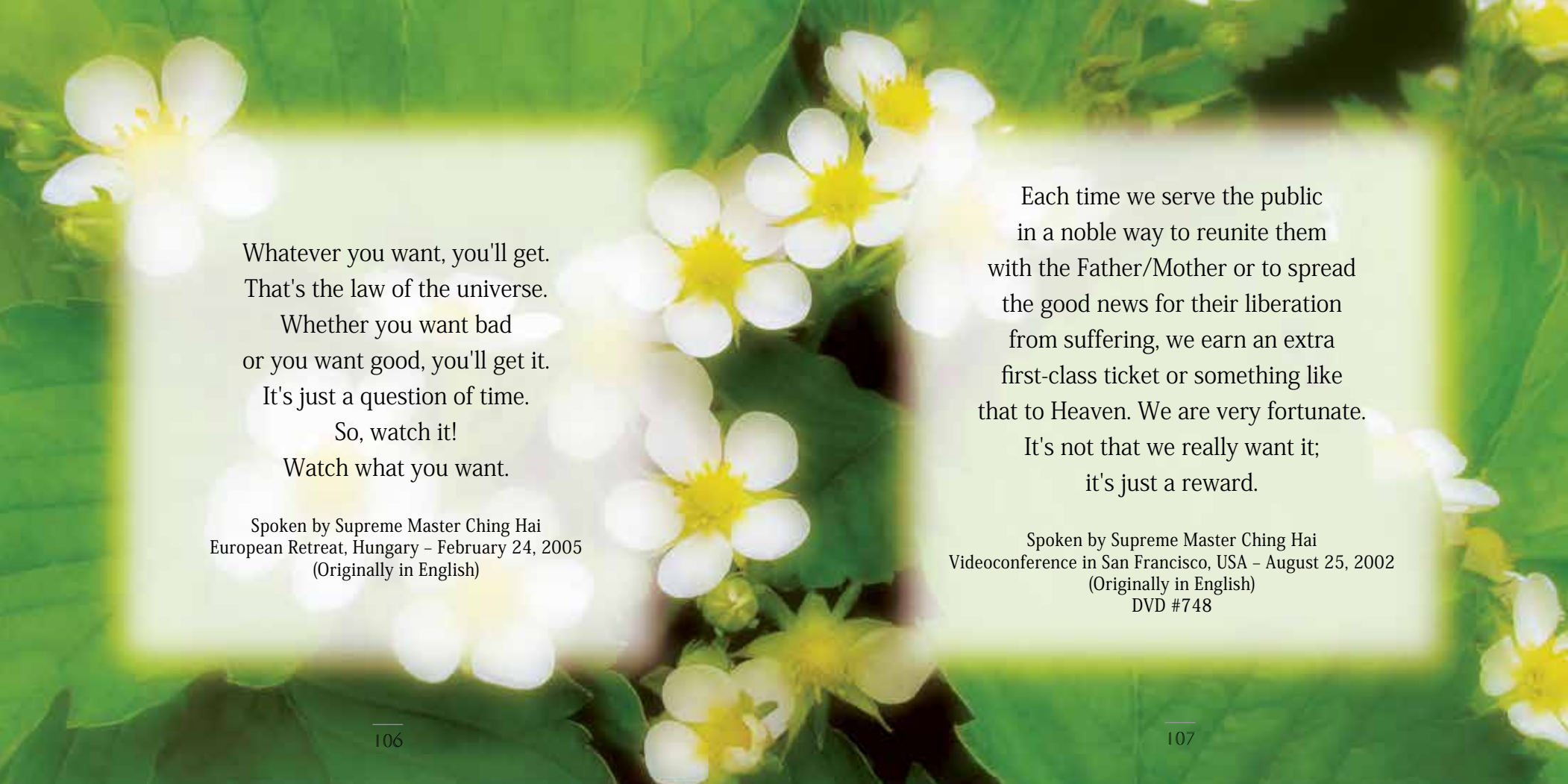
It's important to constantly fix your
mind on the quest for enlightenment.

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.

Spoken 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.

Spoken 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

*I*n 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

A woman with short reddish-brown hair, wearing a blue floral top and a pink and blue patterned shawl, stands against a bright yellow background. She has large, vibrant yellow flower wings behind her back. In the top right corner, there is a small blue-bordered box containing text.

SUPREME MASTER CHING HAI
Europe
December 29, 2008

❧ Initiation: The Quan Yin Method ❧

Master Ching Hai initiates sincere people longing to know the Truth, into the Quan Yin Method of meditation. The Chinese characters “Quan Yin” mean contemplation of the Sound Vibration. The Method includes meditation on both the inner Light and the inner Sound. These inner visions have been repeatedly described in the spiritual literature of all the world’s religions since ancient times.

For example, the Christian Bible states, *In the beginning was the Word, and the Word was with God, and the Word was God.* (John 1:1) This Word is the inner Sound. It has also been called the Logos, Shabd, Tao, Soundstream, Naam, or the Celestial Music. Master Ching Hai says, *It vibrates within all life and sustains the whole universe. This inner melody can heal all wounds, fulfill all desires, and quench all worldly thirst. It is all powerful and all Love. It is because we are made of this Sound, that contact with it brings peace and contentment to our hearts. After listening to this Sound, our whole being changes, our entire outlook on life is greatly altered for the better.*

The inner Light, the Light of God, is the same Light referred to in the word “enlightenment.” Its intensity can range from a subtle glow to the brilliance of many millions of suns. It is through the inner Light and Sound that we come to know God.

The initiation into the Quan Yin Method is not an esoteric ritual or a ceremony for entering a new religion. During the initiation, specific instruction in meditation on the inner Light and inner Sound is given, and Master Ching Hai provides the “Spiritual Transmission.”

This first taste of Divine Presence is given in silence. Master Ching Hai need not be physically present in order to open this “door” for you. The Transmission is an essential part of the Method. The technique themselves will bring little benefit without the Grace of the Master.

Because you may hear the inner Sound and see the inner Light immediately upon initiation, this event is sometimes referred to as “sudden” or “immediate enlightenment.”

Master Ching Hai accepts people from all backgrounds and religious affiliations for initiation. You do not have to change your present religion or system of beliefs. You will not be asked to join any organization, or participate in any way that does not suit your current life-style.

However, you will be asked to become a vegan. A lifetime commitment to the vegan diet is a necessary prerequisite for receiving initiation.

The initiation is offered free of charge.

Daily practice of the Quan Yin Method of meditation and the keeping of the Five Guidelines are your only requirements after initiation. Keeping the guidelines prevents you from harming either yourself or any other living being. These practices will deepen and strengthen your initial enlightenment experience, and allow you to eventually attain the highest levels of awakening or Godhood for yourself. Without daily practice, you will almost certainly forget your enlightenment and return to a normal level of consciousness.

Master Ching Hai's goal is to teach us to be self sufficient. Therefore, She teaches a method that can be practiced by everyone, by themselves, without props or paraphernalia of any kind. She is not looking for followers, worshippers, or disciples, or to establishing an organization with a dues paying membership. She will not accept money, prostrations, or gifts from you, so you do not need to offer these to Her.

She will accept your sincerity in daily life and meditational practice to progress yourself towards Sainthood.

☞ The Five Guidelines ☞

1. Refrain from harming any living being*.
2. Refrain from speaking what is not true.
3. Refrain from taking what is not belonging to oneself.
4. Refrain from sexual misconduct.
5. Refrain from using intoxicants**.

* This guideline requires strict adherence to a vegan diet. No meat, dairy, fish, poultry or eggs (fertilized or non-fertilized).

** This includes avoiding all poisons of any kind, such as alcohol, drugs, tobacco, gambling, pornography and excessively violent films or literature or video games.

Publications

- **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:**

Available in Aulacese, Chinese, English, French, Japanese and Korean.

- **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 Aulacese, 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**

Available in Chinese and English.

- **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**
Available in Chinese, English, French/German, Japanese/English, Korean/English and Portuguese/Spanish.
- **Aphorisms (2): Gems of eternal wisdom from Master**
Available in Chinese, English.
- **The Supreme Kitchen (1) – International Vegetarian Cuisine:**
A collection of culinary delicacies 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.
Available in Aulacese, Chinese, English, French, German and Korean.
- **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**
Available in Aulacese, Chinese, English, Dutch, Korean, French, Hungarian, Indonesian, Japanese, Norwegian, Spanish, Swedish, Thai, Portuguese, Polish, Russian and Romanian. <http://www.crisis2peace.org/tw/>
- **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)
- **The Lost Memories** – A book of poems by Master (available in Aulacese, Chinese and English)
- **The Love of Centuries** – A book of poems by Master (available in Aulacese, Chinese, English, French, German, Korean, Mongolian and Spanish)
- **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

- **That and This Day** (poetry recital in Aulacese): MP3
 - **Dream in the Night** (song performances in Aulacese): MP3 and DVD, MP4
 - **T-L-C, Please** (song performances in Aulacese): MP3
 - **Please Keep Forever** (poetry recital in Aulacese): MP3
 - **Songs and Compositions of The Supreme Master Ching Hai:** (MP3 and DVD, MP4) English, Aulacese and Chinese
 - **The Song of Love:** (DVD, MP4) Aulacese and English
 - **Good Night Baby:** (MP3) in English
 - **The Jeweled Verses** (poems by distinguished Aulacese poets, recited in Aulacese): MP3s 1 and 2; DVDs 1 and 2, MP4
 - **The Golden Lotus** (poetry recital in Aulacese): MP3 and DVD, MP4
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 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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