



GOD'S DIRECT CONTACT

THE WAY TO REACH PEACE

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*A Master from the Himalayas
Three-time invited lecturer for the United Nations
Recipient of the World Peace Award*

The Supreme Master Ching Hai

The Supreme Master Ching Hai



God's Direct Contact

The Way To Reach Peace

The Supreme Master Ching Hai
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To our revered spiritual Teacher, The Supreme Master Ching Hai, we sincerely dedicate this book, which contains excerpts from Her 1999 European Lecture Tour. During that great journey, which included 18 stops in 40 days, a powerful message for the world, "God's Direct Contact - See God While Living," illuminated many hearts seeking answers at the turbulent end of the last century. Many also experienced great renewal while appreciating these enlightened talks through every possible medium. Requests to have a collection of talks from the Tour finally led to the publication of this book. Since one volume can only contain a certain number of pages, we had to select various topics from the many in Master's 18 lectures. (It was extremely difficult to choose, for every word of Master is important and precious.)

A Little Message:

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

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

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

.

As a creator of artistic designs as well as a spiritual teacher, Supreme Master Ching Hai loves all expressions of inner beauty. It is for this reason that She refers to Vietnam as "Au Lac" and Taiwan as "Formosa." Au Lac is the ancient name of Vietnam and means "happiness." And the name Formosa reflects more completely the beauty of the island and its people. Master feels that using these names brings spiritual elevation and good luck to the land and its inhabitant.

On this planet, not many of us can see God directly; we don't talk to God directly about all of our anguish, our frustrations, our fears and our worries. But despite our tough appearance, we all have our problems, weaknesses, fears, wants and desperation. And when we have nowhere to turn to, we tend to turn violent.

That's how war happens.

But the violent ones are also victims of war, in a way. The true victims of war and the ones who cause war are both victims, just of different kinds, of different degrees. The ones who cause war are the worst victims of all, because they don't even know right from wrong. They can't run away from themselves to take refuge in any other country, because they're deep within this terrible illusion of the negative power.

They're struggling desperately.

So the only way to end war on this planet or anywhere is to be enlightened, to know God - just like when the child is hugged by the mother, he will stop crying.

~ The Supreme Master Ching Hai ~

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Walk the Way of Love

Footsteps of a Living Enlightened Master

(By brother initiates Andrew Nicholls & John Barrera)



We will search high and low

For a little love,

For a little love,

To share with all beings

In all corners of the world.

Supreme Master Ching Hai, as She has affectionately become known to those who have had the pleasure to meet or work with Her, lives a message that walks the way of love.

A renowned humanitarian, artist and spiritual visionary, Her love and assistance have extended beyond all cultural and racial boundaries to millions of people around the world, including the needy and homeless, institutions of medical research on AIDS and cancer, war veterans of the United States of America, the disadvantaged elderly, the physically and mentally handicapped, refugees, and victims of natural disasters such as earthquakes, floods, and fires.

Through these works, we witness countless reminders of compassion, which is the trademark of this caring lady and the international organization that has grown out of Her loving example.

Supreme Master Ching Hai once said, *“Whatever we can share, we begin with sharing. Then we’ll feel a subtle change within ourselves - more love will be pouring into our consciousness, and that is the beginning. We are here to learn, to learn to grow as well as to learn to use our power, our limitless power of love and creativity, to make the world a better place wherever we happen to be.”*



Her Early Years

The Supreme Master Ching Hai was born in central Au Lac. During Her early years, She was often found providing help and comfort to hospital patients and the needy. Above all, a burning spiritual quest since childhood led Her to different paths of God devotion.

As a young adult, She moved to Europe to study and continued there as a volunteer nurse and translator for the Red Cross. She soon discovered that pain and suffering exist in all cultures and in all corners of the globe, and Her search for the remedy for these ills became the foremost goal in Her life.

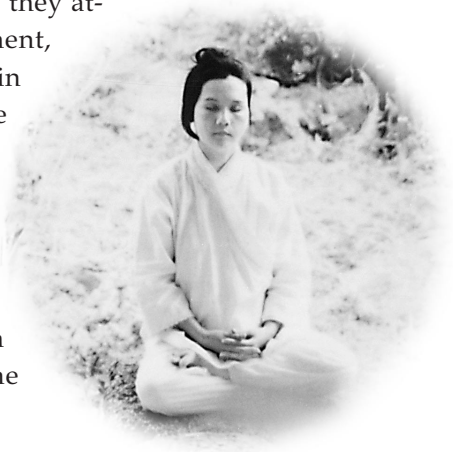
She was happily married at the time to a German physician, and although it was an extremely difficult decision for them both, Her husband agreed to a separation. She then embarked on a journey in search of spiritual understanding.

Himalayan Pilgrimage

Finally, in the deepest reaches of the Himalayas in India, She found an enlightened Master who imparted

to Her the Quan Yin Method, a meditation technique that contemplates the inner light and sound. After a period of practice, She became fully enlightened.

Soon after Her return from the Himalayas, at the earnest request of those around Her, Master Ching Hai began sharing the Quan Yin Method, encouraging others to look within to find their own greatness. People from all walks of life found that through the Quan Yin Method of meditation, they attained greater fulfillment, happiness, and peace in their daily lives. Before long, invitations beseeching Master Ching Hai to present public lectures arrived from the United States, Europe, Asia, and South America, as well as the United Nations.



Beautify the World We Live In

As well as being a noble example of humanitarian aid, Master Ching Hai also encourages people to beautify the world we live in. Through practicing the Quan Yin Method, Master Ching Hai

has realized many latent talents that She expresses through paintings and other creations, including music, poetry and aesthetic jewelry and dress designs. These works of art depict the inner and outer beauty of the cultures and peoples She has encountered. In 1995, by public demand, Her clothing creations were ex-



hibited in the international fashion centers of London, Paris, Milan and New York. Sales from Her artistic endeavors have enabled Master Ching Hai to create an independent source of funding for humanitarian activities, highlighting Her noble love for all the children of God and our responsibility to those less fortunate.

Recognition and Master's Dream

Although She does not seek acknowledgment of any kind, in recognition of Her selfless assistance, The Supreme Master Ching Hai has received numerous awards from government officials and private organizations around the world, including the World Peace Award, the World Spiritual Leadership Award, the Award for Promotion of Human Rights, the World Citizen Humanitar-



ian Award, and the Award for Outstanding Public Service to Humankind. As former Mayor Frank Fasi of Honolulu states, “She brings love around the

world where there is hate. She brings hope where is despair. And She brings understanding where there is misunderstanding. She is the light of a great person, an angel of mercy for all of us.”

The Supreme Master Ching Hai is one of the truly dedicated individuals of this era, helping others to find and create a beautiful vision of the future. Many of history's great figures have had dreams, as does The Supreme Master Ching Hai:

“I dream that the whole world will become peaceful.

I dream that all the killing will stop.

I dream that all the children will walk in peace and harmony.

*I dream that all the nations will shake hands with each other,
protect each other and help each other.*

I dream that our beautiful planet will not be destroyed.

*It took billions of years to produce this planet and it's so
beautiful, so wonderful;*

I dream it will continue, but in peace, beauty, and love.

Yes, that is my dream.”

Through More Peaceful Ways...

*“Apart from physical comfort, all
Centers should gather for group
prayers - meditation so that mankind
may understand each other through
more peaceful ways.*

With all my love and great sorrow.”

~ Ching Hai, Sep. 11, 2001 ~

(By sister initiate Jane Chu)

On September 11, 2001, the World Trade Center in New York City and the Pentagon in Arlington, Virginia were attacked by hijacked airplanes, and another plane was hijacked and destroyed in Pennsylvania. In a matter of minutes, over three thousand lives were lost. Upon hearing the news of these disasters, The Supreme Master Ching Hai immediately called the meditation Centers in the vicinity of the affected areas, instructing Her disciples to establish emergency teams to assist in the government's disaster relief efforts. Master also issued an email to all Centers around the world, expressing Her deep sorrow over this tragedy. She asked Her disciples to gather for group prayer and meditation in order to help channel positive energy to the grieving world.

The 9-11 catastrophes not only shocked the American people, but also had a tremendous emotional impact on all of humankind. In people's hearts, deeper needs also begged to be addressed. After the 9-11 tragedy, a record number of people began going to churches, mosques, synagogues and temples, in an attempt to find spiritual solace and divine guidance. Many people were at a loss to understand the ephemeral nature of life. They needed answers.

The Supreme Master Ching Hai had given us the answers long before the September 11 calamity, again and again reminding people in Her lectures that the solution lies within each one of us, and we are all responsible for whatever happens to us. She assures us that we all have the power to change reality.

Master Ching Hai's message carries a greater urgency as humanity enters a new millennium. In these troubled times, the world seems to be suffering from increasing disasters: wars, famine, floods, earthquakes, pollution, and outbreaks of incurable diseases, to name just a few. Back in 1999, many people believed that the world would soon come to an end. Nostradamus' ominous predictions about the turn of the 21st century, made over four centuries ago, loomed large in people's minds. And on the eve of the millennium, these prophecies seemed about to come true as Europe was at risk of being destabilized by the spreading violence in the Balkans.

A much-tortured region, the Balkans have been a powder keg throughout history, threatening to explode at any time. The most recent ethnic struggles between the Yugoslavian Serbs and the Kosovar Albanians had caused much bloodshed and

chaos. Not a day went by without reports of war atrocities. Whole communities were uprooted. Ethnic peoples who once coexisted peacefully became enemies, carrying out massacres on one another, under the anxious eyes of a larger world community.

Spiritual practitioners sent urgent pleas to Master Ching Hai, begging Her to do everything She could to help relieve people's suffering. Master heard their requests, and responded. In May of 1999, She embarked on a 40-day, 18-country lecture tour in Europe, on a mission to spread God's word. Her itinerary included stops in countries surrounding war-torn Kosovo-Slovenia, Czechoslovakia, Bulgaria and Hungary, as well as Poland and Russia. Master had also made an effort to visit the Kosovo refugees but did not succeed. However, She instructed practitioners to send financial aid to the camps.

On this arduous trip, Master insisted on traveling by Herself, without the protection of Her retinue. It was part of Her plan to take on the burden of the ongoing worldly turmoil. Indeed, She encountered many obstacles on Her long, difficult, and at times dangerous journey. But throughout this period She endured, viewing Her hardships as Her cross to bear, and gladly set about to meet them.

At every stop on Master Ching Hai's lecture tour, people of all religions and ethnicities came in great numbers to hear Her speak. They came because they were yearning for answers. They came because they were ready for Her.

Everywhere She went, foremost in audience members' minds were the questions of why war exists in the world and how it can be stopped. Master pointed out that we all help to create the atmosphere we live in. If we harbor hatred, jealousy, possessiveness, or negative thoughts, we collectively create a negative atmosphere, which will in turn materialize in some concrete disaster such as war. Likewise, we can choose to love one another, as God loves us. Then we can generate a loving atmosphere. As a result, we will have peace on Earth. (5/28/99)

Master Ching Hai emphasizes that we suffer because we are separated from God, and even the creators of war are victims of this separation. Therefore, Master places no condemnation on them, saying, **“Wars, trouble, misunderstanding, anger, and hatred are all outcomes of our frustration at not knowing God.”** She adds that people who make war **“are the ones most desperate for love and for help.”** (5/12/99)

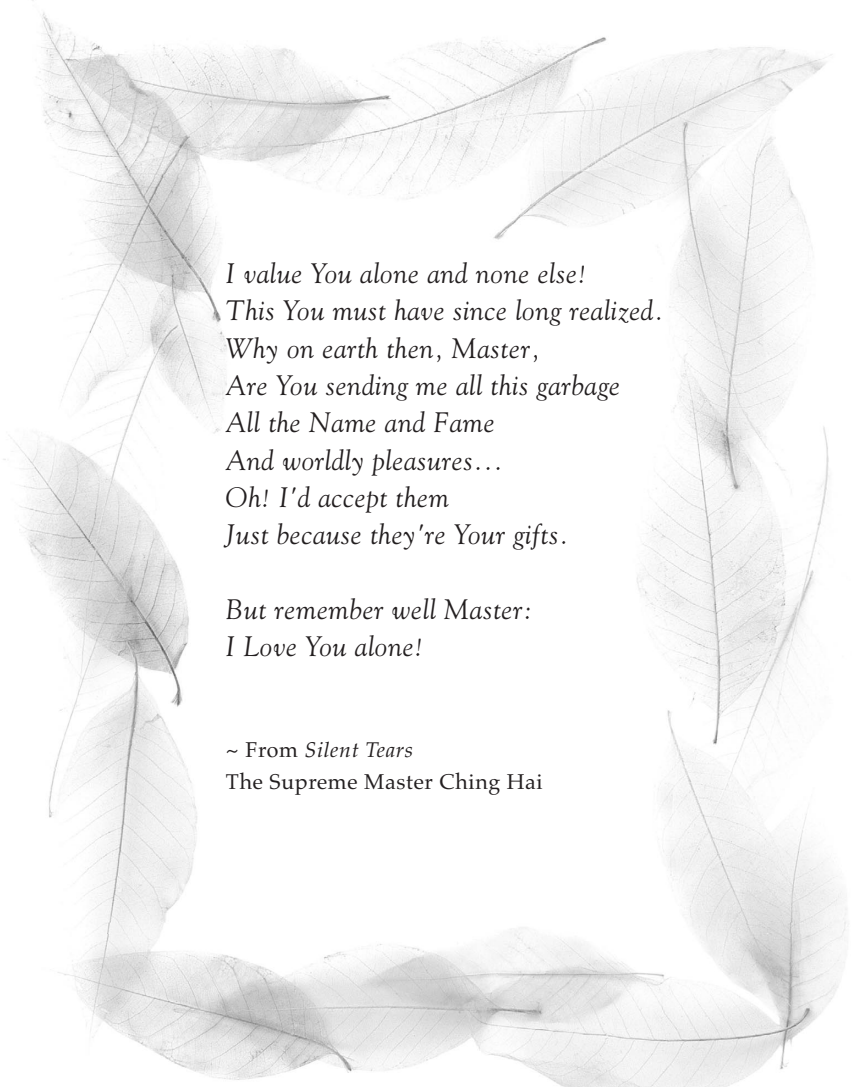
If there is any crime in this world, Master Ching Hai says, it is our ignorance. We are ignorant of the fact that we are a part of God, that we are all God. We don't know we are one with God, animals and plants included. We are like a blind man who hurts himself because he cannot see. The only way to stop war or any worldly ills is for us to attain enlightenment. To be enlightened is to find our true Self, and to know that we are one with God and one with others. When we reach such enlightenment, it will be impossible for us to hurt any of the parts of our Self anymore. Then peace will automatically be restored on Earth. (5/24/99)

Master tells Her audiences that She comes to offer them enlightenment. This is the best gift that God can give to all of us because it is **“the only solution to all kinds of diseases in this world.”** Master says She has come **“to raise the consciousness of people, to help you remember your higher Self, your nobler being, so that the atmosphere will change, and the energy will become more loving, nobler, and more like the higher dimensions.”** (5/26/99) Indeed, peace in the Balkans came sooner than people had expected; at the very same hour Master finished



Her last lecture on the European tour, the warring sides in Kosovo signed a peace treaty.

Two thousand years ago, Jesus Christ said to His disciples, “God shall give you another Comforter.” The Comforter for our Age has come to us, and She is The Supreme Master Ching Hai. Like all past Masters, Master Ching Hai comes from God. She is here to point the Way back to God and help us realize Heaven on Earth. If it requires our experiencing pain and suffering to realize that we need a Comforter, then perhaps we have not suffered in vain.



*I value You alone and none else!
This You must have since long realized.
Why on earth then, Master,
Are You sending me all this garbage
All the Name and Fame
And worldly pleasures...
Oh! I'd accept them
Just because they're Your gifts.*

*But remember well Master:
I Love You alone!*

*~ From Silent Tears
The Supreme Master Ching Hai*

The Power of Love



Peace and War

(The messenger of peace from God in front of a battery of cannons.)

*“Just love your enemy, and then
they will surrender.*

*They will drop all their weapons and
come to you on their knees.”*

~ The Supreme Master Ching Hai ~

“It doesn't matter if we are right or wrong in war; it always creates misery for both parties. We understand that even our enemies have souls, sentiments, intelligence, compassion and understanding. It's just that we don't sit together and talk. We don't make friends. We're not supposed to make friends with our enemies, so we sometimes forget that they are also human like us. Therefore, it is easy to slay someone whom we do not think much of or whom we don't hold in high esteem.”

*Spoken by The Supreme Master Ching Hai,
Virginia, U.S.A., February 17, 1991*

“If the government, the leaders of this world, understood the power of love, they would never make war. They would just use love to destroy their enemies in no time. Just love your enemy, and then they will surrender. They will drop all their weapons and come to you on their knees. That's why Jesus said, *Love your enemy*. Loving our enemy is loving ourselves. Loving our enemy means bringing peace to ourselves.”

*Spoken by The Supreme Master Ching Hai,
Mexico City, Mexico, May 23, 1998*

Kosovo Crisis, Europe's Agony!

SOS Letter From Geneva Center, Switzerland

Dearest Master,

Thank You for Your loving reply to our invitation!

Even if You wrote, "don't think I can make it" and, "can't promise," we all feel and hope that You will come, if it is at all possible.

We need You very much in Europe right now.

With this terrible war in Yugoslavia and Kosovo and the 1.4 million refugees it has caused, many people just can't bear to see all the misery and unhappiness anymore on TV every day.

We all feel so helpless when faced with so much tragedy.

The only positive side to all this human misery is that many people who used to just live from day to day, not caring much about what happened around them, are finally waking up and looking for more sense to life.

There seems to be a more open attitude towards spiritual matters...

...So God's Messenger Had to Speed!

It is my privilege that God has ordered me to share this knowledge with our brothers and sisters on this planet. And I will do so until my last breath on Earth, just to show you how simple it is to recognize your greatness, how simple it is to make use of the treasure within ourselves. Once we get in touch with God, we can live happily in a Heavenly kind of atmosphere, while still continuing our duties on this planet.

~The Supreme Master Ching Hai~



The Supreme Master Ching Hai

1999 European Lecture Excerpts

In visiting the capitals of 18 European countries, Master brought inspiration to thousands of people with Her message of hope and love and Her shining example of the difference that one life can make. For many years, this great spirit, packed into a petite, fragile physical frame, has touched hundreds of thousands of lives through Her offerings of physical and spiritual care to the world. As a designer of clothing and jewelry, She has used Her artistic talents to raise funds that have helped victims of disasters around the world. Yet Her aid to humanity surpasses the level of physical needs. The Supreme Master Ching Hai also teaches the Quan Yin Method of meditation, and guides people back to their own inner God qualities.

Spain

In Silence We Know God

The First Stop: 5th May, 1999

On May 5, Master opened Her European Lecture Tour in Madrid, Spain. The venue for the lecture, the centrally located Palacio de Congressos, attracted many people to a lecture organized just days before Her arrival.

Her message was one of touching simplicity that found a great response among audience members that evening. Master pointed out, “In the universe, and generally speaking, on this planet, God has created many things for Hiers children to enjoy, material things and also very abstract things.



Material things bring us comfort, wealth and much satisfaction. And on the other hand, abstract spiritual knowledge brings us bliss, happiness and life everlasting... One who is successful in material acquisition enjoys much in material comfort, but sometimes it has the side effect that he forgets the spiritual blessings that God has saved for all of us. And the ones who are successful only in the spiritual aspect sometimes don't care about material gain. So sometimes it also has a side effect for people who see them. It makes them form an opinion about them that following God and pursuing spiritual practice is going to lead to poverty.

“And some people who are successful in both the material and spiritual aspects sometimes present themselves in both aspects, and this also has side effects. People will wonder, ‘What kind of God-follower is that, who looks so luxurious and doesn't look like a monk?’ So there are always some side effects to everything. It is because the minds of our people are used to one extreme or another, but really, we can neutralize the material and spiritual aspects and make of them a perfect life for ourselves... We are the children of God. We can choose to do whatever we want. But we must know how.

“After being successful in spiritual practice, we also by the way often gain material success as well. That’s why in the Bible, it is stated, *Seek you first the Kingdom of God, and all other things shall be added unto you...* To be successful in the spiritual world, we have to know the way to contact the source of all spiritual power.. In order to do that we just have to be quiet during some moments of our lives, and we shall know how to focus, and then we can communicate with God.”

After the lecture drew to an end, a large number of people in the audience received initiation into the Quan Yin Method, or training in the Convenient Method of meditation. Master personally conducted the initiation, which brought immediate enlightenment to these souls who had been longing for liberation in this lifetime. After being cleared of the karmic hindrances that had been gathered through their countless previous lives, these completely renewed souls started on their journey to the Kingdom of God, the origin of all lives.



~The Supreme Master Ching Hai Lecture Excerpts~

.....

It's Already There

Doing business is very strenuous work. The people who are successful in business know what I mean.

Some of us envy successful business people, but they do not know how much work, how much energy, how much time, how much sacrifice they have to put into their business in order to gain what they have. And that is just for some ephemeral, material, destructible things that do not last. And for that we work sometimes 8, 10, 12, 14 hours every day, forget the wife, forget the children, forget friends, sometimes get sick ourselves and get mental stress, and get old quickly and experience all kinds of discomfort just to gain material success. And of course, we forget God too, by the way. Most people, when they are too busy, even forget themselves.

So now we come to the spiritual aspect: How much do we have to work in order to be successful in God realization, in gaining back the whole Kingdom of the universe for ourselves? How much

work? Almost none. **There's nothing to pay, no conditions, no effort, nothing binding! No loss, no risk, only gain.**

Why? **Because we are the children of God.** We have it already. If we have something in our pocket, do we have to pay for it? You don't have to pay for your skin, you don't have to pay for your hair, and you don't have to pay for your beautiful smile. It's already there.



Pick Up the Right Phone

We have spent a lot of time praying, crying and begging to know God. But Hes' still too far away, because we don't pick up the right phone. **If we talk on the phone all day long but to the wrong person or to a disconnected phone, we never get an answer.** We can shout, scream or cry on the phone all day long; it won't help anything. God has installed a phone within us so that we can directly communicate with Hirm. But once we descended into this world, we somehow became disconnected. That is why God always sends some Heavenly Sons to the world again to remind Hiers brothers and sisters of how to get back to Hirm.

But of course when the Son of God comes here, She/He carries with Her/Him such power and such tremendous love that we are sometimes afraid. And that's why some people try to harm Her/Him, like in the case of Jesus. He doesn't look any different than us, but inside, spiritually, He is different. We were originally not different than Jesus, as the Lord has said, *Whatever I do, you can do also.* It's just that **we are so deeply covered by the material mud or the dark material veil that we have forgotten who**

we really are. Just like someone who is drowning in the water: He looks wet, he looks distraught, and he looks sick and pale.

But the one who stands on the shore is still clean. He looks beautifully dressed and is still powerful. That man can pull the drowning person out of the water. Originally, the drowning man didn't look different than the man standing ashore, because they both were dry and beautifully dressed. It's just that he was drowning, so he looked different for a while. And after he has been pulled out of the water, warmed, fed, dressed and cared for, he will look magnificent and normal again, like the man standing on the shore.



Knowing Is One Thing and Doing Is Another

Q: *We would like to hear what Your method is, and what the real content of Your method is, because many of the things that You have mentioned we already know.*

M: If you want to know, you have to stay a little longer after the lecture. It's not like I can tell you and then that's all. It's not really a written method; it is a reconnection with the Kingdom of God through a "living pole," just like electricity. Just reconnect it, and then you'll get the electricity. Even if I sit here and talk all night long for a hundred years, you still won't get the Kingdom of God. But if we sit together, and there is something going on invisibly, you will know. Then I will probably tell you how to sit so that you are more comfortable, how many hours a day you should communicate with God if you want to, and some of these details.

Actually, these are not the method. The method is not describable. It's not written. And even if it were written, it wouldn't be the real thing.

The real thing must go through a living pole from God, transmitted from God through another living, chosen pole. At the time of truly transmitting the so-called method, I don't talk. You are right in saying that all the things I told you, you know already. Because these are useless things; they're just conversation. The real thing is transmitted in silence. **When you are ready, it will be transmitted to you.** Even if I am not here, if you want it, I can transmit it to you from America or even from the Moon, and all in silence. That's the wonder of God.



It's a Question of How Ready We Are

Q: Why are there so many masters now giving lectures throughout the world and spreading their teachings? What awaits our planet Earth? Should we be ready for important changes that are going to affect the whole of humankind?

M: Well, I guess it's because God is gracious, and also because the communication system now is very efficient, and because transportation now is very convenient. And I guess because we are more civilized, the law protects the spiritual Masters. They don't kill them or nail them on the cross any more. So, the Masters are freer to spread the message of the Truth. We should be happy! The more Masters there are, the better for us. I would like to bring all the Masters from Heaven down here. But God's will be done.

It's also not a question of how many Masters there are. It's a question of how ready we are. **If we are ready, one Master for the whole world is enough.** Because the Master doesn't need to be present in your vicinity to give you initiation. The Master just comes around in order to tell you that She/He is here. And then it's up to you to get the spiritual awakening empowerment from Her/Him or not.

Contact God and Change the History of Our Planet

Q: What is Your opinion of the Third World War, of UFOs and of climate change?

M: World War III won't happen if you meditate more, if you pray more, and if we know God more. That's one of the reasons why I am running around right now, even though I don't feel like it. I'd rather stay home, meditate, sleep, and eat my Chinese food every day. But I run around, don't have good food, sleep at different times and don't sleep enough. I feel very uncomfortable in the smoky hotels and smoky airplanes, going through customs, bureaucracy, red tape, visas, short timing and running from one airport to another, spending so much money from my pocket. But I am willing to do it. I lovingly do it, because I have the hope of awakening people's consciousness for world peace.

Only enlightenment can destroy ignorance. Only God's love can nullify hatred. Only real brotherhood can dissolve the different conflicts and opinions among our brothers and sisters. **So if you and I don't want World War III**, then help me. Bring God's love onto this planet. **Help me by praying**



together in silence to know God, to bring Hiers love and Heavenly Kingdom to this planet. I do not wish for any rewards from you or from Heaven. I just wish what you wish, that is, for a peaceful planet for you and for me also. And for that, I will spend my time, my money and my energy to help bring about peace, instead of spending energy, time and money on weapons and killing. To be the master of ourselves, to have victory over our own weaknesses, our ego and our evil tendencies is the best victory of any war.

As I am talking to you now, I am also talking to the souls in Yugoslavia and all the nations who are still trying to solve conflicts by violent means.

And that's the reason I am in Europe at this time and why I am making a tour around Europe, hoping to bring this message into the souls of these brothers and sisters. Of course it's also because of the request of my very loving fellow brother and sister spiritual practitioners. There are about 20 Centers around Europe from our spiritual group. They contacted each other, and now they meditate together for the same period of time, even though they are in different countries. So they hope to bring a more peaceful atmosphere to Europe. They also have invited me to come, and that's why I am here.

I feel very strongly that all this good will from our brothers and sisters, the good will on my part, together with our silent prayers of the heart and powerful spiritual energy can change the course of history and minimize the World War III that you are so fearful of. So if you are worried about World War III, then do something. Take action: Fight with your God love; fight with your spiritual power. Fight quietly from the corner of your home. Fight with us, that is, **get initiation, meditate, contact God, and change the history of our planet.**



I Cannot Convince You Unless You Eat the Cake Yourself

Q: How do You know that Your path is the true one? There are many religions in the world, and all of them claim to have the true message. Who says that Your path is different? I think maybe it's just like other churches that run a sort of business which is good for humankind.

M: You have to try before you can judge. I cannot convince you unless you eat the cake yourself. Also I've told you that whatever path you want to choose, if you feel convinced about that path, choose it. I am not here to prove anything. I am here to tell you that you can prove anything to yourself. I demand nothing from you: not a membership fee, not any obligation, not even a condemnation that you will go to hell if you don't follow my teaching, and that you are not my brother or sister if you don't follow the same method. If I were you, I would try it, because you lose nothing. You only gain; you gain the whole world. **You gain everything that you've ever imagined. That's all I can promise you. To realize this promise, you just have to follow the way I show you.**

Portugal

Connecting Yourself with God

The Second Stop: 7th May, 1999

In Portugal, over ninety-four percent of the population is Roman Catholic. They are strong in their sincere belief in their Saints. There is a famous legend in Portugal about an apparition of the Virgin Mary to three children.

One day many years ago, three children were tending their sheep in a field. At noon, as was their custom, they knelt down in prayer with their rosaries (prayer beads). After praying, they began to play. Suddenly, they saw a flash of lightning. Thinking that a storm was coming, they began to herd their sheep downhill. Once again, they saw the flash of



lightning, and on the hilltop appeared a radiant lady of beauty. This legend is known as “Our Lady of Fatima” and a huge monument was erected where she is believed to have appeared to the three children. Each year, thousands of people come to Portugal on pilgrimages to this historic site.

On May 7, 1999, another beautiful lady of Light appeared before a large crowd in Lisbon, Portugal, as The Supreme Master Ching Hai lectured to a packed audience of Portuguese people at the luxurious Meridian Park Hotel in the center of downtown Lisbon. Prior to the Portugal lecture, many of Her disciples from different countries had come to prepare for Her arrival. They found that the people they met in Lisbon were open-minded and warmhearted, and showed great interest in Master's sample booklets and leaflets. When fellow initiates from Brazil distributed leaflets in the chilly wind and rain, a passerby came up to talk with them and asked many questions. He then offered to lead them to a “University City” to distribute leaflets. On the way he showed them subway stations and other crowded places. When Korean fellow initiates went downtown to put up posters, they could not find parking, but unexpectedly a policeman offered to help. Searching for ten minutes, he finally found a parking space and guided our fellow initiates there.



The lecture was held in a nice hotel. Initiates were allowed to enter the lecture hall four hours before the scheduled starting time. Everyone moved around swiftly, soon transforming the hall into a sacred place. The members of the Celestial Clothes and Jewelry Groups made an astoundingly beautiful arrangement of Master's artworks, literally creating a Heaven on Earth.

When everything was in order, the lecture hall became tightly packed. A short film was first shown giving a brief account of Master's life. After the audience watched the film with rapt attention, several fellow initiates talked about the benefits of a vegetarian diet and how the Quan Yin Method had



improved their quality of life and state of mind. Then our beautiful Master, in a white gown and white cape, arrived at the venue. Many youths and ladies kept their eyes on Master, smiling. A Portuguese lady hurried away, telling us that she was going to bring her roommate there to see Master. A young man also went off to fetch his girlfriend so that they could together witness the most significant event in their lives.

The wholehearted sincerity of the Portuguese when they embraced Master's teachings struck us with awe. Though they are not rich, they eagerly purchased Master's books for further study. Many of them requested to learn the Convenient Method or the Quan Yin Method of meditation. A twenty-year-old Portuguese man left his home with no money in his pockets. As he walked on the street, he saw our poster and was suddenly awakened. He very much wanted to attend the lecture. While thinking about this, he got just enough money to cover the bus fare to the lecture hall. While listening to Master's lecture, he had a feeling that he had known Master's teachings for a long time. During the time for questions and answers, Master's answers came to his mind even before She spoke. In this unsophisticated country, it proved true that material wealth does not stand for richness of spirituality and morality.

~The Supreme Master Ching Hai Lecture Excerpts~

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Meditation:
Praying with a Little More Specific Focus

We're going to talk about meditation, meditation on God, of course. Some people call it prayer; some people call it contemplation; some people call it going inward; some people call it connecting yourself with God. But **meditation is a must. Without meditation, our life is not as complete, not as happy and not as fulfilled as we would like it to be.**

Some people say that they are going to the church and praying in their house, and that should be OK already, so why should we even mention meditation? Meditation is also a kind of prayer, but it's just a little more exact about where we should focus our attention in order to get the results we desire. That means in order for us to communicate directly with God, we must know how to pray with a little more specific focus.



When You've Found the Right Key

We think that contacting God is something unimaginable, something beyond our merit, something extraordinary, something we could never do. Only the Saints in the past could do it, only Buddha, only Jesus, only Saint Peter, Saint Thomas, etc. No, no, no! **Every one of us can contact God, because we are all equally Hiers children.** Yes, we are all equal. You don't have to believe me. Take the Bible out and read it. *We are all children of God*, is stated in there. And Buddha says the same: *We all have the Buddha Nature, and everyone can become Buddha.* He never says he is the only one and no one else can become Buddha. Jesus also says, *Whatever I do, you can do even better, you can do also.* All the Masters in the past have told us that we are children of God and that we can equally find God if we want to. Of course, some of us want to, and some of us don't want to, and that's another question. **Whoever wants to find God will find Him.**

Because we already have it, we've just forgotten where to find it. Just like if you have forgotten that something's in your pocket, and you run around all over asking, "Where are my glasses? Where are my glasses?"



So eventually, when you've found the right key, the right method, the right way - God just appears.





Use Our Complete Power

We invent so many things, and suppose if you meditate and use more of your brainpower, of course you will be more intelligent!

The average person uses only up to ten percent of his or her brainpower. That is a fact known to every one of us; it's scientifically proven. So **where do we put the other 80 or 90 percent? It's wasted.** And that's why we are not a complete being. We don't feel complete; we feel frustrated and weak, because we haven't used our complete power.

So meditation, we can also describe in another way, is making use of our complete power. That is what meditation is for.

So to know God is to know ourselves completely. **And when we know ourselves completely, we know God.**

Why Is the Method Not Discussed in the Bible?

During initiation, there is no talk, only quiet. And **there is a quiet power that will descend from God and help you to open up your own power.** Hes just uses me, for example, as an electric pole to go through.

You will be in direct communication with God from then on. And it costs nothing: from now until later and before and after you die, it costs nothing! My teachings are all free. You are not obliged to be anything or to do anything for me. Just meditate every day for yourself, in your own home. And if you want to see me, then I probably will have a place somewhere and you are welcome to come. If you don't ever see me again, it's OK.

The so-called method that we will tell you about is not the method. It just tells you how to sit so that you are comfortable, where to concentrate so that you can see God better, at what time you should meditate, when it is calmer for your mind, and how many hours a day are the best for you; that's all.



These things are not really the true method. They are just instructions so that you are more comfortable and you know how to sit. Otherwise, the method is silence, **the method is not written, and the method leaves no trace. That's why you don't find it in any bible or scripture**, whether Buddhist, Christian, Muslim, Sikh, or Jain - nothing, nada. They talk about God, but they don't tell you how to find God because they cannot tell.

This thing has to be transmitted through a living pole; since ancient times it's been like that. Why Hes chooses one pole and not another, don't ask me! Hes does what Hes wants. But we all can become a pole later if we know ourselves completely. Maybe one day, God will say, "You, you." And then even if you don't want to be a living pole, you cannot escape. If it's in your destiny, God's will is always done, because at that time we don't have our own will anymore. We don't have ego anymore to resist, to say yes or no to whatever God wants us to do. We always say yes. It is necessary to have a living transmission; that's all. Then you will be your own master. And you don't owe me anything anymore, anything at all, whatsoever!



Q: Does meditation come to you spontaneously, or does it require a long period of training before you can begin to meditate?

M: It does come spontaneously, and it does also require training. It doesn't come spontaneously now because you don't know how. After we show you, it will come spontaneously. But it does require training, not because you have to train in order to meditate; it's just that you have to quiet yourself in order to hear God. And that's what we call meditation. Because most of the time we like to be busy.



Of course, we have to work eight or ten hours a day or more even to earn a living. That's already very busy and noisy. And then we have to go to the movies, we have to listen to television, we have to talk on the phone, we have to call a friend, and so on. And then we don't have time for God.

So we have to train ourselves to be quiet for some time of the day. Then we can contact God; we can hear what Hes wants to tell us. But that's just a beginning. Later, it just comes spontaneously.

Q: I have tried very intensely, but I have never been able to see Light. Because I try to look into myself, I try to understand.

M: OK, stay around and I'll help you. If you want to see the Light, after the lecture, I'll help you.

Q: I have read a lot, but I haven't been able to so far.

M: Of course, maybe you haven't tried the right way. If you have time, stay after the lecture and all the questions. I can show you. You will see it like this. (Master snaps Her fingers)

The Sole Condition for Meditation: Vegetarianism

Q: You talked about the sole condition for meditation: to not eat meat and to be vegetarian. My question is whether cigarettes and alcohol combine with meditation.

M: No! We also advise you to please stop the cigarettes. Anything that is not natural or blurs our vision does not go with meditation; it will not calm your mind and will make confusion. Drugs, alcohol, and stimulants of any kind, also the aggressiveness of meat, exciting visual films or provoking literature are not very conducive to your peace of mind. Therefore, they are not very conducive to meditation, because we want to quiet down.

Meat, alcohol, cigarettes, drugs and so forth make us more aggressive, more restless, more agitated, and we cannot calm down. **When we cannot calm everything down, it's difficult to receive the message from God;** that's all. It's not because we are strict or anything like that.

The energy from animals is very restless and full of fear and hatred. So if we eat meat, inside us



it interferes with our magnetic field and makes us very agitated. And it sometimes blurs our vision so that we cannot see God clearly; we cannot hear Hirm clearly.

We might be able to, in some of the coarser levels, which correspond more to our physical world. But if we want to go higher and higher, to a finer and then to the finest vibrational frequency, we cannot take all of this gross matter with us, especially animal energy. **Vegetarian energy is lighter and easier to take care.**

Q: How can I see God and what is the spiritual way? Can I see clearly from now on? When and what is the propitious moment for meditation? What do I do to truly know God? When is Hes present constantly? Does Hes illuminate me in all ways and all my family nearby and at a distance?

M: Dogs and cats included? (Master and audience laugh) Yes, God is everywhere, of course, but it depends on how quietly we can calm our mind, how quiet we can be, how sincere we are, and how much we really want to know Hirm. Hes will appear whenever it is appropriate for you. God is always there, so there is no need even to ask the question whether or when Hes appears or not. But if we want

to see Hirm, we have to calm down. So it depends on the degree of our quietness.

Of course, **once we get to know God after initiation, even five, six, seven or nine generations of our families from the past and the present are taken care of by Hirm; Hes will illuminate and protect them as well.** They can sometimes even see God through your effort and through your merit.

It's an immense blessing for everyone, even for your cat and dog. I am not kidding! **Your friends, your lover, whomever you think of or care for, the blessing will flow through you to that person once you are illuminated.** So if you love your family so much, the way you asked and included everyone, hurry up and do something; get to know God!



A Saint Must Keep Up with the Times!

Q: What's the inspiration to meditate? To see God and to know how to have it truly and feel Him in our heart?

M: Yes, of course. To know God and to have fulfillment in our hearts; that's our aim. And you will have fulfillment of your heart. That I promise, because I have experienced it myself. There's nothing better. In the Bible, it is said, *What is the use of a man who gains the whole world but has lost his own soul?* I can attest to that. I would rather lose the whole world than lose God again. But that's me. You have to choose between the two. Actually, you don't have to choose: **You can still have the whole world but have God at the same time, and that's the way it should be.** Now we only have the world but we don't have God. That's a pity, because we can have both. It's not that we have to forsake the world in order to know God. No, no! God made everything for us to enjoy. He makes the beautiful woman to be your wife so that you can love. He gives you beautiful, wonderful children so you know how to love, protect and sacrifice for them, so you know what unconditional love is and what sacrificing love is.

So all of this God wants you to have. But if we only have the world and don't have God, we have only half of it. We don't even have half of it; we have only a little bit because we will lose it all. But once we have God, we have everything. *Seek you first the Kingdom of God, and everything else will come to you.* That's the promise God made to us before we were even born, but we have forgotten it, and that's a pity for us. **We should reclaim our right, reclaim our glory, reclaim everything we have, because we own the whole universe.**

Be a Saint, and enjoy the world at the same time. Be a beautiful, rich Saint. When I was a little bit enlightened, I followed the steps of many ancient Saints. I renounced everything. I didn't care about anything; I didn't want anything because it didn't appeal to me anymore. But then God said to me, "You must have everything. I am going to give you everything, everything, more than you ever want, more than you need. You have to show the world that I am the Father and I can give you anything, as well as spiritual awakening. You don't have to forsake anything in order to love Me because I love you, whatever you are." He told me I have to do it; I have to do it the glorious way. I said, "All right, Father, whatever You want." I would rather be

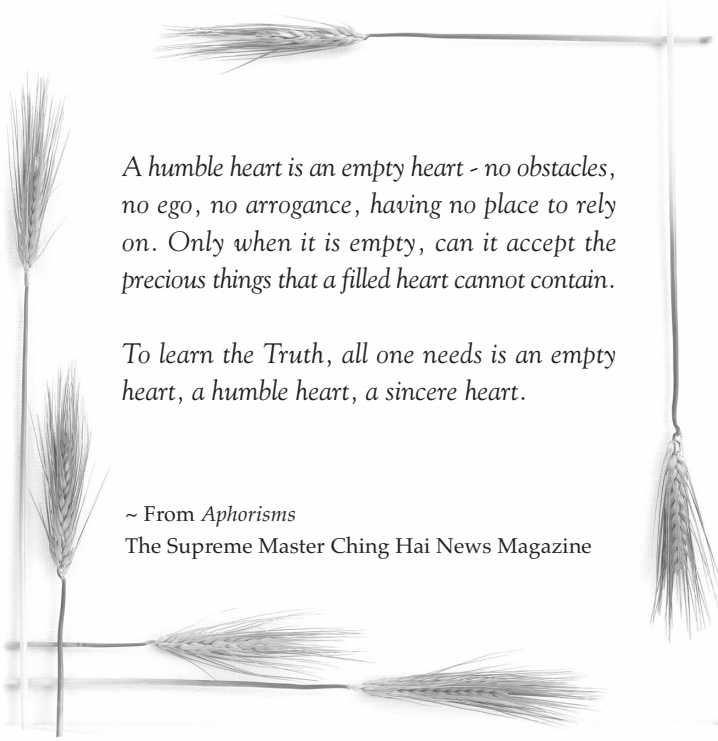


simpler; it's less work. But Hes likes it this way. Fine! Besides, you like me beautiful, no? It looks more pleasant to the eyes. I said to Hirm, "But Father, the ancient Saints like Buddha and Jesus walked barefoot. They wore simple clothes and went begging for food. Why do You want me to have all these things? Will that work?" Because most of the people of this world expect or are used to the kind of Saints who renounce everything, who don't have anything, who look poor, and who walk barefoot.

Hes said, "No, no! It's a different time! Modernize! You have to be up-to-date, to keep up with the times." So, I have all the things that I don't even care for.

Q: During initiation, is there any difference between staying close to the Master or far away from the Master?

M: No! Who is the Master anyway? You yourself! There is no need for any Master, a physical one. Even if I am a Master, you don't need my presence. Because the so-called Master must only be present on this planet to be connected with the physical atmosphere. But the Master does not necessarily have to be right in front of your nose in order to help you to be enlightened, because **the way of God is omnipresent**. You don't need to ask me all these questions; you have all the answers. All you have to do is just awaken your own wisdom, which I can show you in no time, at no cost and no obligation, at my expense. So why don't you try it? You lose nothing!



*A humble heart is an empty heart - no obstacles,
no ego, no arrogance, having no place to rely
on. Only when it is empty, can it accept the
precious things that a filled heart cannot contain.*

*To learn the Truth, all one needs is an empty
heart, a humble heart, a sincere heart.*

~ From Aphorisms

The Supreme Master Ching Hai News Magazine

Netherlands

Experience Heaven on Earth

The Third Stop: 9th May, 1999



The day that Master gave Her lecture in the Netherlands just happened to be Mother's Day. She offered Her congratulations and all the flowers She had been given before to the mothers in the hall. The main points of Master's lecture stressed that, "Once we know the grace of God, life begins to change; life begins to be the way it should be; life begins to be

like Heaven.” While answering questions after Her talk, Master told us a little story about Her time with a Muslim taxi driver. When She closed Her eyes and meditated, the driver asked Her, “Are you sleeping?” and Master answered, “No, no, I am praying; I pray five or six times a day.” The driver said: “But if you pray, you must go to a mosque, and you must do this and that.” Master said, “No, our prayer is simple. I have a ‘mini mosque’ I carry in my handbag. Our method is very convenient.”

Someone asked Master whether She expected the future coming of Christ, as many people do. Master answered: “No, I don’t. I know He came already. [Audience gave a warm round of applause] Master continued: “The Jews asked the same question when Jesus was alive. They were waiting for the Messiah and killed the one that had already come. Don’t do the same again.”

While answering a question about what Master thinks of angels, Master said, “Angels are my friends. The Father sent them to help me. They do anything I want, and are very helpful people. And after you are initiated, I also ask to supply some more angels for you, personal assistance, at least five for each.”

Master gave many people advice about life: “Only enlightenment will make you happy without having any more desires, will make you understand everything, and will loosen your attachment to all kinds of things.”

After Master’s lively, loving and wise lecture, many people decided that they would get initiation and walk the way Master has shown us. These new torches have now been illuminated and will make our world brighter.



~The Supreme Master Ching Hai Lecture Excerpts~

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*You Don't Have to Go to the Himalayas
for Enlightenment!*

In the ancient times, the communication system was not very efficient, and the transportation system was almost nonexistent. So finding someone who could show us the way to achieve the grace of God or the way to return to the Kingdom of God within ourselves was almost impossible. That's why most of the religious scriptures mention these spiritual subjects in a very precious way, in a very mysterious way, as very hard to find and very hard to achieve. They don't even write down the method for us. But nowadays, **because of all the convenience of scientific discovery, we can share with each other anything we know in a matter of hours or minutes.**

Anytime we want to see each other or want to see someone who knows the way, we can always fly, or go by car or by bus. In just a few hours or days, we can know whatever we want to know about spiritual practice.

Even if we can't see the person who knows it, we can see a person who is delegated by this so-called spiritual guide or spiritual friend. Thus, we waste no time, and we can always learn from anywhere in the world.

This is very lucky for us. I did not know that. I thought I had to go to the Himalayas. But that was my destiny. I had to go there in order to come back and tell you that you don't have to go there. So it wasn't a waste of time; it was the working of God.



A Living, Chosen Spiritual Pole Who Also Eats Cheese

But it is not going to the Himalayas that makes us enlightened; it is the spiritual power that is transmitted to us, through a living, chosen station, a living chosen spiritual pole. If God has chosen you to act as this electrical pole, Hes will transmit the power through you and then to another person. It's very simple. Because God is nameless and invisible in some way, it is difficult for us to know Hirm. But if Hes has chosen someone to transmit this power from Hirm, then it is easier for us to relate. Then we can assimilate this God power gradually, until we become one with God and we know God completely. That is the process of complete enlightenment.

The person who is chosen to be a transmitting pole for God's power is no better than anyone else on this planet. He also eats cheese. It's just that in order to light a torch, another torch has already been lit, and then you use that torch to light another, and then light another, and light another. **So in order to light many torches, one torch, one fire must be made in the beginning.** That is just the chosen transmission pole. Someone has to begin first, and everything else comes from that.

Jesus Told Us that Whatever He Can Do, We Can Do Also

So in my experience that God has shown me, there is no mystery about how to know God. It's very, very simple. Even children can have the experience of God, exactly the experiences that are written about in the Bible. For example, Moses saw God as a big bush of flames, and other Saints have heard God like the sound of many waters. We can have experiences exactly the same as that, and more. That's why Jesus told us that whatever He can do, we can do also. Because it was not He that was doing it, it was the Father.



We can see Heaven truly, with our heavenly eye. Literally speaking, we can enter Heaven as a place. And we enter it not by the physical body, but by a spiritual body. Then we can come back again to the physical body and continue our daily activities. No one ever suspects that we are a saint. That saves a lot of problems. People don't flock to our house and start worshipping in the dirt at our feet, or make our home their free hotel.



God Can Appear as Man or Woman

Because we always talk about God in terms of the masculine, I also go with this way. But God has no specialty. I have seen Hirm, and Hes has no differences like we have, like you and I. It's different, very, very beautiful. Hes is sexless. Hes has no male or female qualities as we think of them. Sometimes for the sake of contacting us, he can appear as a woman Saint or woman angel inside, to give us advice and share with us the secrets of the universe. Sometimes God appears as a man also to make small talk with us, or to tell us the wise way to live our lives and to take us up to Heaven. But that is up to us. Sometimes we human beings love to see a woman's appearance, and sometimes we love to see a man's appearance. Accordingly, Hes will fulfill our wish and appear as a man or woman.

Just the same, I asked God why most of the ancient Masters were men: "Why do You tell me to do this difficult job now?" And Hes said, "We will surprise humankind." (Audience laughs and applauds)

Q: Do we have to be open to receive enlightenment?

M: No, no. You are not open. That's why you need to be opened. You don't need to be open now. We will help you to open.

Q: OK.

M: If you are already open, you don't need me.

Q: Yes, that's what I mean.

M: All you need is just to want to know yourself.

Q: Thank you.

M: Actually, we don't have to do anything to receive the grace of God, because **the Kingdom of God is within us. It is just that you don't know how to access it.** So at the time of transmission, we just sit quietly and God does the rest.



The Only Solution to Any Problem

Q: In regard to the war in Kosovo, how can we help our brothers and sisters?

M: There are many ways you can help. If you believe that one side is bad, then you can join the other side and kill them. Then their brothers and sisters or sons will come to kill your brothers and sisters, and their sons will kill your sons and so on. Another way to help is to see whoever suffers, for example, the refugees, and contribute some money to help their lives get better. And we do that. We don't join either side and don't kill anyone. We just help when the situation is already very bad, and just make it a little bit better if we can.

The best way to help is to get yourself enlightened. Otherwise, it might be your turn next. Once you are enlightened, if you have relatives and friends, you can even pray for them better. Because you can tell God what you want. God also knows what you want, but you don't know God. You don't know what God wants. That's the problem. That's why many prayers are not answered. God answers but we don't hear, because God talks in a subtle

language. We have to quiet down in order to receive it. We call this meditation, contemplation, or quiet prayer. But we have to open our contact with God first. We have to plug back in, reconnect the telephone. Then we can talk to Hirm, and we can receive the answer.

Now **God tells us to do one thing, and we do another. Because we are not connected, that's the problem in this world.** If the people fighting in Yugoslavia could contact God directly, they would not start the war at all. God would not tell them to do that. Since it's started, it has to continue to some point. Just like when the engine of a car starts and it's going downhill, it has to run its course, and then it will stop. **We can help by giving our loving thoughts and loving power, but our prayers must be powerful.** At the moment, our prayers don't have power, because we are not connected with the power inside. That's why Jesus didn't waste His time trying to go around stopping any wars. Buddha didn't go around trying to make peace between countries. They were busy teaching people to get enlightenment, because they knew that's the only solution to any problem on this planet, and on any other planet in the universe. **We can help**



through sincere prayer, but we must be enlightened. We must be connected with this God power first. Then whatever we think will come true, whatever we want will come true. At the moment, we want something but we don't have anything to back it up. Just like we want to buy a dress, or we want to buy shoes, but we don't have money in the bank. Have money in the bank first, then anything else you want, you can buy. (Applause) Thank you.

Q: *Are You a Saint?*

M: What do you think? (Applause) Do I look like a Saint to you? I don't? Thank God! If I looked like a Saint, I would be in more trouble. I already have enough trouble without looking like a Saint. **It's not important that I am a Saint or not. It is important that you will become a Saint.** (Applause) And I guarantee that you will become a Saint, if I teach you. In the name of God, I promise. (Applause)

Protection Comes Along with Your Awakening

Q: Can the meditation You offer protect me or anyone from being affected by negative forces from outside or within us?

M: Of course, definitely; it's not the meditation that protects you; it is the awakening of your own power within yourself that will protect you. It is knowing you are God that will protect you. The Bible says that God lives within you. I am just going to show you how to find that God. Then He will protect you. The meditation just means that you calm yourself down so that you can communicate with that God within you. The more you know that God, the more you feel secure, loved and protected. **Even your family and your friends, even the ones who died a hundred years ago that you don't even know will be protected. Five generations behind you are also protected and uplifted to Heaven, due to the power of your awakening. (Applause)**



Q: Dear Master Ching Hai, it is well known that in August 1999 there will be a big disaster in the world. Is that a disaster in the human heart or in the new world?

M: The world is old, why new? (Master and audience laugh) Disaster always happens. Don't wait until August 1999. If we go out there and don't drive carefully, we have an accident. Disaster is already there for you. What is the use if the world is still there and you get into a disaster yourself? Don't wait for the world's disaster; protect yourself today. **Don't ask me to predict the future, because there is no such thing as a fixed future for humankind or of any kind.** If there is really a fixed future of any kind, then Jesus cannot do anything. Buddha did not have to come, and we don't have to meditate. We don't even have to pray. What is the use, right? The negative power wants you to believe that there will be disaster this and that and the other. I want you to know that **God's grace is greater than any negative power, any disaster or any prediction. We have to get in touch with this God's grace, and then we are protected.** (Applause) Thank you.

Poland

Together We Can Choose a Bright Destiny

The Fourth Stop: 11th May, 1999



Polish fellow initiates had been waiting for years for Master to visit our country, and it was with great joy that we received the news that Master was coming to Poland. We were very excited at this news and at the same time wanted to do our best to



prepare for Her arrival in our country. Very quickly we rented a hall for the lecture, informed the media about Master's visit and put ads in the press, and on radio and TV. Many initiates from all over the world came to help us with distributing flyers on the streets of Warsaw.

The preparations for the lecture took a lot of effort. We worked day and night. We were tired but the delicious food prepared by the disciples gave us energy. We had a very large response, as the telephone in the Center rang continuously for days. But we still did not know how many people would actually attend the lecture, so we were extremely happy when we saw that the lecture hall was filled to capacity.

During the lecture Master said, "Poland is a holy land. Because one of the greatest men on the planet was born in Poland, his Holiness Pope Jean-Paul II."

People asked Master many questions. The atmosphere of the lecture was permeated with peace and happiness, as Master's love changed people's hearts. One person who attended the lecture said that he never expected that it would affect him so much.

Experience Sharing

(By sister initiate Elizbieta Golebiowska)

Good evening everyone. I was asked if I would be willing to talk to you about my inner experiences during meditation. At first I said yes because they are so beautiful that I would like to shout about them, and let everyone else know how wonderful they are. But then I thought, “No, I’d rather not,” because this is such a treasure, so very intimate, and it is better to keep it just for myself. Anyhow, I decided to do it. So now I would like to briefly tell you how I found Master.

Five or six years ago, I had a serious and unbearable health problem. At one point during a check-up exam, my doctor said that there was no trace of the illness, that it was unbelievable, and that a miracle must have happened. What had happened? Just before the check up -- I had a vision. I saw a pillar of Light reaching far into the cosmos, and at the end there was the Holy Mother holding the baby Jesus. At that time I was rather an atheist, so the beautiful vision couldn’t have been the result of any strong faith. But after seeing this Light, the check-up exam showed that I had been



miraculously cured. I began to seek answers to such questions as: Where do we come from? Why do we live? and Where are we going? And then I found Master Ching Hai.

At a small festival held in the town of Bydgoszcz, I received a free sample booklet about Master and Her teachings. After reading it, I thought, “Here is the Teacher I have been seeking.” After studying Her teachings, I received initiation, not too long ago, and now I would like to tell you briefly about my inner experiences. One of them was really beautiful. I went somewhere high, very high, probably to some Heaven and saw Jesus. I asked Him questions, because Master teaches us to do so, and I received answers, which were silent but clear and understandable.

Later, Master Ching Hai arrived and She and Jesus were swinging together on a golden swing. When they stopped swinging they merged into one, and floated up high into the cosmos. Then I was convinced that what Master says in Her books is true, that it is the same power, the power of God, expressing itself in different bodies in different historical times. It was a wonderful experience!

I'll tell you another one. During meditation, I came to a planet with mountains of crystal. There were small lakes whose bottoms were made of precious stones. There was a large waterfall at the lake and I took a bath there. I came out feeling very light, pure, happy and joyful. When I went further, I saw beautiful plants, fruits and flowers. I had never seen fruits like that and I'm sure we don't have them on Earth. I saw beings living there. How harmoniously and beautifully they worked, harvesting and later storing the foods! It was so beautiful, I thought it would be great if we could work the same way. And I thought that it could probably be attained under the leadership of Master Ching Hai, who I believe is the Spiritual Leader of Earth.

I was initiated not long ago, on the 27th of March. I have to tell you that I am always very nervous when I have to make a public speech, but not today. I feel good, and it is with great pleasure that I am telling you about my experiences. I have regained inner peace, and have stopped being afraid of life and death, as I was before. I have gotten back my joy of life. In general, I feel loving kindness toward everything, and I would like to wish you the same. Thank you for your attention.



~The Supreme Master Ching Hai Lecture Excerpts~

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It's Immediate!
Because We Already Have All the Equipment

God is always with us. Hes never leaves us now or beyond this world or ever, ever. Hes is always there, always in here, always near, always everywhere; it's just that **we do not know it because we have lost the contact.**

The duty that God has assigned to me in this life is to help you to reconnect yourself with your great Father, with our Father. And then you will experience that we are one, that you and I are the same, and that we and God are one. It takes place immediately, and it will continue every day as you go further into the connection with God again. It is immediate because we already have all the equipment. **Just like with electricity, we have to just plug in and the light comes on.**

*The Supreme Master Is
the Name of the Father*

The Supreme Master Ching Hai is not my name. It's the name of the Father. I know you are “scared” of that name, but don't be! God wants me to have that name so that Hiers children know that it's Hirm who is speaking, not a human who speaks to you.

My ego was very alarmed at first. I worried that people would make trouble for me. But God told me, “Don't worry.” Hes knows what to do. Whatever God commands, I just have to do it. After knowing God, I have no personal business, no private time, no personal wishes, no... nothing! I just have to do whatever is Hiers will. And of course it would not be easy if God's grace were not protecting this so-called “being.” Buddha, Mohammed, the Lord Jesus - these great Teachers and many other teachers have sacrificed their lives and shed their blood, so that we can be in peace and safety to speak the Truth in this era of our planet.



In the Year 3000
This Planet Will Be Like Heaven

There will be no more bloodshed, no more war, no more misunderstanding between brother and sister, no more killing of any beings, however small, even insects. We are getting there.

I don't know about your country, but in America every year now, there are tens of thousands of people who become vegetarians due to love and many other reasons. And I could even come to you today, sit here, and talk openly, safely, which wouldn't have been possible years ago. I feel every day that God's grace keeps pouring out more and more, and people realize more and more of this Godly grace.

And I am just so excited and so happy. I don't know how to explain it to you. Sometimes I feel I'm out of patience because I work too slowly for Hiers commands. Hes wants to move faster, faster. But the body has limits, and a human's mind sometimes has limits about understanding something that's almost like new such as God's grace, even though it is not new at all.

*I Cannot Charge You
for the Things that You Already Have*

If God says we are Hiers children, if the Buddha says we all have the same Buddha Nature, why can we not become like them? We must live a life of glory, a life of wisdom, a life of happiness, a life of intelligence, a life of positive power. We must because we are the children of God and we can do that. (Applause) Of course, I will show you how. And it will cost us nothing now, later, between and after, never cost you anything at all. Why? **Because the Kingdom of God is yours. It's not that I give it to you. So I cannot charge you for the things that you already have.**

And there is nothing you want that Hes will not give to you. Hes will take care of the minor details of your life, including waking you up when you are late. Really! During this hectic schedule, Hes takes care of me in such detail that I sometimes cry. I always go into a strange country almost for the first time, and don't know how to go anywhere; Hes always puts me in a good hotel and puts me next to a Chinese restaurant, Aulacese restaurant, shop or whatever, so that I have everything I need. Otherwise I would probably go hungry.



Every Day Miracles Happen Once We Are Reconnected

Every day miracles happen in our life once we reconnect ourselves with God, and **all we have to do is just sit there and try to listen to what He says**. That's all we have to do. That's why we call it meditation or silent praying in the closet or contemplating on God, whatever you want to call it. It's just a silent communication with God so that we know what to do with our life. After that, we never worry about anything. Because we know that God takes care of us in every way. Before that, even when we do things all smoothly, we still worry that it might go wrong afterwards.

When something goes wrong, we will wait and see because we know that later God will bring us somewhere else which is where we're supposed to be, and we know that's why things go wrong in the first place. So we live our life in peace, in security and in the immense love of God, every second of our life, awake or asleep. Because we have the choice to leave the coarse, the gross, the rough level of energy behind us or below us, and we have the choice to ascend into a higher level of life, which exists at the same time and takes out whatever goodness there is from the higher level.

*The Lord Is My Shepherd;
I Shall Never Want*

That doesn't mean it's within our body, yet it is; it's just another world, but without and within this material world, which is much better, much happier, and we can always go up and down. We can live in this world, but we can also enjoy Heaven at the same time, or at least sometimes in a day and then later continuously when we are more adept. And that's how we become holy. Because we will have everything, then we will not want anything. Then we will know that the Lord is my Shepherd; I shall never want. Because there is a great contentment, there is a great peace, a great blessing, after we are reconnected with our Father.

At that time we have money, but we are not attached to money. We have everything that God gives us for comfort, but we can even throw them away if necessary. But God would not want us to do that. **God wants us to enjoy this life materially, as well as the Heavenly life at the same time. We have both worlds in our hands.**



You Have to Set an Example of Glory!

When I began to seek God and when I began to know Hirm, I renounced everything because I didn't feel I needed anything anymore except our Father. And I was happy that I had Hirm; I didn't want anything else. But then God wanted to give me so many things - everything that I ever wanted, or didn't even want, and I said, "Why? I don't need them."

I said, "My Lord, I could go without food even. I could go without drink, and I could go without any comforts. I can only see You every day. What else do I want?" At that time I ate only one meal a day and had only three pairs of clothes and a sleeping bag to take wherever I went.

But God said to me, "No. You have to change. You have to show the world that I give you everything. You have to set an example of glory in Heaven as well as on Earth. So that the people who see you will see Me, that I am a generous Father. That I am the Father; I take care of all my children; they will have everything." Hes will give everything to Hiers children.

OK. I was a little reluctant, but of course I said, “OK, Father, all right. Whatever You say, I’ll do it.” So Hes has been giving and giving and blessing me in abundance ever since, and I could not even use up all the things Hes gives to me. I am so happy that I have them; I can share whatever I have with other people.



People eagerly purchased Master's books for further study.



Update Yourselves with Hiers Grace

And I think our Father is right. I should have money. Suppose nowadays everything is very progressed and scientific. And suppose I want to come to you, and I need to buy a ticket. I don't want to ask it from you. I should have it and buy it myself, and that is very good.

And God has given us and our planet great, great progressive procedures and timing. And we have to update ourselves with Hiers grace, so we have to live according to the times, the progressive Earth. In order to use all these new inventions, new comforts that God has bestowed upon us, we also need material self-sufficiency, and to make use of all these new scientific discoveries in order to relay the message to our brothers and sisters.

There Is Only One God, One Religion!

Q: Is it possible in a short period of time to make people basically love each other, so that there won't be any more wars, and so everyone will be happy on our planet?

M: Yes, yes. It's possible. But I'm afraid that you cannot contact everyone on the planet in a short time. So at least you can make your surroundings, the people that surround you, the people who know you be in peace. And if each one of us does that, of course the world will become peaceful, so it takes a little bit more time and more people to join forces.

Q: What is Your religion?

M: I have only one: It is God's religion. (Applause)

Q: Are we going to be witnesses, are we going to see in a short time the unification of religions? Are we going to see any unification of Your religion in a short time?

M: It's not important. The unification of religions is not important because there is only one religion to begin with. It is important that we know what true religion is, what God is, what the real Buddha Nature is, for the Buddhists, yes. Because



everyone has the right to call God by any names he wants, but there's only one God, one religion.

Q: Why are there so many different ways of getting to God? Why are there so many different religions, sects and so on? A person might get lost in all these choices. What should he do?

M: After every great Master left the planet, the humans behind Him formed one religion after His name. So after Christ died, they formed Christianity, and after Buddha died, they formed Buddhism, for example. That's why we have so many names, so many religions. But all the Masters teach only one thing: There is only one God and we can reach Him. If you are not sure which way to follow, to go home, pray alone sincerely to God, and then He will give you a clear answer. That's what I did. Because I also tried many ways and it did not work well for me until I found this Quan Yin Method.

Russia

We Are Here to Bless the World

The Fifth Stop: 13th May, 1999

It was the first time Master had given a lecture in Russia and the fellow initiates were delighted. They made every effort to spread the good news. The warmhearted local residents also helped to distribute leaflets. Master's coming brightened the city of Moscow.

The lecture was held at the Meridian Culture Center, a splendid, modern building. On the evening of the lecture, wave after wave of people arrived and packed the spacious venue, evidencing the great interest of the people of Moscow in spiritual development.



During the lecture, a loving atmosphere pervaded the venue. One audience member said to Master, “While we are in Your presence, we feel that our dirt is removed, and our painful sensations are also removed, and we feel happiness, we feel light.” Master’s love filled many eyes with tears. One fellow initiate met Master for the first time at the lecture. Tears of joy kept flowing down her cheeks, and when she looked at a non-initiate Russian girl sitting next to her, she found a mate to share her happy tears. Regardless of whether one has known Master before or not, his/her soul can recognize Her, knowing that the dearest One has come to guide them, the lost children, back to the Kingdom of God, so their happy tears are not able to stop...



Right after the lecture, many people decided to request initiation into the Quan Yin Method.

One twelve-year-old boy from China also wanted to be initiated. It was explained to him that, at his age, he could only receive initiation if he had an initiated parent to look after him in his meditation. So he dragged his mother by her hand, urging her, “Mom! Fill out the initiation form quickly! Fill it out now!” At the beginning, his mother hesitated about undertaking a life-long purely vegetarian diet. But, seeing her son’s earnestness, she finally filled out the form. Afterwards, the two of them came together to group meditation. Even though the child was of a young age, he knew he wanted to be a vegetarian and take up spiritual practice. This impressed us and convinced us that the God dwelling within us has nothing to do with our age.



~The Supreme Master Ching Hai Lecture Excerpts~

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The Journey Back to Heaven

All the scriptures of many religions have recorded how the Saints of the past had access to Heaven. And we thought that only these Saints were able to travel to God, while we ordinary people could not. But we can. Because the Saints, the Masters of the past, have always left some unspoken methods or unspoken ways of going to Heaven. And some people still keep this method and can continue to transmit it to us.



In order to go to the highest Kingdom of God, we have to travel through different levels of Heaven. We have often heard that when someone dies and leaves the physical body, he either goes to Heaven or goes to hell. **We can train ourselves to go to Heaven;** we can train ourselves to know the way to Heaven first, and we can train ourselves to avoid hell while we are living. **So when we die and leave this physical world, we just go straight to Heaven.**

One Needs a Guide

It is just that unfortunately sometimes we do not have the chance to meet the person who is holding this unspoken method. But if we do know someone who happens to know this way, then we can learn from Him, just like people learned from Jesus or other Saints in the ancient times. It's the same method, the same way. Because this method is the Grace from God; it's the Love from God. Therefore, it cannot be spoken about, and it cannot be written about. And **the only way we can receive it again is through a silent transmission.**



That is why we have never found any so-called method written in the bibles of any of the religions. But it has always been continued in the lineage since the time of Jesus or Buddha or whomever the Master is that God has sent to this planet. Once we have been transmitted this unspoken spiritual power, we can practice. And after a while, we can also continue by transmitting it to another person, if God wills it so. These people - **we can call them teachers or friends, good friends, guides or confidants** - whatever we like to call them is fine. But actually **they are no different than we are.** They just happen to have received this transmission, and then they can pass it on to us.



How Hell Exists

We came from Heaven; we came from God. The reason we suffer is that we have forgotten this fact. God has given us this physical instrument so that we can experience this physical level of the universe, but we have not lost the spiritual power that connects us with the higher level of God's power. If we have forgotten that higher level of ourselves and only remember this physical level, then of course we suffer.

Because the energy of this physical level is very, very suppressing and very pressurizing. It makes us suffer all the time. And the more we suffer, the more difficult it is for us to believe that God exists. And that's the problem: The more we suffer, the further we are from God. And the further we are from God, the more we suffer. It will continue like that until we suffer so much that we get pressed down, lower and lower, until we experience hell. And that's how hell exists.

Experience Relief Now

Once we leave this rough, physical energy of the Earth planet and step up onto the higher level of Heaven, we will experience relief immediately, anytime. It's just like we have left a dark underground room and stepped into the higher level of a building. Then we see the sun; we see the daylight immediately.

And the higher we step into the higher mansions of God, the more elevated we feel. The more wisdom will be reawakened within us, the more power we will have, the more love will stream forth from God through our beings to bless the world, and bless every being that comes in contact with us, or anyone in our vicinity. And after some time, when we reach the stage where we become like Jesus, then we become One with Jesus. We can see Him; we can also talk to Him. We can talk to other Saints if we want to. And then we become One with God. And that is when we know what Jesus has told us: *What I do, you can also do.*



But we must know it; we must experience it. We must not just listen or repeat the words emptyly. We have to know from experience that God exists, God really takes care of us, God blesses us every day, every second of our lives. But we must contact Him; we must contact Him.



If We Don't Hear God's Answer, That's Our Problem

There is so much suffering, so much war, so much famine and so much disaster in the world. And God suffers, too. Hes wants Hiers children to be happy. Hes wants Hiers children to make use of the power that Hes has bestowed on them. But they all have forgotten.

I wish I could tell the whole world this good news. But we can only tell whoever wants to listen. Human beings have been praying to God and have blamed Hirm for not taking care of them and for not listening to them. But actually, God is always there; God always knows everything. God always answers us, but we just don't hear. And that is our problem.

How to Listen to God

I am here to help you know how to listen to God every day. Then you will know that God exists, so that you will know that Hes really hears your prayers and that Hes really answers them, any of them. Anytime, in any second of your life, Hes will help you, answer you, protect you, love you and instruct you about what to do with your life and how to solve your problems. Hes is there, twenty-four hours a day. Then you will know that we are not supposed to suffer, that **we are here to enjoy, we are here to glorify God and glorify ourselves. We are here to bless the world.** We are here to enjoy every possible thing that God has created for us, visibly and invisibly.

All we have to do is just to remember Hirm, not even for the whole day, but just a little while every day, just to remember going up to a higher level of Hiers mansions and receiving Hiers love and blessing. Then we go back down again, to distribute them to ourselves, our family, our nations and our planet. And **we don't even have to forsake everything - just the little time it takes for us to watch a film or to read a newspaper. That's all the time it takes to know God and to receive Hiers love.**



Because just as we need food every day for our physical strength, **we need Heavenly food every day** in order to be stronger in our faith, to be stronger in our wisdom and to be stronger in spiritual knowledge, so that we can help ourselves out of this suffering world and help other people as well. That's all we have to do.

Armenia

From One Soul to Another

The Sixth Stop: 15th May, 1999



The lecture was presented at the Komitas House of Chamber Music. The main auditorium and balcony were filled and the aisles held the overflow of the crowd. Children, dressed in traditional Armenian costumes, respectfully stood in front of the entrance hall to welcome The Supreme Master in the traditional manner and then escorted Her through the hall and onto the stage. Master hugged these lovely children and gave them candies and red envelopes that contained lucky money.



Master, captivated by the beautiful buildings in Armenia, commented that the people of their ancient civilization were able to match very different colors in constructing such magnificent palaces because of the power of their tremendous inner spiritual energy. Thanking the people of Armenia for sharing their treasure with the world, She pointed out that God likewise had ordered Her to share the spiritual blessing that Hes has bestowed upon Her with the people who would like to know. God has commanded Her to go out into the world wherever requested to give this message: “God loves you very much and if you want to see Hirm, I have to show you the way.”

As Master spoke, the audience members listened attentively and frequently expressed their appreciation and understanding through resounding applause. During the question and answer session, someone asked Master if She had seen God and if so, what does Hes look like. Master replied that God appears in whatever form we want. “God has two attributes: form and formlessness. And even within the attribute of form, Hes has two forms. If Hes wants to materialize in this world, Hes becomes like this. [Master pointed to the people in the audience.] All of these are God’s materializations. That is why the Bible says that God dwells within you.”

Laughingly, Master said, “It’s really funny how you don’t know that you are God. And there’s another form, an invisible form in which God also manifests to communicate with you when you meditate within. That is a little higher level. In the highest level, God is formless; God is only bliss, light, happiness, and indescribable ecstasy - indescribable! And when you see the invisible form of God inside, you feel so exalted that you don’t know what to do! In the Bible, it is said, *In my Father’s house, there are many mansions*. That means there are many different attributes of God that we must know one by one.” Another person’s comment that he thought Master’s presence in Armenia was a great event drew thunderous applause from the audience. After the lecture, Mr. Sarkis Nadjarian, a noted local television reporter, presented Master with a beautiful clock on behalf of the Komitas House of Chamber Music in appreciation of Her visit and by arrangement of its director Mr. Robert Sahakian. Then the famous Armenian opera singer and recipient of the International Music Award, Ms. Vardue Khachatryan, sang two songs dedicated to Supreme Master Ching Hai, “Ocean of Love” and “Suma Ching Hai.”

The next evening, after a press conference, Master took part in a performance entitled “Musical



Art - An Evening of Love” convened by Ms. Nadezdha Sarkisian, Congresswoman of Armenia and President of Hayer Cultural Foundation, together with the Sharm Company. After the evening’s event concluded, Master met with the new initiates to satisfy their intellectual queries and their desire to be with Her longer. An elderly lady told Master that she had been a doctor for 45 years but now was displaced from her home. Master said She was very sorry that this late in her life she had to go through all this, and that She understood her feelings because She was also a refugee. Master continued, saying that we are all refugees in this world because this is not our real home, but rather we should seek always to return to our eternal Home and there we will always be at peace. Later, Master taught the new initiates the Holy Names and meditated with them for a while, and when the initiates had gone deep within, She quietly took Her leave.

On May 15 and 16, 1999, Master visited many places in Armenia, including homes for the elderly and orphanages in Gjumry, Vanadzor and Yerevan. During Her two-day trip, Master Ching Hai contributed a total of 250,000 US dollars to the Armenian people. (For details, please refer to The Supreme Master Ching Hai News magazine #104.)

~The Supreme Master Ching Hai Lecture Excerpts~

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A Sincere Seeker Finds God

If we have beautiful things, we should share them with others. Similarly, the spiritual blessing that God has bestowed upon my humble self, He has ordered me also to share with whoever would like to know. When I began to wonder about God and the universe, I was very, very young. And I did not know to whom I should ask these very big questions, such as **what does God look like? How can I see Him? Can I touch Him? Can I hug Him?** (Because I was very small, and I liked to hug.)

Many years passed after my first questions to myself, and I did not find the true answer. So I followed my grandma to the Buddhist temple and prayed to the Buddha, and I followed my father to the Christian church to pray to God. I prayed to everyone that I knew of.

I tried to read the Buddhist Bibles and the Christian Scriptures, but I could not understand much. I even slept with the Bible. Every night I would hug the Bible and sleep. And I always prayed to God,



saying, “Please, can You show me Yourself? Can You show me Yourself, the highest God, the God above all human barriers, the God above all religious differences, the God above all hatred and racism? Please can You show me? I would like to know You more than anything else.” Somehow I could feel that God was there, but I could not see, and I would have liked to see.

So I tried many ways in order to be able to contact Hirm, but I failed. Until one day Hes kind of led me into this spiritual way that Hes told me would be quick so that I could know God. And ever since then, I have become more acquainted with our Father every day. And Hes has ordered me to also go out into the world, wherever I am requested, in order to give the message that Hes loves you very much. And if you want to see Hirm, I have to show you the way. It has been a very challenging job, and it’s not a profession that I would consider fit for a small woman like me. But God has said, “I’ll give you all the power necessary; you just continue to serve Me, and everything else I will provide.” **This way has worked for me and has worked for many thousands, even hundreds of thousands of other people who have been seeking God. So I am sure it works for everyone.**

Live in the Law of Love:
The Ten Commandments

God has reminded us to live in the law of love, from the Ten Commandments. Because if we are God or God's children, we should live the way of love, which is the way of God. The Ten Commandments are not God's Commandments, because He is not strict with us. He is very, very loving. He loves us, no matter how sinful we are. But the Ten Commandments are just qualities - the qualities of a child of God or the qualities of a walking God on this planet. So if we want to proclaim the glory of God, we must also be fit and be up to the standards of the Ten Commandments. So of course we'll be loving to each other, share things with each other, not kill each other, and so on. **These are the qualities of a living God.**





God's Gift Is for All of Us

Q: Why did the selection drop upon You, particularly, regarding this gift? I mean why was this gift given particularly to You?

M: I also have asked Hirm this. And, Hiers will be done. I have no influence. But you can do the same if you want to. And one day Hes will tell you to do it. Every one of us can do exactly the same. It's just that God has a way of arranging things that we do not understand. But we are both no different. **The gift I have, you have. Hes wants to give it to all of us.** That's why Hes told me to come and remind you of your gift. Hes did not give it to me alone. I'm here to show you your gift.

If you mean how am I able to bring this message to you instead of you getting it yourself, the answer is because I know it already, and you do not know it yet. So I can show you what I know. And later, when you know, you can also show other people. We will get to know God more and more each day, to reacquaint ourselves with Hirm. And one day Hes will just probably tell you, "Now you go and tell everyone else; you are able to share the knowledge." At that time, there is no "you" and no "I," but only God that working through your being.

God Is Beyond Retribution

Q: When will the justice of God come?

M: I only know when the Grace of God comes. I don't know the God of anger. I only come to tell you that God is gracious, God is loving, and God is all forgiving. And if you want to know this God, I can show you.

The thing you ask is about retribution; this is within the physical world. Whatever we do will create an effect. That is automatic. That is not God's will or God's doing; it's just the result of some action. So whatever we do, we should consider the outcome beforehand. And do not blame God for the unpleasant results if the action is not good enough. The outcome of any action is very simple. If you grow a rose, then the rose will bloom and not something else.

But God is above all that. God is all love, all forgiving. God is always with us; Hes wants to protect us and give us all the happiness we want. It's just that we have to contact Hirm to receive it.

Q: Is it true that God will come to us in the year 2001?

M: Hes will come in two seconds, if you allow me to show Hirm to you.



Q: Do You see God in Your dreams?

M: No, not in dreams - at anytime. After the reconnection with God, you can see Hirm anytime. There's no need to be in a dream. It is when you are awake that you realize you can see Hirm. If you are sleeping, you don't know.

Bulgaria

Fill Life with Love and Wonder

The Seventh Stop: 18th May, 1999



Bulgaria is a country with strong spiritual traditions, but it is currently in a very difficult economic situation. Consequently, many Bulgarians live a poor life and worry about their futures. The war in Kosovo added to their fears. In this difficult and uncertain time, many were asking themselves why there was so much suffering in the world and how to change things for the better. The Supreme



Master Ching Hai not only brought the answer to this question, but also brought them a solution to their problem.

The lecture hall in Sofia contained about 1500 seats. We all thought this would be too many, and made plans to put people only in the first rows. To our surprise, there were so many people that we had to put them sitting cross legged around the small podium where Master was going to sit. Many also didn't have seats and had to stand up during the lecture. Afterwards, one newspaper wrote: "3000 Awaiting Enlightenment in Universiada Hall."

When Master arrived, She saw some elderly people sitting cross legged on the floor and kindly invited them to sit next to Her on the couch. She also asked people to sit next to Her on the stage, which really warmed up the atmosphere. After the lecture, one elderly lady who sat next to Master told us that it had been the best experience of her entire life.

The message Master brought to the Bulgarian people was simple but powerful: "Only if we find God will we find true happiness, true peace,

everlasting bliss, even in this life and the life after.” Master offered everyone the way to go back Home and merge with the Truth.

Many asked about the cause of the Kosovo war, and how to help so that peace would be reestablished. The answer was very simple: “**As long as people forget God, there will be war again, not only in Kosovo, but anywhere possible.** We have to truly know the God inside, contact Hirm in order to know the other person is also God, and then one God cannot kill another God. Then war will stop. When we don't know this, we just look at each other as another human being; we just look at personality, character, habits and national traditions. We forget that there is a God within that person, and that is the main thing.”

Master's words were full of Love and power. Someone said that She was like a Sun of hope in Sofia, amidst the Kosovo crisis and fear of war. After the lecture, many people asked for initiation and to learn the Convenient Method, and many had wonderful experiences right away during initiation.



~ The Supreme Master Ching Hai Lecture Excerpts~

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*Finding God through
Another Awakened Soul*

So the question of how to find God is actually “where” to find Him. If we know the place, it’s very easy. If we do not know it, even if we search for hundreds or thousands of years, it is still not useful.

I had also searched for many years, since my youth. And I found it very frustrating, because many of the scriptures do not tell us how to find God. They just tell us of the ancient Saints and the ancient people who happened to find God and how they experienced their contact with God. But they did not tell us how to do it or the way to do it, where to do it and when.

And now I know the way to God cannot be written of in language and cannot be spoken of in any formula. It has to be reawakened through another already-awakened soul, through another person who has already remembered God or who has found God again.

If we happen to meet that kind of friend, then the reconnection takes place instantly, if we want that. It's all in quiet, all in silence. In silent transmission, we will find God. And then we will continue to have contact with Hirm daily and every time we want to - in our home, on the bus, in the airplane, in the taxi, in the park or anywhere else we choose to be quiet with Hirm.

But then of course **we must want God above all else**. We must be really sincere in this request. Otherwise, even children can contact God daily, in an effortless manner. And after contacting God, we find that our life is full of miracles. Everything will happen like a wonder. Everything will be taken care of; everything will be so much in love and so much in harmony that our soul will find a peace we never knew existed up to that moment.

After knowing God, after knowing the wisdom that we've always had within us, of course we can serve the world better. **There will be so many abilities awakened within us**, so many talents being remembered and so many different dimensions of ways to solve problems in this world that we will be very busy but also very eager to share this wisdom with everyone who comes to us for assistance.



The Inner Language of God Unites Us All

We have a problem with language in this world. Sometimes it causes war, too. God has invented one language, which is called “The Word” in the Bible. And once we speak together in that same language, we have no problem. Because that language is the Word of God; it is God. Once we know that language, we become one with God and we remember our origin - that we are all from the same substance, all from the same Father, and that we are true brothers and sisters.

It is a pity that some of us have forgotten this language. Therefore, we have so much misunderstanding with each other in this world, so many businesses that don't go smoothly, and so many international negotiations that are not successful. It is because we cannot communicate only with human language.

In our practicing group, we have all kinds of nationalities and all kinds of religious beliefs. **But we work together in peace and harmony as if we have known each other for thousands of years, from the instant we see each other for the**

first time. Why? It is because we speak the same inner language, and we understand each other at the level of higher consciousness.

We can hear this Heavenly Music now, while we are living, so that we can understand what God wants to teach us, what our instructions from Heaven are, what God's will is, so that we cannot go wrong in this world. Then we will live our life more in harmony with the mandates of Heaven.



Right after the lecture, many people decided to request initiation into the Quan Yin Method of meditation.



God's Power Can Influence the World

Q: Master, can we in this hall, under Your guidance, influence the war that is going on next to this border in Yugoslavia and Kosovo?

M: Of course we can. That's why we are here; that's why I am going around Europe at this time. The war is one of the reasons. **Loving thoughts and positive thinking always make the atmosphere brighter**, more positive and more loving. The more people who have the same thoughts, the better the influence. And the more concentrated each person's thought is, the more the influence.

So actually if we want to have a more energetic influence on some matter, we must ourselves gather this concentration force and concentrate on this God power within us first. But we must know how; then we can direct that God force to influence the world. And that's why I'm here, to share with you the secret of how to find this God power again so that you can give the world a more positive influence whenever you want.

Greece

Knowing God Is the Highest Virtue

The Eighth Stop: 20th May, 1999

Greece is a country with a very long spiritual and religious history that has produced many great, world-renowned philosophers, including Plato, Socrates, Aristotle, and many others. Athens, the capital city, has a population of over 4.5 million, and each year many thousands of tourists go there who are keen to learn more about Greece's unique culture and to visit the many truly monumental historical sites that the country is proud of, such as the Acropolis.



On the evening of May 20th, the fortunate people of Greece packed into a centrally located venue in Athens, the Park Hotel, eagerly waiting to be graced by the presence of The Supreme Master Ching Hai. Elegantly attired in an orange dress, Master received a very warm welcome as She stepped onto the stage.

On the completion of Master's lecture, the crowd had the opportunity to ask for further information about specific topics. Many questions came flooding in and Master patiently spent time answering them and clarifying further for the sincere seekers of Truth. Master stood up throughout the entire lecture and question and answer period, because many people would have been unable to see Her if She had been seated. Fatiguing as that must have been, once again we were reminded of Master's unconditional sacrifice for other people and that She always considers them first and Herself last. On completion of the lecture, many people rushed to the front of the stage to receive the fruit, candy and flowers that Master kindly distributed. Some people, realizing how rare and precious this occasion was, handed Master their sample booklets or flyers to be signed, at which point She remarked that She was not a movie star. Many people, looking to quench their spiritual thirst, requested initiation into the Quan Yin Method of meditation.

~ The Supreme Master Ching Hai Lecture Excerpts~

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We Are Already Gods and Goddesses

Good evening! Greece is a great country that is full of mythology about gods and goddesses, and the world is still admiring the sculptures of these symbols of high spiritual attainment. So, good evening, gods and goddesses of modern Greece. **I come here to remind you of your glorious heritage.**

In case you have remembered already, it's fine. And if you've forgotten, we have come here to show you how to reclaim your glorious position. Because you are all gods and goddesses, whether you remember or you've forgotten. If the kings or the princes have forgotten temporarily that they are royalty, that doesn't mean that they are not royalty.

Sometimes the kings and the princes or the royal family members have to go out into the adventurous wildness, into battle to protect their country, or to explore some new adventure, and they might temporarily have to leave their own palaces. While undertaking adventure, so far from their own comfort and luxury, sometimes they might encounter



danger, or they might encounter problems. Then they might temporarily forget who they truly are.

Similarly, we have wandered into this physical existence, and we have forgotten our true Kingdom of God. In order to reclaim it again, we have to be reminded if we cannot remember by ourselves. Because we are already gods and goddesses, or at least God's children, **there is no need to do anything in order to become God. We just have to remember.**

Because of Ignorance, We Make War

Knowing God is the only virtue that we must acquire. Ignorance is the only sin that we must avoid. Ignorance makes us kill each other, hate each other, damage each other, compete with each other, and make so much damage to ourselves and to everyone else who we think does not have the same opinion.

Ignorance also breeds many other evils, such as greed and hatred. It makes us suffer so much, because these things also make us hate ourselves. **Ignorance means we don't know that we are both God** (Master gestures from Herself to the audience), because all the scriptures say that God lives within this temple. So all we see here and everywhere else are God's manifestations in the physical realm. But because of this ignorance, we make war with each other and we become greedy about everything.

We are not satisfied with this world because we came from the Kingdom of God, where we never lack anything. So when we are here, we miss



that kind of absolute comfort. We want money; we want a bigger house; we want all kinds of things because we miss all of the Heavenly splendor. But it doesn't matter how many things we have here, it is nothing compared to Heaven. So we never feel satisfied, and the more we have, the more we want. Then people accuse us of being greedy. Actually, it's not that we are greedy; it's that we lack comfort here.

The only thing to stop this is enlightenment, which is knowing our true Self. That means we visit the Kingdom of God; **we visit our true Home whenever we want**, every day, in order to **know that we have something better and that everything here is just temporary**. We lose interest in these fake things because we know the true glory. Because living in ignorance, not knowing the true Self, will do too much harm to us as well as everyone around us.

We Can Die While Living

In the Bible, a Saint says that he dies daily. Why? Why should he die daily? And what for? It is also said that you should forsake the flesh for the spirit so that you will begin to live. What does that mean? They both mean the same thing: that we can die while living, visit Heaven, come back again, continue our duty, then go back to Heaven, and come back here again, just like we own the two worlds. Today I will remind you after the lecture if you want. And every day you can do the same. **It's as simple as taking the glasses off your face.**



Win God's Diploma

In this world, everything needs physical confirmation, like a certificate or diploma, in order for us to know who we are. In the Kingdom of God, we have an invisible education and diploma so that we know who we are. That you will learn today, and then you earn it every day, and then you graduate.

Because **it doesn't take long to see God; it just takes long to be acquainted with our own true Self again.** Because we are so used to this physical body, to this physical world and the thinking of this world, that it takes a little while for us to truly assimilate the teachings of Heaven. Otherwise, it takes only seconds to know God. And every day you can know God again and again, until you truly remember.

These things cannot be achieved by listening, cannot be achieved by seeing, and cannot be achieved by reading. They must be achieved quietly, all by yourself. Because then your wisdom will be reopened, and you will recognize your Self, which is God.

All Because of Different Terminologies

Q: What is Christ?

M: What is Christ? Is this not a Christian country? Is it, or is it not? I am asking you. (Yes.) Yes? All right. Since you pretend not to know, I will also pretend that I know something and explain it to you, just for the sake of continuing the conversation.

Christ is the name of the divine consciousness. There are many names for this divine consciousness. When someone is awakened, they call him or her christened. But that is only in Christian terminology. In other countries and other traditions, the same power is given different names. That's why **we have so many so-called religions and even religious wars, all because of different terminologies.**

How do you say “mother” in Greek?

(Translator): “MHTEPA.”

MHTEPA, yes! In English, it's “mother.” In French, it's “la mère.” In German, “mutter.” Are they different or do they point out the same ladies who bear us? It's just a language problem! Similarly, we

all have Christ within ourselves. We just have to remember it, and I'll show you how. In case you still think Jesus is a person different from you, you can also see Him during your meditation and talk to Him after you reawaken your own God power.



European art lovers are attracted by the artistic creations of a living, enlightened Master.

God Never Tests Anyone

Q: Do You believe that God tests us, gives us trials that we must overcome in order to continue to be on Hiers path?

M: God doesn't test anyone. You'd be surprised. God only loves you and stands by. God gives us all the free will and all the wisdom to choose what we want to create, what we want to experience on our journey through eternity. Because we are God. How can a God test a God? We are one with God. How can God test Hirmself? It's difficult to explain this, but we have chosen to be separated into different offices in order to pick different choices, so that the universe will be colorful. But because of this, the physical prison just blinds us and makes us forget what we're supposed to do. So we struggle, we are confused, we are frustrated, we suffer, and we just do not know what our true role in this life is, and what truly is the will of the Divine. That's why we have to return to God again, get the contact, get the message, and then our life will become free from troubles, always smooth, happy, blissful and wise. In case you have lost the contact, I am here to fix it for you and repair it. I am a mechanic.



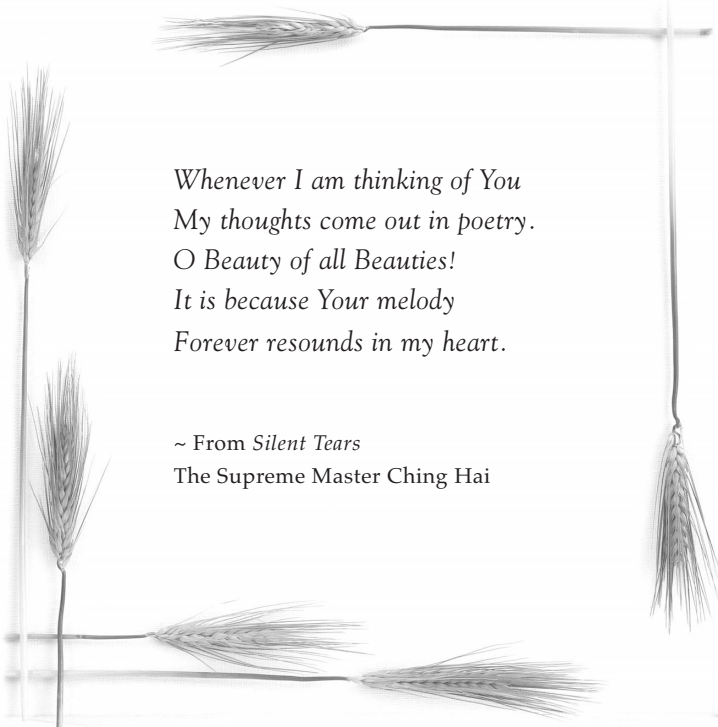
Q: God sees the misery and enmity between people. God sees the misery and hatred between people. Why doesn't Hes present Hirmself in order to aid Hiers children? Hiers presence is sufficient.

M: Hes does present Hirmself all the time, but do we have the eyes to see? **I'm coming here to try to open your spiritual eye, so you can see God.** Otherwise, how does God appear in this world? How do you want Hirm to appear? As what kind of nationality, and what kind of religious figure? Then we'd fight again. "Oh, He is my God; He looks like Jesus." The Buddhists would say, "No, no, He is a Buddha. He is mine." You know? And the Muslims would say, "No, no, that's Allah. That's Allah." And how does Hes explain himself? Tell me. Should Hes fly from the sky right here? They might shoot Hirm. They might think God is an alien. Some people might even think Hes is the devil Hirmself.

It's very difficult. They killed Jesus; they killed so many Gods who came here. We humans have completely forgotten Heaven, making it very difficult for us to accept anything that we are not used to.

I have a joke for you. There was a man, a black man. He wanted an apartment in a certain area, but he couldn't get in because he was black. You know,

some places are racist. Oh, that's another thing. Suppose Hes appears white, the black people cannot let Hirm go in. Suppose Hes appears like a Greek, the Chinese people cannot recognize Hirm, cannot accept Hirm. You know it's very difficult in our world. Yes. So there was a black man who was kneeling there next to his bed and he said to God, "Please, I want to rent the apartment there, but they won't let me, because I am black. Please, bless me. I need that apartment, please." So God said to him, "Oh, don't bother! Go elsewhere. I also cannot go in there." So the black man was very puzzled and said, "Why? But God, why? You are Almighty. You can go anywhere." So God said, "If I go there, they ask me what kind of religion I belong to, and I don't know how to explain it."



*Whenever I am thinking of You
My thoughts come out in poetry.
O Beauty of all Beauties!
It is because Your melody
Forever resounds in my heart.*

~ From Silent Tears
The Supreme Master Ching Hai

Italy

To Know God We Must Be God

The Ninth Stop: 22nd May, 1999

For a very long time, Rome has been called “The Eternal City.” Thus it wasn’t just by chance that Supreme Master Ching Hai decided to deliver a lecture, “Immediate Enlightenment: One Life Liberation” there.

On May 22, people of all nationalities came to Rome’s cozy Teatro Bracaccio to listen to Master speak. The stage was nicely decorated with antique statues and columns next to Master’s seat.

Master mentioned that She had almost forgotten how beautiful Italy was, with its magnificent



architecture, especially in Rome. She used to be able to speak some Italian, but now She can only understand a little. Why did She forget? It is because everything that we don't practice we forget. Master said, "It's the same with the quality of God. When we are introduced to Heaven again for the first time, we will also think it is the first time."

During Her lecture, Master coughed often, due to the fact that many Europeans smoke in public places. While talking about this topic Master said, "So some of us, even though we love God and we want to know God, we don't know how to find God directly. In the hunger for spiritual knowledge, for divine love, we grasp everything that makes us feel a little satisfied, a little intoxicated or a little blissful for a while because these are the substitutes that we can get at hand, like alcohol, drugs or cigarettes, which are actually poison and just make us even less close to God."

~ The Supreme Master Ching Hai Lecture Excerpts~

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*We Should Conquer with Love,
Not with Weapons*

A long time ago, when I came to Italy for the first time, I met someone on the train, an elderly lady. And she invited me to her home and treated me like the highest guest in her house for some days. The whole family did the same. For nothing! For no reason. They were just born with kindness and love. So all these things happened again when I came back to Italy. But because I had not been here for a long time, I forgot about them. And so it seemed like the first time. Similar to all of us, when we are re-introduced to Heaven again, we will also think it is the first time.

I think Jesus Christ left a great impression on this land, although the Lord left us almost 2000 years ago. So every good thing, even if it's old or out of date, is always useful. **And every time we act kindly to people, we have created a great Heaven between us and that person, and also in the surroundings.**

Jesus has not conquered the world by atom bomb or radioactive missile, but He has conquered with love. And that's what, unfortunately, some of us have not learned very well. If everyone in the



world acted like the Italian people, we would have less war, more peace and more prosperity for every nation. Since the Lord Jesus left us, some of us have forgotten how to walk in the way of God, how to act in the quality of God, or how to even remember that we are part of God. I am very happy that the Italian people remember God very well. It is a joy for me to be here to witness the marvelous and wonderful effect of the teaching of Lord Jesus upon humankind. We can see how great an influence one person can have upon the whole race of the planet, or at least on some part of this planet, especially in Italy. So one example is always better than a thousand books of theory.

Only love can have such a great, long-lasting effect. For the Italian people, I can only praise you and express my deep respect and joy to know you. The Lord has blessed you so much; it even manifests in your culture, in your architecture, and in your artistic treasures that have imprinted your landmarks since the Lord Jesus graced your land with His teaching. Even in the modern times, so many artists also have emerged from your land and conquered the world with their love of beauty. As you know very well, many famous artists are Italian. **So people in the world should learn from this example: that we should conquer someone else's heart with goodness, love, beauty and virtue, not with weapons.**

Walking the Way of Jesus



Lord Jesus has promised us that whatever He does, we can do. It's in the Bible, it's not my saying. He said, *Whatever I can do, you can also do.* He even said, *You can do better.* So I am going to show you how. Because the teaching of the Lord Jesus still remains in this world, as an unspoken teaching. And I will show you how to recover that teaching. I will show you how to talk directly to our Lord Jesus. Because **since His resurrection, He has never left us.** We can still talk to Him. He still can guide us. But because He has left this physical vibration, the physical energy of the planet, and **He's in a higher frequency of existence, we ourselves have to rise a little higher in order to meet the Lord in a different dimension.** And then we will know the true teaching from Him directly. And we can also walk His way and bring love and kindness into this world.



We Are Truly Children of God

It says clearly in the Bible, *You are the temple of God, and the Holy Spirit lives within you.* It's so simple, so direct, so clear, but many of us don't know where that spirit is. And we carry on living a miserable life, a life like a beggar, begging for a miracle, begging for a blessing, begging for anything. But God is there all the time. And we can get any blessing we want, if we know where He is. **If we contact Him, we can get anything we want. There's no need for praying or begging.** Because we have God inside, we are God. But such is our forgetfulness that when the Lord Jesus came here to remind us that we are the children of God, we killed Him. When He proclaimed that He was the Son of God, which is the absolute 100% Truth, they killed Him. They called Him blasphemous.

So actually, the people in this world, meaning we ourselves, are incredible. But we would rather believe that we are sinful, that we are from the devil, than believe we are from grace, from love, from God. Even if we don't have any proof that we are the children of God, we also don't have any proof that we are the children of the devil either. So why believe in this one and not believe in that one? Even if Jesus Christ did not have any proof that He

was the Son of God, they had no proof that He was the son of the devil. So why kill Him? I don't understand humans. But He has proved that He is the Son of God. He did not care for the kingdom on Earth; He did not compete with the government at that time for any position, any fame or any money. He just taught people how to find their own glory, how to find their own God, so that they could be happy and blessed while on Earth.

And whoever comes to Him, He will teach them how to know God. He will give them proof right away. If He bakes a cake and asks you to taste it, but you don't taste it and you just stand around asking for proof of the quality and for a taste of the cake but you don't even eat it, how can He prove that the cake is good? But the proof is very evident already. Because the Lord Jesus only teaches goodness, peace, and loving kindness. How can a son of the devil or anyone wicked teach this kind of thing, bear all the insults with only love, and even ask God to forgive his so-called enemy? These things can only come from the God quality itself; they can only come from a Son of God. This is proof enough already.



*When Everyone Knows God,
Earth Becomes Heaven*

As you wish, the Lord will appear the way you want. You will be surprised that the Lord Jesus will speak Italian to you. Everything is possible in the inner Kingdom of God. **Anything that is not possible in this physical world is possible when we go inside.** And the blessings inside even spill over and can make themselves manifest in this physical world as well, so that we become even more loving, more kind, more intelligent and more able to deal with daily problems. And whatever frustration or anger any humans have will disappear, and **the energy of hatred will turn into love. Instead of making war, they will make peace.**

If everyone on this planet could know God, or at least half of humankind could know God... if one-third of humankind could know God, or **even one-fourth could know God, there would be no more war, no more famine, and no more trouble of any kind.** This planet would become Heaven. There would be no more battles between different religions or even within the same religion. Because everyone would understand that we have only one God.

The Opportunity to See God Is Precious

Q: Does the death and resurrection of Jesus Christ guarantee us eternal life?

M: It does guarantee for the people who followed Him and who were baptized by Him at the time the Lord was alive. That's why the Lord said, *I am the Light and the Way of the world as long as I am in the world.* Every time the Master passes away, someone else must take His place. That's why Jesus has promised to send a comforter after Him.

Life after life, we have had many comforters. But we have to look for Them. We are lucky to find Them, because They come from sometimes unexpected places. And we may see Them in some unexpected situations. Similarly, when Jesus was alive, people did not recognize Him. They even tortured and crucified Him, because they were waiting for the messenger. And they accused Him of blasphemous sin. So **listen to your own wisdom. Pray to God dearly for guidance. Otherwise, we might miss the chance again.** It's very easy to see God, and it's even easier to miss the chance to see God. I speak from the depth of my heart. You feel it; you know what to do. (Applause) Thank you.



One of God's Gifts: A Vegetarian Kingdom

Q: What does the meditation method consist of, and why is it necessary to be vegetarian?

M: If God didn't give us a vegetarian kingdom, then we may eat meat. But Hes has given us everything else already. And Hes said Hes created animals to befriend us. We may rule over them, but Hes did not say we may eat them. (Applause) Read the Old Testament again, the first chapter. God said, I have created all kinds of fruit in the garden, all kinds of vegetables in the field, which are pleasing to the eye and tasty to the palate. These shall be your food. God also said that Hes created all kinds of beings, and all kinds of food for each kind of being.

The Bible also said, Be you not among wine drinkers and meat eaters, and, Eat you not the food that make your brothers stumble and fall. The Bible also said that God was angry with the people at that time, and Hes said, Who told you to kill all these she-bullock and he-sheep to make offerings to me? Your hands are full of blood. Wash yourself and repent your sin, so that I will forgive you. Otherwise I will turn My head away when you pray, because your hands are full of innocent blood. The Bible also says many more things. But you know better, so I'll stop here.

Hungary

The True Essence of Our Being

The Tenth Stop: 24th May, 1999

This lecture was slated to take place in the Congress Center, the largest and most elegant meeting place in Budapest. Although we had worked as hard as we possibly could, we had no idea how many people would come. But reality surpassed even our most ambitious dreams: More than 2000 people came, some having traveled several hundred miles, even from neighboring countries.

Master mentioned, “I am here not to teach you anything new. I am here just to bring you the Key to the Kingdom. The Key is yours; I will just hand it over, because you have forgotten... When Jesus left this

planet, He entrusted the Key to Saint Peter, and that Key has been handed over and over from one generation to the next. Therefore, it might appear in some very unexpected area and with some very unexpected person. I have the Key. It just happens that God wants me to have it. And Hes has commanded that I come and inform you. So whatever you have within your beings will be revealed to you after the Key has been used to open the treasure within yourself.”

When, during the question and answer session, Master mentioned that people interested in initiation could go out and get their names registered, suddenly the whole lecture hall started to move. Many hundreds of people chose to receive initiation, and over five hundred decided to learn the Convenient Method. Since the lecture in Budapest, we have hundreds of new brothers and sisters.



~ The Supreme Master Ching Hai Lecture Excerpts~

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A Multifold Being

According to spiritual experience, we are not only this physical being, but a multifold being. We are great - greater than we could ever imagine ourselves to be. The deeper we go into the mysterious universal atmosphere, the more we can find out about ourselves - that we exist on many different levels of consciousness at the same time, as we exist here now on this physical planet.



It is wonderful to know that we are manifold beings and that we can see the highest aspect of ourselves anytime we want to, with just a little practice. And when we ascend into our highest level of Self, we can see God as well. Because we are also part of the Most High. And when we go to the highest level, of course we see the essence of our true Self, which is God. Because at that time we do not have the human ego anymore.



Jesus said, *In the house of my Father there are many mansions*. This is a way of explaining the different human levels of existence. If we now and again go up into a higher level of intelligence, when we come back to this physical



world, we are abler, wiser, and happier. Therefore, we become a different being. **We can feel as if we are living in Heaven while discharging our duty on this physical planet.** Most of our suffering and burden comes from our lack of understanding about the higher parts of our Self, the parts that are in direct contact with God.



There are different departments in our absolute being, which house many wonders. Each level is different than another, and each level consists of different things, which we can make use of even for this physical life. All of these levels of being of our Self exist at the same time. It's just that we do not have the connection with them. We have forgotten altogether how to reconnect with our Self. And that's why we only have knowledge of physical existence.

No wonder we have no knowledge of other planets; no wonder we have no knowledge about Heaven; no wonder we do not easily find peace with each other; no wonder we have to resort to war sometimes.

Our True Self Exists in Every Particle of the Universe

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. There is no reason to do this, except that I have the knowledge that you are myself; you are a part of me. I am a part of the whole of humankind. And if the whole is happy, then of course I am happy, too.

And if any part at all of this whole is sick or unhappy, then it will affect any of us, including myself. We will see the interdependence among all beings, including animals and plants, after we become enlightened, after we know God intimately. In the end, we will see nothing but ourselves existing everywhere: in each and every being and in each and every particle of the universe.

And that's how we can come to love our neighbors as ourselves, because we know they are us. Otherwise, no amount of talk or persuasion can bring us into this voluntary state of love or automatic way of kindness. It is just like someone who lacks sight and cannot see his feet or other parts of his body because he cannot see clearly, but can only feel them. And because of the lack of seeing these parts of himself, he might sometimes hurt



himself without knowing it and without intention. He might hit himself against the wall, or he might bump his legs or his feet into some hard object and hurt some part of his body.

But if his sight is restored, he will know where to walk correctly; he will know how to protect his body, every part of it. After being enlightened, we know that we are part of every being on this planet, including the younger brothers and sisters, the animals and plants, so it is impossible for us to hurt any part of our Self. And **we will not have to talk about peace; peace will be automatically restored.** We do not have to say, “We must love our brothers, our neighbors,” because we will automatically love our neighbors.

Positive Energy Will Overcome Negative Energy

Q: I'd like to know how much this method will help me, and can help us in this difficult situation to stop the war and make peace.

M: The positive energy will overcome the negative energy, and the result will be known to you inside. Since we came here, the bombing has stopped somewhat, no? I have been running around in Europe because of the war since the first of May. And I have been going through many different nations trying to raise the collective high energy of the planet. It will help tremendously if you join also, of course. And thank you for asking such a compassionate question. You know that positive thoughts always have a positive influence, even invisibly. It's just like when we love someone, that person will feel very happy, even though love is not something we can touch or we can prove.



If It's Our Destiny, We Will Recognize that Person

Q: Is it possible that Jesus is right now among us, maybe in another dimension, but visibly?

M: Yes, Jesus is in another dimension and we can talk to Him when we ascend to that level. We can! Many of us in our group can talk directly to the Lord. Some of you may also be able to at the time of initiation. I mean right now, after this lecture, you might see Jesus yourself. Then you can receive direct teaching from Him, and there will be no need to argue with me about who the Savior is.

Jesus said, *I am the light and the way as long as I am in the world.* (Applause) He did not say that if he is not in the world he is still the light and the way. That's why he said he would send more comforters to us. (Applause) And **the comforters must be as good as Jesus, of course, in order to comfort us.** In every generation, God sends a comforter to us in order to lead Hiers children back home. If it's our destiny, we will recognize that person right away. If it is not, we do not recognize Her/Him. (Applause)

It was the same when Jesus was born as the Savior. At that time, people crucified Him, because

many did not recognize Him and were still waiting for the Messiah. I am just helping you to receive a direct teaching from the Lord or from God. So you don't even have to receive any teaching from me; I am just here to introduce to you the way to reach God or Jesus. I can help you to meet Them.

So that's the real teaching. **Anything in human language is not good enough for you**, including my speech. It's just an introduction.

Q: What do I need to do every day to get in contact with God? Do I have to pray?

M: No. God will come by Himself. Praying is only when we don't know God. When God is there, it's a direct blessing.



A Real Master Must Be Omnipresent

Q: How can we know a real Master? Recently many people claim themselves to be real Masters.

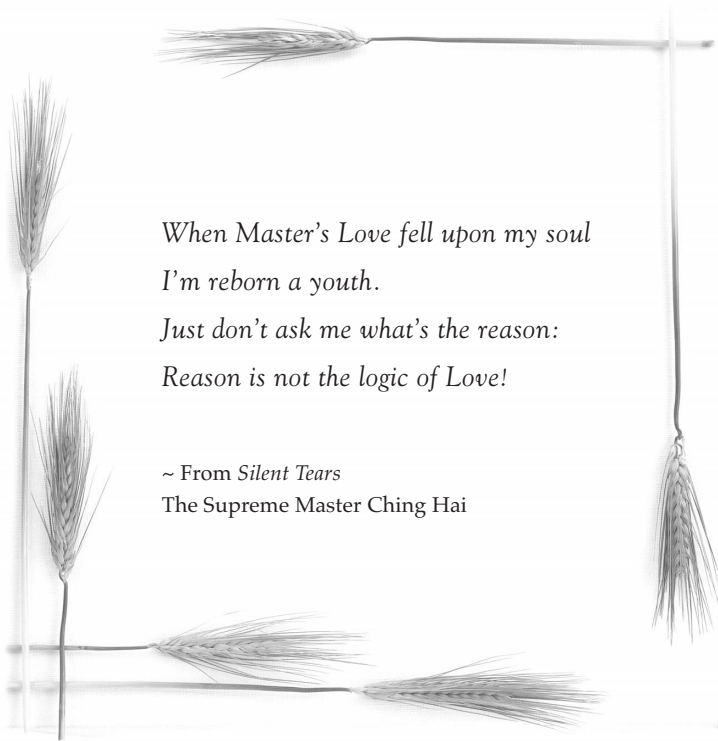
M: Yes, that is a very good question. If you don't know, then you must go home and pray very sincerely to God. It takes a very high consciousness to know a Master. It's very unfortunate. And that's why they killed Jesus. Because the people in this physical prison are blind to the Truth.

When Jesus and his disciples were alive, wherever they went, they radiated light. **They had halos around their heads and bodies**, but not many people could see that. It's the same now. You see a modern Saint now, and they also have light, but only if you have a higher level of eye can you see it. But as a general guideline, whoever can help you to see the brilliant Light inside, that means she/he can bring you to God consciousness, and bring you closer to God.

Another general guideline is that whoever that Master is, she/he must be omnipresent, meaning that she/he can appear in many places at the same time. Because the disciples will be in many different

places, and **if the Master cannot manifest in many different places, then she/he cannot hear the prayers of the disciples and cannot help them effectively.** So you can either ask the Master directly if she/he is omnipresent, which is a quality a Master must have. Or, you can ask other disciples of that Master whether they have experienced the omnipresence of the Master. Then at least you know the level of the Master.





*When Master's Love fell upon my soul
I'm reborn a youth.
Just don't ask me what's the reason:
Reason is not the logic of Love!*

~ From Silent Tears
The Supreme Master Ching Hai

Slovenia

A Prayer for World Peace

The Eleventh Stop: 26th May, 1999

Slovenia, a small country in Eastern Europe, has a prosperous economy and a population that is pure at heart. Fellow initiates printed several thousand leaflets and distributed them in crowded shopping malls, supermarkets, and railway stations in Ljubljana, the country's capital. Many passersby received more than one leaflet, and some happily accepted more for their friends. One earnest person stopped his car close to the initiates and rolled down his window to offer them mint candies, and to tell them that he would come to listen to Master's lecture. Posters were posted in several places, and

ads were placed in local newspapers, spiritual journals, and public buses. Thus, almost everyone in Ljubljana knew about Master's coming.

The lady mayor of Ljubljana wanted to meet Master. Although Master's tight schedule and health condition made it impossible, She sent a Quan Yin messenger and some fellow initiates to visit the mayor on Her behalf. Deputy Mayor Anton Colario received us in the city hall, where we presented him with Master's books, videotapes and magazines. In our half-hour conversation, Mr. Colario told us that he understood Master's ideals and was delighted to have Her deliver a lecture in his city. He also wished that Her lecture tour would be a great success. Reporters from several radio stations and magazines wanted to interview Master, but again, Her health condition prevented Her from meeting with them.

On the evening of the lecture, the venue was packed with an audience nearly twice the size of the seating capacity. People who could not get in squeezed up in front of a projecting screen in the lobby outside the lecture hall. Out of compassion, Master invited members of the audience to sit on the stage, while She stood during the lecture. She also offered Her seat to two guests. Master spoke in a husky voice and coughed often. Fellow initiates

could hardly contain their tears when they saw Master working so hard, and knew that there were many more lectures to follow.

Nevertheless, the hard work bore fruit. At the end of the lecture, requests for initiation into the Quan Yin Method outnumbered those at any other previous venue on Master's European Lecture Tour! More than half the audience requested initiation either into the Quan Yin Method or the Convenient Method, which overjoyed Master. She had known that Slovenia was a spiritual country even before She came. She complimented the country in Her lecture, saying that She felt as though She were in Heaven. Master affirmed that the world will be much better in the next century, as more and more people become enlightened.

The following day, Delo, the largest local newspaper, devoted extensive coverage to Master's lecture and reported the event in great detail. Reporters from a radio station also covered the lecture and aired their report the following day.



~ The Supreme Master Ching Hai Lecture Excerpts~

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Meet with the Comforter

Q: *We want You to say some more.*

M: About what? What would you like to hear?

Q: *About love.*

M: About love! Human love or God's love?

Q: *God's love.*

M: God's love! Oh! You don't know God's love? You do know! OK, I will tell you about some of my experiences and the experiences of the brothers and sisters in our group. They are not exactly the same, but the love of God is always the same.

I experience God's love every day, every second. And every day is a miracle. God always loves and protects us and takes care of us. He also watches over us every day. It's just that we know it better after we have re-connected with Him. It's just like training.

After you know God, you will suddenly be in an automatic training so that you will know when God wants you to do what. There are some kinds of very sharp intuition and sometimes even direct instruction so that we know what to do in our daily activities.

Before the connection, it's almost like we don't know whether God even hears our prayers or not. Sometimes we don't have proof of God's existence or God's love because we don't see what He is doing for us. We don't sense the answers He has given to our prayers. After the re-connection or so-called initiation, we will know more clearly because we can see God every day and we can hear His teaching.

God is always there. Everyone has told us that; the Bible states clearly that God lives within us and that this body is only a temple. So sitting here (Master indicates the audience) are God's manifestations in the physical realm. **The reason we do not recognize God's grace and do not feel God's love is that we look in the wrong places.**

We are too busy. We are busy earning money, busy keeping our position, and busy surviving. We forget that the giver of all things, the owner of all these enjoyments is within us. **So when someone**



points us to where God is, we will see it right away. And all we have to do then is just reserve a little time every day to recognize the God within us.

Later on, it becomes natural that we remember God. And we can see Hirm almost all the time, 24 hours a day, any time we wish to see, any time we wish to hear. Later, we don't even have to wish to see or hear, Hes is there all the time.

God loves us so much that Hes even wakes us up when we are late for work if the alarm goes off wrong. Or Hes leads us to the right shop while we are in a strange land and we don't know where to go and buy certain things. Hes even takes care of our personal affairs, mends our broken love, heals our wounded hearts and comforts us in any way possible once we know Hirm again.

That's why Jesus said, *I will send a comforter to you.* The Christ power can take any shape or any body in order to comfort us. Before Jesus, God sent other Masters. After Jesus, God will send other Masters. But they're all the same, only one Son of God manifested in different bodies.

That's why when someone asked Jesus, "Are you the reincarnation of a past Master like Elijah?" Jesus kept quiet. He did not deny it, because it is



the same power. It's the one and only Holy Spirit that has descended to Earth throughout different generations to comfort the beloved children of God and bring them Home.

If we truly love God and want to see Hirm, one day or another we will encounter this so-called comforter. The spirit that comes from God can choose any office or body to work through in order to bring us comfort and bring us the Light again.

And then our life will become the way we want it to be in every way. We will feel so secure and so loved. And we will know that after leaving this physical body we will go to Heaven, because we already go to Heaven every day to check it out.



We Can Learn to Die Daily

In the Bible, there is a saying, *I die daily*. It is through the process of resurrection, again and again and again, that we can learn. To die doesn't mean that we are finished or have no more life. It's just like a change of stations, a change of houses, or a change of clothes.

We can die in two ways: One is the big death at the time when we leave the physical body forever. We can also die a short, temporary death by leaving the body but keeping the connection cord to come back again. And maybe we can leave again tomorrow in the afternoon, or in the evening or in the morning. It's just a process of training so that we'll never fear death again because we know where we are going after we die.

We all know that Heaven awaits us. Whether Christian or Buddhist or whatever religion we believe in, we know that Heaven awaits us if we believe in Christ, if we believe in God, if we believe in Buddha, if we believe in Allah, and so on. And we will go straight to Heaven after we die; we have all heard that. Every religion promises this.

But for some of us, we want to know it now. We want to see Heaven while we are still here, just to make sure, number one. Number two, we want

to know God's love now because here in this world we need it more. Once we are in Heaven, we have everything. Surely then we will not mind whether we know God's love or don't know God's love. We will know Heaven because we are already in Heaven.

But **while we are in this suffering world, we need God's love more**; we need to be assured of a place in Heaven more than ever. To these people, we offer our help.





Why Is There War in the World?

Q: Why is there war in the world? And what can we do to stop war?

M: War exists because we have created some kind of war-like energy on this planet. Every time we hate, every time we want to kill, every time we do not love one another like God loves us, we create a war-like energy. And when enough of this energy sticks together, it materializes into war.

Hatred, envy, and all these kinds of negative feelings have energy, just like love has energy. When someone loves you or when you are in love with one another, you feel very blissful and happy. Even though you cannot touch this love and you cannot explain it, you know it's there. You bathe in this love, and you feel very good.

Similarly, when we hate one another, we feel very uncomfortable. We feel sometimes even sickened because of it. Hatred, jealousy, possessiveness, and ignorance - all of these will make war at any time. That's why we have to take care of what we think, what we do, and what we want in our daily lives.

People make war because they also suffer so much inside from not knowing God. They feel a lack of love, they feel a lack of comfort, they feel a lack of security, a lack of blessing, and they don't know where to turn. They aren't even sure whether God exists, but they are desperate for something. So they become violent and then make war.

Enlightenment is the only solution to all kinds of disease in this world. God's love is the only medicine for all kinds of trouble on this planet. I'm hoping with this European tour to raise the consciousness of people and to help you remember your higher Self, your nobler being, so that the atmosphere will change and the energy will become more loving, nobler, and more like the higher dimensions. That's my prayer for world peace.

I also tried to go and see the refugees of the war, but (Master shrugs) they told me I'm just no one and that I cannot go there. I probably have to be a prime minister or something! So, we just sent some financial aid through the Red Cross. We are also running around, trying to remind everyone that they are God. And a God should not kill another God. You can help the peace of the world by praying.



You can help to shorten the war by praying, by remembering your higher Self and by sending loving, kind thoughts to the victims and even to the ones who make war.

Q: How does enlightenment affect the future of a nation?

M: Of course, it's much better if everyone in your country is enlightened. It's like seeing God walking all over the country.

This doesn't only affect your country; **it will affect the whole world. There will be no more war. There will be more love, more peace, more abundant food and more necessities for everyone,** not just for this nation.

The blessings will be shared more equally. So even if this country is very prosperous and peaceful, we still should think more of the world. And we should also be enlightened so that we can bless the world more. Because there are still many more suffering beings in this world.

The Czech Republic

The Only Criminal Is Ignorance

The Twelfth Stop: 28th May, 1999

The Czech Republic is located in the central part of Europe; hence it is often called “The Heart of Europe.” The country has a population of about ten million. It came into existence in 1992 when Czechoslovakia was divided into two independent nations, the Czech Republic and the Slovak Republic.

Master’s lecture was given in the capital city of Prague, and attracted about 1,500 listeners. The main lecture hall was packed, and many guests had to see Her speak on large screens in two smaller halls. Master entered the lecture hall dressed in a white



outfit and wearing a simple hairstyle. She smiled and put Her palms together in greeting, giving an impression of peace and harmony. The message that Master delivered to the audience was clear and powerful: “We are the children of God. We must reclaim this glory... Every one of us can see God in this lifetime and see God right away. As soon as we want it, we will see Hirm, only if we know how... God always sends someone to us who is directly from Hirm, or ordered by Hirm or empowered by Hirm, to show us the way.”

Many guests learned about the lecture during a book exhibition held the preceding week. Some learned about the event from posters that appeared almost everywhere in downtown Prague. Others had learned about Master as far back as 1993, when sample booklets were first published and distributed in Czech. They immediately recognized Master on the posters and wanted to see Her in person. Before the lecture started, many people came to inquire about initiation, and after the lecture, hundreds of people were initiated into the Quan Yin Method or learned the Convenient Method of meditation.

~ The Supreme Master Ching Hai Lecture Excerpts~

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*Every One of You Can See God
in This Lifetime*

Because of the suffering and the pressure of this material low-vibration world, we continue to struggle with life. We behave sometimes in a manner that is against our better judgment. Sometimes we even cause war or conflicts between nations, conflicts between religions or even within one's own religion.

I have found that the only solution to all these conflicts and struggles is to know God directly. **We must know what our birthright is**; if we are the children of God, we must reclaim this glory. And because I have discovered that it's so simple, I must share it with you.

Every one of you can see God in this lifetime; you can see God right away. As soon as we want it, we will see Him, if only we know how. There is nothing easier than seeing God. Because God is within us, God is ourselves. We are a part of God; we are one with God. It's just that the illusion of this physical world has separated us and made us feel that we are humans and we are sinners, that we are helpless and we are lowly.



*Great Masters
Always Come to Show Us the Way*

Because only by knowing God will we stop all hatred, all wars, and all misunderstanding between people. Only by knowing God can we dispel these physical illusions, which envelop us daily in our existence and make us feel weak, make us feel hopeless, make us feel ignorant, and cause us to succumb to all kinds of suffering.



Before we are born into this world, before we even exist or materialize into this physical existence, we take a vow that we must know God. But when we are in this physical prison, we forget. And then we pray to Heaven. When we have suffered so much of the coarse physical energy of this planet, we pray to God. And God always sends someone to us directly - from Hirm, ordered by Hirm or empowered by Hirm - to show us the way. That's why Jesus and Buddha came, and other great Masters of the past, present and future will also come, as long as humankind is still groveling in ignorance and darkness.



The Masters always leave behind verbal teaching as well as nonverbal teaching. The verbal teaching is to satisfy our mind, our physical brain, our intellectual power. The nonverbal teaching, which is very difficult to find and very difficult to discern, is directly for the soul so that it can know God. **This lineage, this transmission of nonverbal teaching, always exists on this planet. As long as humankind still needs salvation and still wants to go Home, there will always be a guide who holds this nonverbal teaching, waiting for us.**



Water Must Return to Its Source

Knowing God is the only goal in our life. Everything else is temporary. Just as water must return to its source, we must be one with God again in order to be truly happy and eternally blissful. Then we will know that everyone who sits next to us is God. We will truly realize this. **We will see it with our own eyes; we will know with our very soul that everyone is a part of us and everyone is a part of God. And we can no longer make war with each other; we can only love.**

How to Make Peace

God cannot give us peace on Earth if we do not make peace ourselves. **We have the power. We are 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. And to see God, we must have some practical solutions. We cannot just say, I know I am God, I know God is there, I love my neighbor, I want to love my enemy. It is not by saying or wishing it that we can behave the way we want, realize God the way we want, or see God the way we want. We must do something. I am going to show you how.

To do something doesn't mean that we have to move mountains, dry up the ocean, or sweat ourselves laboriously all day long in the way we work in this world. No! It is very simple, very relaxing, just like we are going to sleep. To see God is simple, like you see me. It's just that we have to use a different eye, and you don't know where that the eye is. I am going to show you.



Be Enlightened and Become a Saint

The more intensively we know God, the better our lives become. We become more intelligent, more loving, clearer about our direction in life, and more clever about knowing how to solve any conflicts in our life. Because we are enlightened, we become saints. And that's why people since ancient times have worshipped the Saints - because they are wiser, more loving, and they know more than we do. They know Heaven and Earth much better than ordinary people.

We can become exactly like one of the Saints.

I am going to show you just how easy it is. It is easier than you can imagine. Every day you will see God, just like you sit there and drink a cup of coffee. Not much effort must be spent to earn the Kingdom of God, but we must spend so much effort to earn a little bread and water on this planet, and that is really a miserable fate for us.

Q: Do you need a physical spiritual leader for initiation?

M: Yes and no. "Yes" because a physical instrument must be there to tell you what to pay attention to, how to avoid the illusion of the dark

force, how to recognize God and so on. But “No” because God is the Master. God is the Holy Spirit, which will be transmitted to us during this initiation in absolute silence, so we don’t need any physical instrument.

The teacher or guide is necessary because we have forgotten too many things on the way to Heaven, and we might get lost. So **She or He is there to help us through the initial time period until we can walk ourselves and become one with God.** But it is not the physical language or actions of the teacher or guide that will make us see God. It is God Himself that will be automatically revealed to us when we open ourselves to Him. The teacher or the good friend is there only to show us how to open up.



How to Recognize a Real Master

Q: When and in what way did Ching Hai achieve enlightenment and who was Her guru? What were the teachings You were drawing from in formulating Your own teachings? There are many spiritual ways. How can we know and what can indicate to us that Your way is the correct one?

M: You don't know; of course you don't know. You can only pray to God that this way is the correct one. If all the people know immediately who the Master is or what is correct, then they would not have killed Jesus. Only the more highly developed spiritual souls can recognize if someone is a correct teacher or not. This is because **you can see light around them**, or a great brilliance around their physical being.

But as a guideline, you can see **if the teacher is dedicated to God or not**. If he or she is selfless and doesn't want any reward, money or services from you, then at least you will not lose anything to try. And once you decide to try, then **that teacher must prove to you at the time of initiation that you see God**. God may appear in the form of Light or in

the form of a past Master, such as Jesus, Buddha, or another Master. Sometimes God may appear to you in a different form or a different kind of Light. And God will speak to you, maybe in human language or maybe in the kind of Heavenly language that your soul alone will understand clearly. In the Bible it is said that when God appeared to Moses, for example, Hes appeared in the form of Light, and when Hes speaks to some of the Saints, Hes speaks like the Sound of many waters. This kind of experience is only one of billions or even trillions of experiences you can have in seeing the attributes of God.

If the real teacher can show this to you immediately, the moment you want to sit down and learn with him or her, then you know he or she is the real teacher. You'll see more than that. This is just symbolic talk. More than that you can see, because the way of God is an abstract way; it is a higher vibration. So it is not very possible to show in the physical way. We have to show it in the inside way, in the soul way, so you can see the Light and can hear God - but inside, you know, in a different,



higher dimension when you forsake this physical body for the moment.

Just as in this world, if a professor says he can teach English, of course he must know some English. He must be able to speak to you, and he must be able to teach you at least some simple words on the first day. Similarly, a spiritual teacher must be able to show you some spiritual proof of his own attainment, and show you that you can also attain the same. That is the proof of a good spiritual teacher.

You Have the Power to Stop the War

Q: Could You tell us something from the spiritual point of view about the situation in Kosovo?

M: What can I say? What can I say to the ignorance of humankind that drives them to kill one another in cold blood? What can I say to those who suffer tremendous hardship in the war, who lost their parents, who lost their children, who lost everything that they had worked their whole life for? **I can only pray that their sorrow will be eased somehow, that God will bless them inside so that they know that life is eternal, and God always loves them. It doesn't matter if they are bad or good, and it doesn't matter how much they lose in this world, Heaven is still theirs.**

I can only tell you that if we, the spiritual aspirants, try our best to raise our consciousness to a higher level of understanding, then the world will be a better place. This comes only by knowing that we are God inside, that we can respect the God who sits in front of us or next to us. **Only with God's love can we erase all the hatred and differences between brothers and sisters, and then the wars will stop.**



Since ancient times we have been warring with each other, destroying the property and the nutrition of this planet. We have even destroyed the teachings of the spiritual Masters; we damage their bodies and their way of life. And what has it brought us? We gain nothing out of this war or any war.

I feel sorry for the ones who caused the war, and I feel sorry for the victims. But I feel even more sorry for the ones who caused the war because they are so far from God; they are so desperate that they feel they have to resort to violence. They feel so much lack of love within themselves that they break out with crimes of such a violent manner because they are so desperate. They are so deep in the illusion of life. For the one who does not know right from wrong anymore, we can only feel sorry. And we can pray that God will bless them with more wisdom and more love, so that they will be awakened to a better way of life.

We can help shorten the war and ease the conflict into a better state or even stop it if we all put our positive energy and thinking together, and we meditate daily for the betterment of this planet. **The victims of the war, even though they suffer so much in this physical life, will be welcomed by**

God in the life after. So I am here to try to remind you that you have the power within yourself to bless the world, to stop the war, to ease the suffering. It is up to you to make use of it. The more awakened the people, the less trouble in this world.

Our world is getting better. There are more spiritual practitioners and more vegetarians. In a few more hundred years to come, we will see almost Heaven on this planet. If we live that long!



Enlightenment Brings Us Eternal Peace

Q: Why do we have wars, disasters and catastrophes?

M: Well, we cause all of these things ourselves. I am sorry to say it, but we are all responsible for whatever happens to us. That's because we are also a part of God, and we have creative power. Whenever we think of something loving, kind and correct, then we create a better atmosphere and we experience a better environment. Just like when you love another person or when you fall in love, doesn't that feel good? Even though you cannot prove what love is and you cannot touch it, you know it's love and you just feel so good.

Everyone around us is also affected by this happiness. We can love everyone else when we're in love. We can kiss everyone else as well, because of the power of our love. In contrast, when we hate someone, we create hatred. When we have jealousy, when we have this lower kind of attitude and quality, we create a very negative atmosphere. That atmosphere in turn affects us and the people around us. And when too many of these negative or hateful atmospheres are created, they are drawn together by

the law of “like attracts like.” Then they become vast and more powerful. They can influence even the weather and will influence people’s hearts. And that is what causes disaster; that is what causes war.

Don’t you notice that sometimes when you are in an angry mood and you respond very sharply to another person, that person in turn also feels agitated and angry toward you? Then sometimes finally you both fight each other, because of this very burdensome and very pressurizing atmosphere of hatred and anger. So when a lot of this is going on in the atmosphere, it becomes real; it materializes in some concrete disaster, like bad weather or war or an epidemic. And this negative atmosphere, of course, will be attracted to wherever is already thickest with this kind of quality. All of the scattered negative energies will come together where there’s already the densest “clump” of negative energy. Then bad things will happen, right there.

So we should make sure in our lives that we give love more and more, that we think before we act and that we stop before we think anything negative. In this way, we will also contribute to the peace of the world. But as mentioned earlier, ignorance is the only thing to be blamed for all these



bad things that happen to us. Ignorance and not knowing God - that's the only criminal in this world, or any other world. Because if we are enlightened, if we know God, we are so happy and so blissful that we can never do anything wrong, or we're far less likely to do anything wrong. We are enlightened and wise; we know what's right and what's wrong.

So the best thing anyone can offer us is enlightenment. And that's the best thing I can offer you: more than gold, more than diamonds, more than anything that is the so-called best in this world. Because even if I give you money or if I give you a house, these things will also pass away; they can also be destroyed by war, fire or accident. But if I give you enlightenment, you will be able to do everything you need to do, earn anything that you need to earn, protect yourself and take care of yourself forever. Even if you lose your home or your money, you will never lose your enlightenment or your wisdom. You can always start anew. You can always find ways to survive better and better in this world. So enlightenment is the best gift that God bestows on us.

Finland

The True Christ Power

The Thirteenth Stop: 30th May, 1999

Master's lecture at 2 P.M. on May 30 at the Hall of Culture in Helsinki, the capital of Finland, was the first stop in the Scandinavian region of Her European lecture tour. As soon as the sun had traveled halfway across the sky, the quiet streets around Helsinki's Hall of Culture took on an unusual hustle and bustle. Huge crowds flocked to the venue. Many halted in their tracks as soon as they entered, their gaze captured by the magnificent display of Master's artworks, Celestial Clothes and Jewelry. Each one took time to appreciate the exhibits, which conveyed in many different ways the message of Truth,



virtue, and beauty from a superlatively talented Enlightened Master. Truth aspirants soon filled the one thousand seats of the Hall of Culture, and greeted Master's arrival with thunderous applause.

Master brought attention to the fact that She had no difficulty keeping a vegetarian diet during Her recent solitary travels through many countries. Therefore, She invited the people of Finland to join Her in becoming vegetarians and practicing the Quan Yin Method.

Master received an overwhelming response from the audience during the question and answer session following the lecture. When inquiries were made one after another regarding initiation, Master asked those who were interested to leave the hall and fill out application forms. That caused a sudden commotion as people quickly moved toward the reception counter.

After the lecture, hundreds of people stayed to receive initiation into the Quan Yin Method or to learn the Convenient Method.

It was past nine o'clock in the evening when the initiation ended, but in this country located in the high latitudes, the sky was still bright. And so on this bright evening, many newborn souls began their journey back to the Heavenly Kingdom!

~ The Supreme Master Ching Hai Lecture Excerpts~

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The Freedom Inside

When we can use everything in abundance, we feel free and we feel very happy. Similarly, if we can make use of the blessing of God, which is inside us, we will feel very free. Then we don't even have to pray for God's blessing; it will always be there automatically.

And that's what I want to talk to you about: the freedom. **This is the freedom that is not known on this planet unless we know God.** It is the freedom and the blessing inside.



This freedom, Oh, my God! This freedom is the greatest possession. It's the greatest merit and the greatest treasure that we can ever wish to have. Sometimes I am just bursting inside, and I don't know how to explain this to people! I look back at my life before, and I look at my life now, and they are 360 degrees different. I was so bound, so limited, and so restricted - by myself, by all kinds of conventions, all kinds of prejudices, by all kinds of traditional thinking and ways of life, that even though I lived in free, democratic countries, I never felt truly free.



Then, when I first got a glimpse of God and first got a taste of enlightenment, I thought, “That’s it! I am free!” I felt free. But that was just a fraction of the freedom, until I kept continuing to recognize. And this freedom grows and grows until I cannot explain anymore what true freedom is. I just know I am free.

And when I look at some of our brothers and sisters who are still in the stage that I was before, I feel sorry. Because this freedom every one of us can attain, but not every one of us has. Even for enlightened people, it will take a little while to get complete freedom. Not the outside freedom; it’s not an outward action like you have to jump around or shout in the street or advocate for your own freedom inside. It’s just the limitless feeling of expansion, that **you can be anything you want; you can do anything you want. And yet you still remain in virtue, you still remain in God’s love, you still remain in perfection. And yet no one will ever be harmed, killed, or suppressed in any way by our attaining freedom.**



Our True Essence - Light and Sound

But how do we love God, if we don't know Hirm? I am going to show you God so that you can love Hirm. And you can know Hiers love and blessing every day. Every religion talks about God; **there is so much talk about God everywhere. It's about time we know God.** Knowing God will not only elevate us, it will elevate the world; it will bless the world's atmosphere. We will have less war, more peace, more love, and more abundance for everyone around us. By knowing God, we will become the living pole of transmission for the love and blessings from Heaven. This love then will be emitted from our being to the surroundings.

So knowing God is not simply because we want to have the God power, it is because we want to love the world more, we want to bless the world more and cause more happiness for our loved ones and our planet and even larger, for the whole universe. Because we are all linked together with an invisible tie that we don't even see, just like all the atoms are linked together in every material object in order to hold them in one piece. We are also like the atoms of the universe. We make the universe's



construction exist in a solid manner, but invisible to the naked eye.

So if the Light or the power within us is rekindled, then the whole universe will benefit. We originally came from God, and God has the same essence that we have. Although the Most High has no form, Hes can also manifest in different forms, like in this physical body, like us sitting here. Or Hes may appear in another kind of metaphysical form, which we will see inside, while we meditate on Hirm. This metaphysical form will teach us so many things that we want to know and will help us with all kinds of problems in this life and the next. We can even access Jesus, Buddha, or all of the Masters from the past and converse with them. And we can let them teach us their wisdom until we reach their height.

All of us wonder, **if we say we are God, how we became this physical body, which is so helpless, so cumbersome to carry around, so unfree, so limited.** In my meditations, God has shown me how it happened. It's difficult to explain in human language, but I shall try my best.

For example, you know how people make butter and cheese from milk? Milk is liquid, but it can be condensed and churned into butter. It can be solidified into cheese. So we were originally the essence of Light, the essence of the very fine, subtle, vibratory energy that creates all of the particles in the whole universe. Through the process of churning, we have become condensed into this physical being.

But then, I have also been shown that **there is always a particle inside us that has never been churned into physical being.** That is the lifesaver within us; that is the so-called Holy Spirit that dwells within this temple of God. We are at the bottom of the churning process of creation; that's why we are a little coarse, a little cumbersome, a little heavy.

There are other finer vibrational energies floating above us. We can have access to them, if we raise our energy up to their standard. And there is always still this little spark within us that has never been contaminated, that has never been processed into physical energy. We can always have access to this spark in order to return to where we came from. We can reverse the process and go back to the



original state of being, which is Light or the finer vibrational energy.

And this Light, this fine vibration, the Word in the Bible, this is God. This is our essence of being. To get in touch with this original, fine energy, this original Light and original Word is to get in touch with God. God can also show us Hiers metaphysical form, as I mentioned earlier, to converse with us.

*No One's God Is Better than the Other's
and There Is Only One God!*

Q: Jesus said, Who is not for me is against me. This means that we cannot be God, although You appeal to or You refer to the Bible and to Jesus.

M: The Bible says that you are the children of God; it's not I who said it. The Bible says that God made you in His own image; it's not I who said it. This is your misunderstanding. I am very clear about God, because He has been revealed to me inside myself. **Your God and my God are the same God. It's just that you don't know Him yet; I know Him.**

When you meditate with my method, you can see Jesus yourself and ask Him yourself. Now because you don't have access to Jesus or God, you misunderstand a lot about what the Bible says and what I say. Jesus is a Son of God, Christ is a Son of God. Christ is the only Son of God, because there is only one God. And Christ is the spirit of God that descended into Jesus' body to teach humankind.

And in every generation, this only Son of God, as Christ or the Christ power, will descend into



another human body to teach humankind again, again and again. Whenever we see this Christ power manifested somewhere, that is the Son of God manifested to save us. **Jesus still exists, but in another dimension. The Christ power is still with Him as well as within anyone that God has chosen to give this power.**

And this Christ power, the only Son of God, is also within us. That's why Jesus said, *Know you not that you are the temple of God, and the Holy Spirit dwells within you? Do not deny yourself this glory, because you have God within you. You have the Christ power within you.*

Christ also said, *Whatever I do, you can do also.* Christ did not tell us that we are less or different from Him. We can do whatever He does. That's what He said in the Bible, did He not? He just came to show us the way to know the God within us. He came to tell us, *What I do, you can do also.* He came to show us that.

But of course, if we have not reached the level of Jesus Christ when He was alive, we cannot understand His teachings very well. That's why there are so many wars even within Christianity, because they fight over whether this Christian

group's God is higher than the other Christian group's God. It's a very sad affair.

I hope I made it clear. (Applause) Thank you. Next one, please.

Q: As we can see similarities among different religions, for instance, when it comes to enlightened persons, such as Jesus, Buddha, and Krishna, what is the common ground for Godliness in various religions? Or is there such a common factor when it comes to God? What or which is God?

M: (Laughing) Yes, which is God? There is only one! There is only one God. You know that. The only wise thing to do is just to come and know this God. I will show you and then you can call Him whatever name you like. If you have time to study different religious doctrines, you will understand that they all point to the same God.

We argue between religions for two reasons: Number one, we don't have time to study all the religious doctrines. We don't even have time to study the whole Bible of our own religion, to be honest. So we don't see the same essence in the teachings of all the great religions and great Masters. That's why



even the Christians and the Muslims fight and kill each other in religious wars.

The number two reason is that we are not enlightened enough to understand the real meaning of the religious doctrines. Remember, the ones who wrote the doctrines, the Bible, for example, were enlightened Saints. In order to know what they are talking about, we have to be at their level, and we are not.

So we argue back and forth, we blame each other, we accuse each other, we slander each other's religious faith, and we kill each other sometimes, because my God is better than your God. It is a shame. **If I believe in God, I should be a loving and kind person. I would never kill anyone else. If we don't understand a religion, it's a very dangerous thing.** So please, I invite you to come and enlighten yourself. Then you can understand, and you can teach others to understand the true meaning of Christ. I have no reason to sit here and tell you anything that is not Truth. All right, next question, (Applause) thank you.

God Does Answer You, Only You Do Not Know How to Listen!

Q: Ordinary people, can they become enlightened, and if so, how? What kind of meditation do You use to become enlightened?

M: I am here for all the ordinary people. I am not here for the president of Finland, but he can also learn. We are all ordinary but we are all great, because we are the children of God. There are no ordinary people.

Q: From the age of seven, I have prayed to God. Why can't I hear or feel any kind of answer? I am about to lose my faith.

M: Everyone prays to God, but we often don't get an answer because we are not connected with the God inside. That's why I am here, to revive your faith again in God. So do not lose faith in God, because God is there. I am going to show you Hirm so that you can believe in Hirm again. And then you don't even have to pray. God answers you before you pray.

God answers us all the time. It's just that we don't have the spiritual ear opened, so we cannot hear Hirm. I am going to help you open your Heavenly ear, so you can hear Hirm.



Ahimsa - Extending Love to Our Younger Brothers

Q: Many people despise animals and just abuse them or utilize them, exploit them, consider them of less value and torture them. I love animals and I wish You would show in Your speech, if possible, the value of animals.

M: Yes, that's why I advise people to be vegetarian. We do this to extend our love to our lesser brothers and sisters who are more defenseless and weaker than we are. In the Bible, God said, *I made all the animals to be your friends and your helpers.* Hes did not tell us to eat them.

Q: Can I be happy with God, even if I am not a vegetarian?

M: You know the answer yourself. *As you sow, so shall you reap.* If we cause suffering to any being in any form, directly or indirectly, we can never feel completely guiltless, and therefore we cannot be completely happy. We can only be happy to some extent.

Sweden

Return to the Innocence of Childhood

The Fourteenth Stop: 31st May, 1999

On that early morning in May when news about Master's tour through Europe reached local initiates (not only Europe but specifically Scandinavia), a panic-like enthusiasm and joy exploded among us, for our deepest wish had come true.

Although it was the first time for us to arrange all the practical details of a visit by Master within such a short time, things started rolling well after the first few days' chaos. Everyone contributed in his or her own best way. In times of challenge we would meditate, and the answer was there. Yet without the slightest doubt, the biggest help we received was from



the incredibly efficient and professional visiting working teams from many other countries. Their experience, practical example, selfless devotion and guidance built a foundation for it all.

The location of the lecture was City Conference Hall in the center of Stockholm, with its large courtyard and rainbow-colored fountain outside. After much preparation, the scheduled lecture date of May 31st finally arrived. The weather was wonderful with a clear blue sky, and at night there was a full moon. At 6:00 P.M. the lecture hall started filling up, and by starting time the hall was full to capacity. More than 1200 people sat silently, while the air was filled with the sweet fragrance of flowers and a highly positive vibration. Then She appeared - our much-loved Supreme Master, dressed in light colors, like an innocent spring flower. The applause generated at that moment was warm and intense.

Relaxed, genuinely present, simple and beautiful, Master had such a grace around Her. In a sweet voice She talked to us, and every word was like a dewdrop of divine nectar, waking up the God consciousness in the context of our ordinary lives. Many people at the lecture seemed to have known Master for a long time, having followed the Five Precepts naturally, and were now ready to receive initiation. There was a lovely buzzing sound around the initiation booths both before and after Master's loving lecture.

~ The Supreme Master Ching Hai Lecture Excerpts~

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A Child Is Still in Contact with God

When we were born, up to the age of maybe three, four or sometimes even five, we still can remember God. It's easier for us to communicate with God at the tender age of a child. But as we grow up into the social system, taking on more and more responsibility in our adulthood, we become too busy, and the memory of this glorious connection automatically fades away from us.

If you watch a child, in his/her eyes you see the spark of happiness and Heavenly purity. That is because he/she is still in contact with God. And as we grow older, if we happen to meet a Saint, one who is reconnected with God again, who remembers God again, we will see the same spark in his/her eyes. Because **the Saint also has the same happiness a child has**. It's because he/she has been reborn again and he/she comes back as a child. Just like the Bible says, *Except if you become a child again, you cannot enter the Kingdom of God.*



How to Be Reborn Again



Actually, it sounds paradoxical, because only when we reconnect with God can we become a child again - all pure, all happy, and all carefree. How do we get to this stage of being carefree? We have to reverse the process of birth and death. It's just like we are reborn again, and we can do that. We can go back to the way we came from. We can reverse the journey, and then we can find the source of happiness that is God.

If we came from our house to some place and forgot the way home, then the only way to go home is just to try to remember the way, or ask someone who knows the way to our home. Then we can go back to exactly the road where we came from. Just because we have forgotten the way home doesn't mean that the way home does not exist. Just because we have forgotten God and our own true house doesn't mean that God and our own true home don't exist. We are made from God, we are born by God,

and we will go back to God. And that is the only Truth in this universe.

It doesn't matter how many people tell us that we are bad, we are sinful or we are not worthy of God's love. All these are just threats, illogical threats. It is not true at all. If the prince happens to wander away from the palace, and meanwhile he has to do all kinds of unpleasant things in order to survive, and then forgets the way home, it is not his fault. It is not his sin. Even if he has forgotten that he is a prince, he nevertheless is still a prince. And if he wants to go back to the palace, he will still officially be the prince again.



We Have Been Brainwashed!

So similarly, a child of God is always a child of God, no matter how much dust has fallen on our being, no matter how much ignorance this physical world tries to cloud us with. We originally are the children of God, and we will always be the children of God. Even the prince, if he is wandering around, will maybe look dirty, haggard, or lacking in dignity. But once he has been bathed, taken care of, and clothed in glorious royal dressing, then he will regain his majesty again. Even in the physical kingdom, if a prince will always be a prince, how can the children of God be anything else but the children of God?

We have been brainwashed into believing we are less than what we truly are. We have been doing so many things for the sake of survival that we have lost our confidence in the Kingdom of God, in our true position in the universe. But **we can always regain it at any instant we want to.** I am going to show you how, and it's really you who can regain it instantly because you already are. The law of cause and effect, the law of "As you sow so shall you reap," the law of guilt inflicting, the law of sin, the law of hell, the law of whatever bad and negative ideas that have been heaped upon us - they are man-made, they are not God. We cannot help to do things wrong sometimes, but once we know, we'll return to virtues and righteousness, and then we're all clean, all forgiven, all dignified again.

*There Is No Punishment
and No Judgment in the Kingdom of God*

When I was brought up into the Kingdom of God, I saw nothing but Love. There is no punishment and no judgment; there is nothing there. God just waits for us to come Home in whatever shape we are in. Even all the virtues and all the sins in this world are only made in this physical atmosphere. They are not real, because we are not real here either; the body is not real, anything here is just a grand, grand illusion.

So suppose you are a very enlightened person now, and you sit there right now and you concentrate. Or you don't even have to concentrate, if your level of consciousness is very high. You sit there right now, and you don't see anyone here. **You might see just a sea of Light enveloping everyone; you feel only love, you feel only God's presence.** That is the Truth, and that is the way we should see things. And we can see these things more and more in daily contemplation also, which I will show you. It's very simple.



To Work for God Is a Pure Pleasure

You can just stay home, and quietly and in your free time, contact your own Self. And it's no work at all, because all of this will give you the greatest blessing, the greatest happiness, the greatest pleasure, the greatest freedom that you have ever known, not like the working of the world. We tire ourselves, we exhaust our body and mind, just to earn a few thousand dollars or Kroner (Swedish currency) per month.

To work for God is a pure pleasure. It will make our body, our mind and our spirit elevated, even cure our sickness, dispel depression, open our wisdom, open our heart to more loving kindness and open our intelligence, so that we can know how to deal with difficult situations. **And the more we meditate, the more we contemplate on this God ourselves, the more we become an entirely different person** - an angel, a saint, a carefree spirit.

God Is Everywhere

You think meditation is something for the Himalayan Masters or the yogis. They sit all day, cross-legged and they... No, no, no! It's very simple. I used to think that way. I did! I thought I had to leave this dirty world in order to contact God, in the pure air of the Himalayas and all that stuff. Now I see God everywhere: I see Hirm on the bus, I see Hirm in the crowded third class hotel, in the dirty toilet, in the taxi, in the park, on the airplane, anywhere! Anywhere.

God comes in different forms. **God originally is formless, but Hes can manifest into metaphysical form for us to see.** Hes can appear to us as the brilliant Light of a thousand suns; Hes can talk to us in the voice of many waters, a voice like thunder, or a voice like beautiful Heavenly Music that will open all of our being. And we will soar up into the highest Heaven and enjoy our everlasting freedom.

We don't have to leave the world. We don't have to leave our family, our wife or husband or children. We can stay right where we are: Meditate in the attic, meditate in the living room, contemplate Hirm on your bed, in your bathroom, on your sofa, anywhere you choose, and God will

be there because Hes is always there. Hes is never anywhere else. And not only do I have this experience, but all of our brothers and sisters who learn the same system have the same experience, more or less.

And of course you, any of you, I guarantee that you'll have the same experience.



Q: *What is universal law?*

M: Universal law has two classes. The first one is the law of absolute love and grace. The other one is the law of action and retribution.

When we are in a higher dimension of the Kingdom, we have only love and grace. That's the only law. And when we are in the lower scale of the universe, such as this physical dimension, we have to abide by the law of cause and effect, meaning, "As you sow, so shall you reap," as it states in the Bible. So, most people who are not in contact with God have to suffer the law of cause and retribution. But the people who can ascend to a higher dimension enjoy only grace and love. God never judges us.

Q: Why would You accept being called the Supreme Master?

M: Why not? I am the Supreme Master. (Audience applauds) What do you want, someone very low level to teach you? You want a dog to teach you? Supreme dog, for example? Only a Supreme Master can help another Supreme Master. It's not my body that they call the Supreme Master. It is the God inside that they call the Supreme Master. And that same Supreme Master resides within you. **This name should remind you of your own glory.** (Audience applauds)

Actually, I don't care what you call me. You can call me sister. Some call me mother, some call me "second sister," and many also call me sister. Someone even called me sweetheart. It is all right; I don't care. It's just whatever, you know what I mean? When we are the children of God and we have the Supreme Master residing in us, we already know that and we just say the truth. That's all; there is nothing to it.



How Do We Know When the Communication with God Is Achieved?

Q: How does a human know that enlightenment has been achieved? Is it the same thing as being a Master? How do we know when the communication with God is achieved and when it is not?

M: It's just like how you know if your wife loves you. I can't explain it; you just know it. How can you not know God when God is there? This is beyond language and logic or intellectual explanation. The soul will know itself. God within you will know Hirmself. The problem with us is that we have the brain, and we always cling to this brainy thinking, and we think that we are this body. If the brain is somehow forsaken for a moment during meditation, only God remains. You will know because it will be entirely different than the ignorant way that we live before enlightenment.

Some of you will see God appear within your inner vision, with all Light, all glory, all love. You will just tremble with happiness. There's no need to ask anyone, "How do you know?" At that time you will tell me. Even if God sometimes

appears just like a flash of Light, **you will feel recharged, like you've been renewed just for a while. And you will feel very happy, very new, very young, and very enthusiastic.** You will look younger every day. So many wonderful miracles happen in our life, once we know God again. That's just a simple thing to do. Someone could have gotten initiation 15 years ago, yet when I see her again, she looks exactly like she did that day, if not even younger. Because the glory inside also reflects outside to the body, the attitude, the personality and the outlook on life. You will know it.





About the Predictions

Q: How do You view the future within the next twenty years and further on? Will the universe stop existing? Will it just be destroyed, as they say?

M: Nonsense. Twenty years from now, I will still be here; maybe I'll talk to you again. Don't listen to all these predictions! They are nonsense. It might happen, but it doesn't have to happen. The thing is, there are many things that can happen to the universe or this planet, and they are all happening at the same time. If, for example, something is supposed to happen to this planet, like maybe collapsing or maybe continuing, it is all happening at the same time. **It depends on the consciousness of the people of this planet to choose what will happen to us.**

If we continue thinking negatively, like "In the year 2000 the world will end," and that kind of thing - if everyone on this planet thinks that way - then it will happen, I guarantee it. But if all of us, or many of us, or at least our group of people are positive, and we know God's grace and we contact God every day, and all we see is just happiness and love, Light and grace, then we don't even remember that the year is 2000 or 3000. We don't even remember what day

today is. What day is today? (Master jokes) And then the world will continue the way it is or even better. **Our thinking is very powerful, so make sure you think positively, and everything will happen the way you want.** What you want to know is how come these psychic people, or those clairvoyants can see these kinds of happenings. I'll explain.

Because as I said, everything happens right now and happens at the same time. Just because we are deluded by the time and space of this planet, we don't see different things happening at the same time. And we choose to be here in this kind of environment, so this is the way it happens to us now. Some people happen to go, traverse or pass through the barrier of time and space for a few moments. And they see the things that are happening in one corner, I mean, one thing that's happening within the whole thing that's happening. And they think, "Oh! In the year 2000 this and that will happen." But actually, everything happens already right now. If you want to choose the end of the world, if all the people's consciousness is concentrated on that, the end of the world will happen right away. And the people who have a higher consciousness, they ascend into a higher level, and they see different things happening. They see more happy events, just like you go to a



higher level of a building, and there are different things happening. That's why it says **"Heaven is here and now;" it just depends on where you look.**

So trust your eyes and don't trust anyone else's eyes. I am coming here not to tell you to believe me, but to show you something for yourself. Then you can believe it yourself. A prediction is just one little fraction of the whole thing that is happening, and everything is happening - so many good things, bad things, everything. But the people who can only see the bad corner, and what they predict is bad, you don't have to believe that. Some people go to hell and come back, and they tell you, "Oh, my God! Hell is there; hell is right here in front of my eyes." It's true, but it's only true for him. Because he attracts hell, he belongs to hell. It has nothing to do with us. The level is like that. So someone seeing something has nothing to do with us, with the whole planet, with your destiny or with my destiny. Make your own. Yes, **I predict that our world will continue, and the year 3000 will be Heaven. That's the way I see it.** So you can believe him or you can believe me; it's up to you. Okay, it will be continued further than that, and we can enjoy Heaven right now. We don't even have to wait until the year 2000 or 3000.

Norway

A Life in Unity with God

The Fifteenth Stop: 2nd June, 1999

Norway is a very open country. The customs officers were so friendly, they just stamped our passports without asking any questions. All they said was, “Did you have a nice flight?” That was all.

The venue for the lecture, Konserthus, was a concert hall. More than a thousand seats were filled during the lecture. First, one of Master’s videos was shown. Afterwards, a Norwegian initiate gave an introduction to Master and the Quan Yin Method.



Master's message to the audience was that their country is peaceful, secure, prosperous and highly civilized, and has a good royal family and government. Since they have all their physical and material needs satisfied, Master was offering them spiritual food: the choice to meet God directly and receive God's direct teaching in order to go Home, if they were ready.

~ The Supreme Master Ching Hai Lecture Excerpts~

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There Is a Way!

There is a way to know God directly, and since ancient times, many people have known this way. But not the whole of humankind though, and it's a pity. But it is okay, because this physical world should also exist so that some new souls will come here. They can visit here and do whatever they do, or discover whatever they have to discover in the physical world, so that they can know the difference between Light and darkness, between Heaven and Earth.

But when we were born into this world, a veil was placed in front of our wisdom; a curtain was drawn between Heaven and Earth, between the Kingdom of God and this physical existence, so we have forgotten what it was like in Heaven. Then when we finish with whatever we have to do on this planet, God will send someone to rend the curtain aside, to open the gate again so that we can reenter our true Home.

Even though the way to Heaven is easier than the road to hell, most people do not know it, perhaps



because their time has not come, and they should still stay on this planet for a while. Or maybe because God has wanted them to prolong their lives for a little time or maybe they have chosen to take a longer road back to Heaven. And this is also all right. But **if we know the short road, the direct road, our life will be much happier, and we can make use of all our intelligence that is dormant within us, and then we can do many wonders.** We can bless the world with our saintly presence.

As Simple as Breathing

I am here to show you that short way. It's as simple as writing something on paper, as simple as breathing in the air, as simple as taking a walk or taking a nap. It is for those who are ready to go home, of course, and they will be readily accepted. And we don't have to go anywhere; we can see God in our own home, in our own leisure time and talk to Hirm even.

Of course God the Most High is formless, but Hes can also appear to us in our inner visions in the form of any human or any past Masters or present Master that Hes chooses to represent Hirm. Also Hes can appear as Light, Hes can talk in your own language, or Hes can manifest as a Heavenly Melody that enhances our spirit and opens our loving heart more and more each day.

The most obvious manifestation of God is you and me. That's why the Holy Bible says, *Know you not that you are the temple of God and the Holy Spirit dwells within you.* But in order to know our complete being, our connection with God, we have to ascend higher than this physical level, go further into the source of all wisdom, the source of all happiness and peace eternal. That is the Kingdom of God, God Hirmself, or our original face.



Speaking One Universal Language

We have so many languages in the world and maybe that's why we are so divided and so misunderstanding of each other. But **there is one universal language that every soul understands** and God understands, and through which we can understand God. And this is what is called the "Word" in the Bible. The Word was God and the Word is God, and everything is created from this Word; nothing that was created was not from this Word.

So we came from this so-called vibrational energy, we came from the Light, we came from the very finest substance of the universe. We own the whole universe, actually. We are a part of God, and we can become one with God again. Even in this lifetime before we leave the physical body, we already know Heaven, we see Heaven, coming back and forth, so we know where we are going at the time of physical departure.

Go to Heaven While Living

We were promised heavens by our religions if we believe in this religious doctrine. But some of us cannot wait; we want to see Heaven now. We want to see what it's like before we go there, don't we? It's like before you move into a new house - however good it is, you like to have a look at it to see whether it suits you. So **some of us would like to go to Heaven while living, and that we can show you how to do.**

And we don't really have to work hard for it, we just contemplate on the God quality. We don't even have to contemplate. **Once the gate is open, God just appears; we don't have to do anything.** I don't even have to do anything for you. I just show you where God is, and you can learn directly from Hirm to be wiser, more noble and more loving. This is how we want to live our life.



Q: What is the biggest obstacle against a life in unity with God?

M: There is no actual obstacle, the way we think of it. There is just a choice that we have made in Heaven before we descended into this world. Before the creation began, God made a grand design and all of us joined in, rejoicing in this grand design in which Hes assigned to each of us different roles. So we accordingly play out our roles until our time is up and then we go Home. It



depends on your choice whether you will go Home now or you will go Home in another year or another lifetime.

When your soul is awakened and knows that it is time to go Home, there is no obstacle that can stand between us and God. And even if there are obstacles, it will just strengthen our spirit and make us more determined to go Home.

Q: Are there any schools or places you can go to learn this meditation, maybe for six months?

M: That means you'd have to leave your family, your job and your girlfriend or boyfriend; that won't do. I come to teach you, and then you stay home and just do it a few hours or a couple of hours, an hour a day; that should be sufficient. And if you have questions, you can always write to us. We also send you information every two weeks or every month, so you can learn by yourself.

Besides, the meditation is not like you have a true method that you can write down. It is an invisible transmission of God's power; from then on you have it, and you just know what to do. The soul will know everything. It's just the mind sometimes that doesn't know and asks so many questions. Even then, after the transmission you will have answers whenever you have questions. You have answers inside; **God answers you directly**. And in case you still doubt whether the answer is correct, you can always write and ask me.

Mohammed the Prophet Learned It Directly from God

Q: What do You think of Islam as a complete and good religion?

M: I read the Koran and everything is complete. There is not much difference between the Koran and the Christian Bible or the Buddhist sutras. But any religious bibles are just one part of the teachings, that is, a theoretical part. Another practical part, you have to learn with God alone. I will show you how to find God so that Hes can teach you. Just like **Mohammed the Prophet learned it directly from God**. He had to shut himself, meaning to shut the world out and go inside so he could get the message from





God. And that's how he became wise and could teach other people. **If we want to be like him, then we have to do the same; we have to contact God.**

Q: Why must we die?

M: We can live forever if we know how. But I am afraid you won't like it. You won't have any more teeth to chew your food. Your hair will all fall out, you will become bald, you will not be handsome. What for do you live longer when the physical vehicle is already deteriorated? It's time to change to a new one. Dying doesn't mean you are finished. Dying is just changing into new clothes, and they are even better ones. We only have problems and suffering because we have this physical body. As long as we are free from this shackle, we will be so happy.

That's why many people with the near death experience come back here, but don't want to come back. They want to stay in Heaven forever. Sometimes during our meditation, we visit Heaven, talk to Jesus, talk to Buddha, etc., and we don't want to go back to this (excuse me) filthy prison. We feel so tight, so suffocated, so stinky sometimes when we go back from the meditation. That is really freedom. **I will show you how to die daily so you no longer have a fear of death.**

The Victims of War Will Have Gone to Heaven

Q: Why do people have wars and why are some people violent?

M: It is because of the suppressing atmosphere of this planet; sometimes it's too much for the soul. So it cries out in different ways, and some of the ways are violent ways. The hatred and sorrow of this planet, generated from many human beings, will kind of concentrate together in one place, whichever place has the most density of that same atmosphere. And when it's great enough in power, it breaks out into war and disasters. The people who are enveloped in this kind of atmosphere feel very, very far from God; they are so frustrated, they just lose themselves. That's how they can cause war.

But the people who cause war are the people we should feel more sorry for, because the victims will have gone to Heaven and have nice rewards and love; they are free of the physical bodies. But the ones who caused the trouble and sorrow, they don't know what awaits them.



Q: Do You believe that only Jesus has the authority to save the whole world, and that He will be coming soon to clean the world again and rule forever?

M: I believe that Christ is the only one who saves the world, the Christ power. That's the only God power, and it will choose anyone in any generation to impart this power to mankind. That's what it means by the only begotten Son of God; the Master is not the body.

Hell Exists! But We Don't Have to Go There

Q: Since God exists, I guess there is also a devil. If this is the case, do any of us risk eternal hell? Is hell a physical place? And how does the devil collect souls?

M: Hell exists already on this planet, don't you see? Perhaps not in your country, but in other countries with so much suffering. You don't see hell? Need there be another hell somewhere? The devil is just another kind of condensed energy of man's habitual low thinking. If we think of negative things, if we create hatred, then we also contribute to hell. And all this will come back to us in this lifetime or another lifetime; then we will blame God for letting war or disaster happen.

If you want to avoid hell and war, we must lead a very positive, very conducive life. We must know God. The best way is to know God, and then everything else, we will know what to do. There is no such thing as eternal hell.

There is hell nevertheless. Because the soul will want to purify itself when it knows that it has done something wrong. It's a kind of hospital to cure some soul diseases. But even then, you



don't have to go there. **I will show you Heaven. Even if hell exists, it doesn't concern you.**

Q: Why is it so important to be vegetarian?

M: Because you are a living God. And God doesn't walk around with blood dripping from his mouth. If you want to represent God and know yourself as a complete child of God, then it is the right thing to do. It is stated in the Bible also and in the Buddhist sutras, and in many other religions. I am sorry to have offended you, but you ask me, so I have to tell you the truth. Many Masters have come to our planet and told the Truth and risked their lives; I repeat the same thing.

Scotland

The Way to End War

The Sixteenth Stop: 5th June, 1999

The lecture began at 3 P.M. When Master first appeared inside the lecture hall, a Scottish initiate greeted Her with a traditional Scottish bagpipe tune. Master and everyone else really enjoyed the performance. She said that it sounded like “Home” (Heaven), because the bagpipe sound is the highest one in the Kingdom of God. She continued saying that the Scottish ancestors must have known this, and that’s why they came up with an instrument to make a sound similar to that of the Kingdom of God.



After the lecture, the initiation and Convenient Method training were given in the same room. The would-be initiates waited patiently for the Convenient Method training to be finished. When the new Convenient Method people walked out, one lady, who had enjoyed the bliss of a half taste of enlightenment, decided to stay behind and ask Master to let her be initiated fully, although she had not registered beforehand. What a lucky one! Since Master was present, She gave her the permission to stay.

~ The Supreme Master Ching Hai Lecture Excerpts~

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The Map to Heaven

Sometimes we have a glimpse of God in our very, very deep moments of prayer, but then we probably dismiss it as an illusion. But I have the way to show you, if you are interested, so that you know that it's real. We can verify whether our inner spiritual visions are real or not real, whether the ones we speak to are the real God, God's representative, the real Jesus' manifestation, or some kind of illusionary imagination of the mind.



Most people, even when they try to venture into the Kingdom of God alone, tend to get lost because they don't know the map. I am also here to offer you the map to Heaven, in case you haven't got it. It is just like the map from the airport to my hotel. The taxi driver just opens it, and he can drive, and then he definitely arrives. Meanwhile, he can also see the landmarks before he arrives at the hotel. So he is sure that he knows the way and that the way is correct, if he didn't know it before.



If the taxi driver already knows the road, it is very easy. But if he doesn't, the map will help him. Similarly, if we already know the road to Heaven, by our own knowledge or by learning with some other knowledgeable teacher, then we can go there daily. And if we don't know, we can inquire about it.



We Were Once Masters

Spiritual mastership does not require any extravagant effort. We can kind of study part-time, like saving one tenth of our time, and then we can acquire it in a very short while.

Meanwhile, before we become reacquainted with our true Home and attain mastery again - I say “again” because we were once Masters already, we came from Heaven; we were all Masters; we were all Christ; we were all Buddhas. There was no difference between any of us before we came here. When we came here, we became different. I will explain.

But even before we reclaim or we reach mastery again, we already will experience so many blessings, so many miraculous events that will enhance our life and smooth our journey on Earth, as well as to Heaven. **We will recognize that we are the greatest beings in the universe.** We will know that God truly is here for us every second, because miracles will happen without us having to do anything, without us having to call upon Heaven and Earth, or having to kneel and pray for hours on end, or drink any kind of magic potion, or dance around, jump about, or do whatever - upside down, inside out, whatever! We don't have to do anything like that, because God is almighty, and that God resides within us. It is a great surprise to all of us; even though we know that and try to believe it, we still cannot grasp the reality that we are nothing but God inside.



Once You Remember, You Never Forget

I am here to remind you of this Truth. And I will also help you to know it yourself. Because **second-hand knowledge is nevertheless second-hand. Only the Truth that you know yourself will remain forever.** I'm not here to be your teacher. I'm not here to stay forever and bind you with any contract or any conditions. I'm here to teach you once and for all that you are the Teacher, that you are God. And please try to remember this through my spiritual scientific method, day by day, so that you can reclaim your glory, even without my presence after today. Because once I teach you, you will never forget.

And because of the God within you, you will know. The God within is the one who will awaken Hirmself again and direct your mind and your brain, which up to now we think is "us" - it will direct them to do the right things, to smooth out the course of your life, to bless your existence, and then you will still have an abundance of blessings to share with the whole planet, and the universe as well.

The Universal Brotherhood

What is good for Scotland is good for Europe. What's good for Europe is good for the whole world. What's good for this planet is good for the whole universe, because we are all linked together. There's no one who can exist without another. We are all connected.

Just like we need the sun, and the flowers need the earth - we like the flowers, and we need the flowers to feel good. And the flower in turn needs us to fertilize it, to take care of it, so that it blooms in the best possible way, with the best possible beauty for us to enjoy.

The universal brotherhood is a vast, beautiful net of intelligence. And we are a part of it. So if any part of this net gets into trouble, then the whole net is kind of delayed in function and effect. Therefore, we need to fix the one part, and then everything will be all right.





The Wonderful Beings Escort Us Home

I'm only here for the ones who are ready. Therefore, there is no push, no force, no hurry on my part. Just when you are ready, we are standing by to help. Not only do I and my elder brothers and sisters stand by, the whole universal power stands by. God stands by. All the angels stand by. **Once we decide to go Home, we have a whole bunch of escorts!** And I will show you them also.

If you follow my road, you will see them on the road yourself. Because this planet, this physical creation, is not the only one. We have so many mansions in the home of God. And all these mansions are full of beings, wonderful beings, wonderful like us or more wonderful in some way, more knowledgeable. They assist us when we travel on our journey back Home. And it is a very, very wonderful journey.



Q: I thank You for visiting and sharing Your thoughts. I believe that each individual has the capability of reaching his God here and now. But, do You think that there is a change in our current time, specifically 1985 to the year 2010, that allows for a more global, larger change?

M: Yes. This is kind of an uplifting. Because when a great quantity of spiritual energy gathers together or condenses in one period of time, there is more urging than usual. Especially when the planet may be in more turmoil, with more troubles, more turbulence, more war and more disasters, then the grace of God is more urgent. Because more people pray to the grace of God in these times of need.

The more that people sincerely pray, the more the grace of God will descend upon this planet. And therefore, we feel a little push at the end of the century. So that is correct. Therefore, many spiritual awakening signs are all over the planet. In America alone, at least statistically, many tens of thousands of people are turning vegetarian, and more so in spiritual practice every year. And this is very difficult for the American people. You know, they are steak lovers. Their steak is not this big, (Master makes the shape of a small circle with Her hands) it's that big! (Master makes a much larger circle)



The Way to End War

Q: Do You think there will always be war?

M: If our planet elevated itself to a higher level of spiritual understanding, there would be no more war. War only exists in an atmosphere of hatred, misunderstanding and frustration because of the distance between humans and the God within themselves. War is the crying out of anguish, of longing for Home; it's the most desperate and violent cry of a kid who doesn't know where his father is. So if we show him the father or the mother, he will stop crying and kicking his feet.

The child doesn't know right from wrong. The child - hungry, thirsty, cold, frightened and lonely - only wants the bosom of his mother. That's all there is. But as long as our planet is still far away from God's knowledge, we will still have wars. And that's why I am coming to different countries, sometimes even without invitation, if God has directed me there - so that the child can know the father and stop all these desperate, lonely cries.

In the higher civilizations of other planets, people are more intelligent and spiritually

developed. They don't ever have war with each other because they know God is with them all the time; God is the only thing they live with and for. On this planet, not many of us can see God directly; we don't talk to God directly about all of our anguish, our frustrations, our fears and our worries. But despite our tough appearance, we all have our problems, weaknesses, fears, wants and desperation. And when we have nowhere to turn to, we tend to turn violent. That's how war happens.

But the violent ones are also victims of war, in a way. The true victims of war and the ones who cause war are both victims, just of a different kind, of different degree. The ones who cause war are the worst victims of all, because they don't even know right from wrong. They can't run away from themselves to take refuge in any other country, because they're deep within this terrible illusion of the negative power. They're struggling desperately. So the only way to end war on this planet or anywhere is to be enlightened, to know God - just like when the child is hugged by the mother, he will stop crying.

Q: Do You have some divine international plan to awaken the whole population of this planet? Have You Yourself seen Jesus? Are You capable of



verifying Him if He appears to You in person physically?

M: I don't have any plan, really. I just do what God tells me to do. I go where Hes sends me. Even sometimes my mind rebels, saying, "Oh, I'm tired. Please let me rest. I don't want to go there. It's too cold. It's too hot. It's too much trouble. People are so difficult to enlighten, and I don't know if they will listen to me. Just forget it!" But Hes will still makes me go.

So it's not my will, it is God's will that will be done. And I'm sure God has an international plan to elevate the spirit of the people of this planet, or else Hes wouldn't have sent me everywhere. Despite my physical exhaustion and sickness sometimes, and my very humble physical ability, Hes just keeps driving me around.

And it's not only I or anyone who can see Jesus. The important thing is that you will see Jesus if you follow the instructions, because **there is only one way to God. You can't miss it.** And I will also show you how to verify whether He is real or not. It takes some time to explain all this to you. That's why it takes a couple of hours. The enlightenment alone (Master snaps Her fingers)

is just like this! But you need to know what to avoid, what to do and what not to do, because you have forgotten all these things, and you have complicated yourself with all kinds of preconceived ideas about God and Heaven. So we have to explain to you: “This is not that, and this is that.”

And then, of course, you will verify it because you will know. You will see the Lord face to face, and Hes is full of Light, full of compassion. Only God can be full of Light and full of love, through the eyes and the way of speaking. The devil cannot imitate it. But actually he can, in a way. So I will show you how to distinguish between the two. It’s very easy! You have just forgotten. I will tell you everything. If you have time to sit together after this, I’ll explain everything.

Q: In Islam, submission to God or Allah is a paramount principle of the religion. Do You advocate submission to God?

M: Yes, yes! I do. But I just say it this way right now. Later, God’s will is done, not our will. And this body, this being, this brain, this mind will only be the instrument that exercises Hiers love.



“I Am Responsible Until Your Journey Is Complete”

Q: *Dear Master, You say that after initiation, when we are given a direct line to God, if we want, we do not need to have any more contact with You. (Right.) But is it not true that we must keep a spiritual connection or vibration with You through this life, because at the time of death we need You to guide us through the spiritual realms, so that we do not get lost on our journey back Home to Heaven?*

M: Of course! If you need me, I am always there, twenty-four hours. Whenever you call my name, even if you don't call my name, I have to watch over you until you grow up into yourself again. And that is, of course, my job. Until you become able to walk on your own feet, I cannot leave you, in this world or the next world. I am responsible until your journey is complete.

But my physical body, you don't need. Because we will also be connected inside, through God. We will become one. And whatever you need, I will know. It becomes my need. Whatever is your sorrow will become my sorrow. And, of course, my highest spiritual Self will try to elevate

whatever troubles you in this life and see that you go back Home smoothly and safely. I will be with you all the time, until you want to get rid of me. What I mean is that there is no obligation. You can stay at home and meditate yourself. You don't need to hang around me. Because **we will, through thought transference, know each other's needs**. And you might see me at your home sometimes. If you are in a high level, you can see me come to your home; you can also talk to me, just like you're talking to me right now. Some people do that. So you don't need my material, physical, fleshly body. That's what I mean. But that doesn't mean I abandon you at all.



*When You cast Your glance into the sea
O, magnificent Beloved
All the fishes will become dragons
And they'll fly up to the clouds.
Blessing rain then will start pouring down
Fertilizing the field of human virtues and
merits.*

~ From Silent Tears
The Supreme Master Ching Hai

Ireland

Spirituality Shines in Adversity

The Seventeenth Stop: 7th June, 1999

Master's European Lecture Tour was nearing an end, and the highly energized working teams had become experts in the many aspects of lecture promotion. The first thing that amazed the local people was that fellow initiates who had come from around the world to work with devoted cooperation could distribute tens of thousands of flyers and put up numerous posters around the city in just a few hours' time. Overnight, Master's photos could be seen almost everywhere around Dublin.

On the morning of the lecture, the selected venue, the Royal Dublin Society grounds, looked as



they normally do. However, by the afternoon, fellow initiates had given it a completely new appearance. They employed all kinds of skills, ranging from artistic design and lighting to other decorative artwork in rearranging things and making new installations. Certain spots were selected for the display of Master's paintings, publications, lamps, Celestial Jewelry and Celestial Clothes. As the time of the lecture approached, more and more people came, despite persistent thunder and rain. At about half past three, the weather turned fine and the guests grew in numbers. Soon the venue was fully packed.

~ The Supreme Master Ching Hai Lecture Excerpts~

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On the Thorny Bush We Have Roses

After a disaster, we tend to become more spiritual. It is sad, but at least on the thorny bush we have roses. Similarly, **in the latest events, like the war in Kosovo, people tend to come closer together and become more loving, more giving and more understanding. Also they have more of a penchant for God's knowledge, and this is a very positive side,** despite the very, very sad news that we hear every day.

But we hope that peace is coming. It looks like it's all right. Did you see the latest news last night? They didn't sign anything yet? Maybe they are waiting for us to pray a little harder. We are going to London after this, and we probably have to pray harder for Europe and for the world - I mean our group. Of course, we ask you to join us at home. Just sincerity is enough because God knows everything, even though some of us don't know that God knows.



*We Are, in Fact,
Truly Blood Brothers and Sisters*

There is nothing new that I am going to show you. There is nothing that you do not know. There is nothing that you have to pay for, ever. As long as I render any service to you, you never, ever have to pay anything for your own Kingdom. I am just the one who walks first, so I will show you the way, because the way is ours. The house in Heaven belongs to all of us, and God the Father belongs to all of us. We are, in fact, truly blood brothers and sisters. Just the outer appearance, the nationalities and the habits that we acquire in this life separate us to some degree.

But once we enter into this circle of sainthood, enter into the Kingdom of God, we will feel and see a definite link between all of us. We will just automatically trust each other and love each other in a way that we could not even understand compared to the way we were before. All the suspicion, the doubt and the insecurity will disappear.

Just Turn Within to Hear God

So there is just one way: just turn in to hear God, turn in to see God; then we are there. We could do that as kids, and we still can do it now. What you have forgotten, I will just remind you of. And then everything will seem familiar because we have done this before. We have also done this in other existences.

Before the creation began, there was another creation. And then, after this creation, there will be another creation. And sometimes we descend again and again in some of the physical dimensions, to sample experience, to rejoice in the Creation of the Lord, no matter where Hes places us. And then we forget again, we forget how to go Home.

Then God will send some reminder to us, like Jesus; then He will leave the Key with Saint Peter. And then, Saint Peter will leave the Key to someone else. Someone else will leave the Key. And so the knowledge will pass on from generation to generation. And if we are longing enough to go Home, someone with that Key will come along and show us the gate. And that's all there is. Very simple!



The Inner Melody Heals All Wounds

Q: Dear Master, You talked about the inner Melody that can heal all wounds. What does this Melody sound like?

M: It sounds almost like outside instruments, sometimes. For example, if you hear the bagpipe, the Scottish bagpipe, the harp and the flute, they also resemble the inner Sound. Except that the outer sound can relieve us only to some extent relieving our stress and sorrow for a temporary period. Sometimes it doesn't. But the inner Sound, the inner Melody of Heaven will continuously play 24 hours; once we open our so-called spiritual ears, we can hear it all the time.

It heals all wounds, and it will teach us all the wisdom of the universe, whereas the outer music can only make us happy, temporarily. It does not teach us any wiser things, and we do not change ourselves to become a more intelligent, more loving or more compassionate person. So the inner Music will do all that.

Q: Dear Master, Master Wu of Chu spoke of a great separation.

M: Must we, sorry love?

Q: *W-u.*

M: Oh, Master Wu! OK, OK. What about him?

Q: *He spoke of a great separation, before which all life on the planets shared consciousness. He believed we are approaching a new age of shared consciousness.*

M: Wow, I am impressed that the Irish people even know Master Wu before Lao Tzu. No, he talks about some metaphor, that before the creation sprung into being there was a great separation, because God thinks and then it becomes. God wants to divide Hirmself, so we separated from Hirm. Also, it seems, into different individualized life forms, so that we can feel the separateness from God. Then,





through this separation, we have to return by the power of longing, to go back to the Self, and then we will join together in the same consciousness. That's when we have a shared consciousness and go back to the origin.

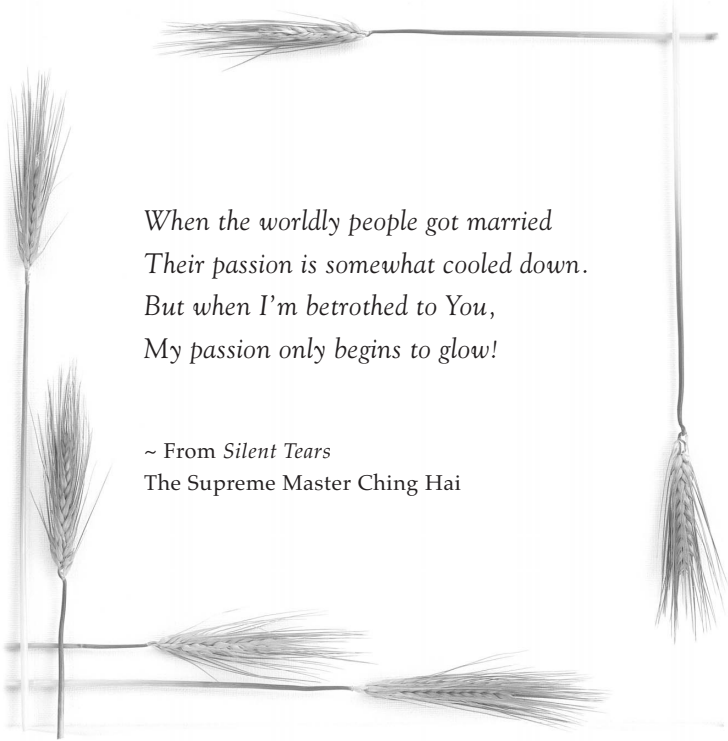
And the thing you talk about is the new Golden Age, for example. It depends on us. If more and more people elevate their consciousness into a higher level, then of course, we approach a new Golden Age. If not, then you know what happens. Therefore, many of the teachers and I myself were commanded by God to run around like this, sharing the knowledge of what I know, what Hes wants me to know, and what Hes wants you to know, until everyone shares in the real knowledge of God. Then we can approach the Golden Age. Let's hope it will be so.

I guess we are coming to it. Because **a lot of people are turning to spirituality now. And a lot of people are becoming vegetarian not only for health reasons, but for compassion and religious reasons. So the planet is becoming better and better.** It's just that we have to work harder. I mean, for example, me. I am a little lazy. Unless Hes pushes me, I don't go anywhere. I just don't know how to speak the Truth, which I know in my heart. Sometimes, I tell God, "It is so difficult, God. Could



You find someone else? Because I don't know how to speak about You. I only know You, I can love You, I can see You, but it's so difficult to talk in language about You. The more I talk, it seems that I don't make enough glory about You." And I feel incomplete in my heart. I feel frustrated.

But that's the way it is. I just have to introduce Hirm to people, and then they choose it. Then they decide, and then they enter the Kingdom of God; then they will know it themselves. That's the best way. Language is not particularly the best vehicle for explaining God. Everyone who knows God knows this.



*When the worldly people got married
Their passion is somewhat cooled down.
But when I'm betrothed to You,
My passion only begins to glow!*

~ From Silent Tears
The Supreme Master Ching Hai

England

Face Life with Courage

The Eighteenth Stop: 9th June, 1999

Master's last lecture in Europe was a tremendous success. Fellow initiates vacated the lecture hall in deference to the guests and sat in two other rooms with large video projection screens. When waves of people poured into the lecture hall, the initiates immediately gave up one room to the guests, which became fully occupied in no time. Finally, the initiates withdrew from the last room to accommodate even more guests. Although they had no seats, their hearts were filled with happiness.

Master invited some of the audience members in front to sit on the platform beside Her. Two lucky



young girls sat side by side with Master. During Master's lecture, She assured us that we can see God in our present lives. In fact, seeing God is not difficult. Even children can communicate with God.

During the question and answer period, question sheets streamed up to the platform, including piles of questions from the other two rooms. When Master had answered the questions from all three rooms, the audience continued to ask more, verbally. Even when the lecture was drawing to an end, audience members were reluctant to leave. Then, those in attendance closed their eyes and prayed for

a few minutes, and Master gave them blessed food. This concluded the lecture period.

Next, when Master stepped out of the hall, She greeted the people standing near the stairway. One guest requested initiation even though he was the owner of a non-vegetarian restaurant. Due to his sincerity, Master approved his initiation anyway but advised him to change his restaurant to a vegetarian one. He was so delighted that he repeatedly thanked Her. One Catholic priest and two nuns also attended the lecture and sat in the first row. The humor in Master's answers to the audience members' questions moved all three of them to warm-hearted laughter. Later they received initiation into the Quan Yin Method. Hundreds of people were initiated in London, which had the highest total of new initiates among all the lecture stops. It was a great success to have so many new fellow initiates join us in the capital of the United Kingdom, and the perfect conclusion to Master's 1999 European Lecture Tour!



~ The Supreme Master Ching Hai Lecture Excerpts~

.....

*Our Civilization Was at
the Peak of Its Glory before This Era*

I am going to make a very big exception for you tonight. That is, I am going to make all of you see God with no conditions. But if you want to see more, if you want to get initiation in order to do it every day properly and go deeper without any fear of danger, then you should register your name, and let me take the responsibility to help you until you become the Master, until you become one with God. That is, until you can walk alone yourself and know that you are one with God.

But for other people, I am going to make a very, very big exception after this. I'll let you see God. Yes, do you have a question?

(From the audience: Do you promise that in this life, or the next life?)

In this life, this instant, not after! After the "after-life," you don't even know if you come into human life. Yes, I mean this life, this very lifetime. If

I can make it, you can make it. If all of our brothers and sisters who have been initiated can make it, you can make it. Only this life is the life that matters to us. Because who can prove to you that we have the next life or not? Most souls, after leaving this planet, do not reincarnate again on this planet.

So I can't promise you a next life, actually. You might be reborn again in another Heaven or on another planet. It might not necessarily be this one, and not necessarily in the physical frame just like this. Although we do have other planets that have human populations just like us. And they are even more advanced in technology.

Now, since we are talking about technology, our planet had advanced to a peak of technological civilization a long time ago. And that's why when the archaeologists dug up those remnants of older civilizations, sometimes they would discover that artifacts similar to an airplane or what you call a UFO had been left on this planet. Why is that? Because our civilization was at the peak of its glory before this era. And then we destroyed ourselves, because we became too advanced in technology but not advanced enough in spirituality.



These two things have to go hand in hand, or we won't have enough power to handle the knowledge that we have. So we destroyed ourselves and almost destroyed many other planets surrounding us. Because at that time we could even fly to a different planet in a matter of hours or days. Nowadays, it takes light years to go to other places, or at least months to go to the Moon. In the old times, that wasn't so. It was quicker. So now we begin to develop again. Just like in the old times, we are on the verge of discovering some of the greatest technological advancements. And this is also why we are in danger.

That's why we have so many wars. It's because we are very advanced in weapons, but we are not too advanced in spirituality. Spirituality has two aspects: One is theory and the other is practice. Theory is the one that introduces to us God, Heaven, bliss, the everlasting life, and "Seeing God While Living." For example, just like I am doing now: introducing the apple. And the practical aspect of spirituality is the apple itself, when you eat it.

As for theory, we have plenty already. We have all kinds of spiritual scriptures, and we have all kinds of doctrines that talk about God, Buddha,

Heaven, Buddha's Land, and all that. But they just make our mouth water. Because if we don't see it ourselves, we don't know what God looks like and we don't know what Heaven is.

We think that only the pure people of ancient times could see Heaven and talk to God.

But why not us? The people in the old times also ate. They also worked, got married, had children and took care of their families, just exactly the way we are doing now. So I don't see how the people of the old times were purer than we are in any way, logically speaking.



Claiming Our Glory as Children of God

Since the day we were born, we have been taught to be human beings; we have been told that we are human beings. We are even told that we are sinners, that ancestors we don't even know of have passed their sins on to us. So how can we stand up and feel proud of ourselves, or even think of claiming our glory as children of God? Do you know what a child of God is? Can you think about it? It's not just the words of it, but the meaning of it, the weight of it!

God is the most powerful person in the whole universe, and we are His children. It even mentions in the Bible that God made man in His own image. It's in everything, everywhere. The Buddha also told us, *I am the Buddha. You are the Buddha of the future. You have the Buddha Nature inside you.* And Christ told us, *You have the Kingdom of God within you.*

Yet we never know that. We live our life day to day, hand to mouth; sometimes we don't even have enough for our necessities. And all of this

makes us frustrated, and we become angry with each other; we become very agitated for no reason. It's just because somewhere in this subconscious we still remember the life in Heaven that we left behind, long ago. We know that over there we had everything and that we were powerful: Whatever we thought, we had (Master snaps Her fingers, indicating "instantly"); whatever we thought, became so.



A Better Choice

Being vegetarian is so easy today! There are so many health food stores, so many Chinese stores. They sell all kinds of imitation meat, which is more nutritious than real meat. And you don't even have to eat a lot to feel yourself getting full. Even if you eat a little, it already fills you with energy. And then you digest quickly and you have less disease with that. And the animals' energy of fear and hatred will not cling to your being. And that will make you feel even lighter and happier.

That is the benefit of vegetarianism, even before meditation. You will feel different changes. All the hospitals are full of people who are rich and wealthy and have a lot of meat to eat. People in China, because of some of the changes in their political situation in other times, didn't have enough meat to eat. They just ate simple vegetables and tofu and all that. But their cancer rate was the lowest in the world compared to other countries who had more meat to eat. So think about that. Even if you don't believe in my teachings, you can believe in the scientific research that says it is good for the body

and the mind. Only when the body is healthy can the mind think straight. And then you become clearer in your daily matters also. Whatever I tell you here is good for you only. I am not forbidding things or saying things like, “If you don’t, you will go to hell.”

No such things like that. Just that it’s good for you, and you make the choice.



O, Holy Father!
Compassionate Buddha!
Master of all things that are
In the whole universe.
How I pray that soon the Journey will end,
And the dust-laden prodigal child will again
bathe in
The Elixir of Your unconditional Love.

As for now,
The day seems to last forever,
And the night seems like eternity.

~ From *Silent Tears*
The Supreme Master Ching Hai

Mother of the Millennium

By sister initiate Carolin Gschwilm, Munich, Germany

***B**elow are prophecies from a book written between the 11th and 12th centuries by the French clairvoyant Jean de Jérusalem concerning the Millennium which stands before us. Jean was a member of the Knights Templar order, and in the course of time, his prophecies were lost. They were rediscovered only recently, and their accuracy is truly astounding. Many contemporary problems, such as AIDS, world hunger, and environmental pollution, are described very clearly in his book. While Jean de Jérusalem predicts catastrophes and wars for the end of this century, he also describes the future as very beautiful: “Humanity will evolve spiritually and regain its true greatness, and humankind will learn to live together in peace.” In some prophecies, he writes of a woman as the mother of the new age, and we believe that he refers here to our Master:*

“When it’s getting near to the year 2000,
Men will no longer be the only Masters,
For a woman will come and take hold of the scepter.
(*Master used a staff for a long time)

She will be the great mother of the times to come,
And what She thinks She will impose upon men.
She will be the mother of the millennium which
comes after the millennium.

(*After the year 2000)

“She will emanate the mild sweetness of a mother
After the days of the devil,
She will be the beauty after the ugliness of cruel times.
The millennium which comes after the millennium
Will be transformed into a time of light,
And there will be love and sharing and dreams,
(*We share our wealth with the needy)

And these dreams will come true.”

(*Yes, Heaven comes to Earth)

Actually, there are more prophecies by Jean de Jérusalem that do not refer directly to our Master but that confirm fully what She says about the future spiritual development of humankind and the golden age. What is really beautiful is that Jean’s prophecies include not only disasters and suffering, but also a wonderful future in which humanity will become enlightened after a difficult time of bringing back the divine order to Earth.

“When it’s getting near to the year 2000,
Humankind will finally have opened their eyes.

(*Master helps open the wisdom eye)

They will no longer be prisoners in their minds or in their cities.
They will be able to see and hear one another from one
end of the world to the other.

**(*Retreats in different countries, and the inner Sound
connects us all)**

They will know that which strikes one injures another.

“Humankind will form one, immense body,
Of which each one will be but a minute part,

(*Group meditation)

And together, they will form the heart,
And there will be one language spoken by all,

(*Quan Yin inner voice)

And thus, finally will be born - the great spirit of humanity.”

“When it’s getting near to the year 2000,
Humankind will know the essence behind all things,
Stone or water, the body of the animal or the glance of another.
They will discover the secrets guarded by the ancient Gods,
And will push open one door after another,
in the labyrinth of a new life.

**(*Enlightenment by the Quan Yin Method fits the above
description)**

“They will create with power and the springing of a well.

They will teach the knowledge to all of humankind,
And children will know Heaven and Earth better than anyone before them.

(*Our initiates’ children from six years old have Heavenly visions of unbelievable height!)

And the human body will be enlarged and skillful,
And their spirit will encompass and own all things.”

(*All these and more are the inner experience of our fellow paractitioners)

.

“When it’s getting near to the year 2000,
Humankind will undergo a second birth.

(*Initiation=being reborn)

The spirit will dominate the mass of the people,
Who will be one as brothers.

Then the end of the barbaric times will be declared.

“It will be a time of new strength in faith.

After the dark days at the beginning of the millennium
which comes after the millennium,
Happy days will begin.

Humankind will again find the way of a real gentleman,
And the Earth will regain its order.”

“When it’s getting near to the year 2000,
Humankind will know that all beings
are bearers of the Light,
and that they are creatures to be respected.
Humankind will found new cities
In Heaven, on Earth and on the surface of the ocean.
(*Space stations, ships, etc...)

“They will remember what was then.
They will understand what will be.
They will no longer fear death,
For they will have lived several lives during one life,
And they will know that the Light will never die.”
**(*Just as Master’s teachings about seeing the Light
and dying while living, we, the Quan Yin disciples,
know that all of the above descriptions are just what
we know while we practice the Quan Yin Method!)**

.

(This prophecy was originally written in medieval French, excerpted from “Le Livre des Prophètes,” published in 1994 by Editions Jean - Claude Lattès.)

Initiation:
The Quan Yin Method

The Supreme Master Ching Hai initiates sincere people longing to know the Truth into the Quan Yin Method. 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 experiences have been repeatedly described in the spiritual literature of all the world's religions since ancient times.

For example, the Christian Bible says, “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 and 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. This transmission is an essential part of the Method. The techniques 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.”

The Supreme 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 vegetarian. A lifetime commitment to the vegetarian 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 Precepts” are your only requirements after initiation. The Precepts are guidelines that help you to neither harm yourself nor 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 Buddhahood for yourself. Without daily practice, you will almost certainly forget your enlightenment and return to a normal level of consciousness.

The Supreme 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

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 to sainthood.

The Five Precepts

1. *Refrain from taking the life of sentient beings. **
2. *Refrain from speaking what is not true.*
3. *Refrain from taking what is not yours.*
4. *Refrain from sexual misconduct.*
5. *Refrain from using intoxicants. ***

** This precept requires strict adherence to a vegan or lacto-vegetarian diet. No meat, fish, poultry, or eggs (fertilized or nonfertilized).*

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

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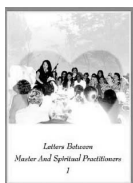
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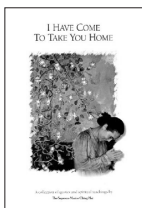
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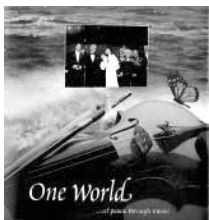
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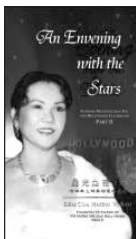


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Rewrite the History of Humankind

*“So they signed the peace treaty
already last night?”*

In the evening, as initiates were meditating in the meditation hall, Master quietly came in and meditated with us for a while. Then She silently walked around the hall and blessed the fellow initiates. After the meditation, Master told us that we had finished our lecture tour the previous night and the warring parties in Kosovo also had signed a peace treaty that same night (and same hour)! She continued in a joking tone, saying:

“So they signed the peace treaty already last night? I hope they keep it! Last night when we finished, they also finished before midnight, eleven something. Well, let’s pray to God that they keep it. Otherwise, maybe we won’t live to see the year two thousand, especially the European people. Wow, Nostradamus said all that. Oh, Man!”

(Three-day Retreat in Norwich, UK, 11-13 June, 1999)

*The Power of Thoughts Can
Improve the World*

Our thinking will affect the whole planet. Even though our group may be small compared to the world's population, our thoughts are not small. Together we can make a difference, if our thinking is concentrated in the same direction. And this concentrated thinking power can defeat the other concentrated group of negative power, and then, we can better the world. That is also the purpose of our being here at this retreat, because we can change the future. No matter how bad the present is, we can still change the future, because we have the free will to do so.

~ The Supreme Master Ching Hai ~

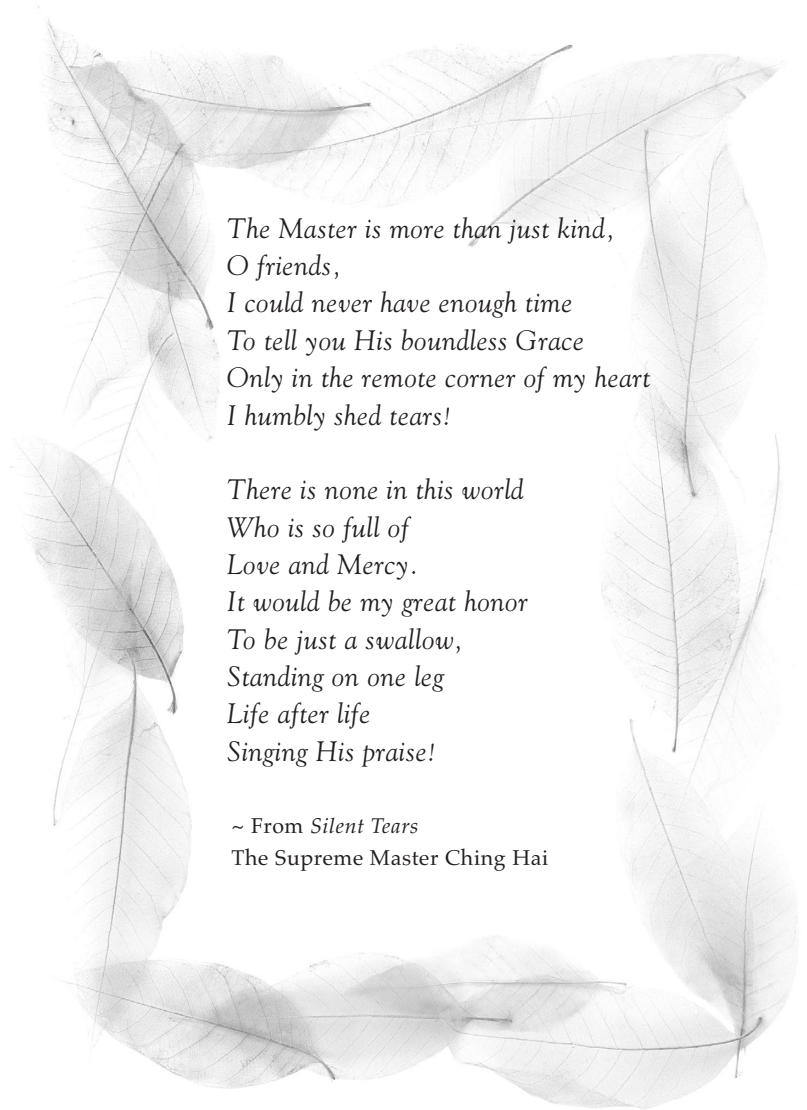
Spherical Rainbows Signal the Coming of Peace

By brother initiate Lin Yan-ting, Taipei, Formosa

On the way to London, U.K. on June 7, we boarded a Thai Airlines flight from Taipei to Bangkok, where we changed flights, destined for Europe. The weather was fine when the aircraft entered European airspace in the early morning of the next day. I was sitting in a window seat, when suddenly, a spectacular scene under the wing of the aircraft met my eyes. Two large spherical rainbows, one circumscribing the other, radiated outwards in dazzling colors that changed even as we flew on. Red, yellow, green, and many other colors of the light spectrum shone and faded with time. The scene lasted several minutes, and all the fellow initiates on that flight witnessed this natural wonder.

I referred to the air route and found that we were flying over the embattled Balkan Peninsula at the time. Then, at the three-day retreat following Her London lecture, Master shared with us that a peace treaty had been signed between the two warring parties right at the same time when the European

Lecture Tour had ended. It struck me then that the spherical rainbows were signaling the return of peace. As Master once said, “Wherever a great spiritual practitioner goes, his/her magnetic field will bless that area and purify the atmosphere.” The one-month European Lecture Tour not only brought the word of God to Europe, but also led this region toward a peaceful and brilliant future.



*The Master is more than just kind,
O friends,
I could never have enough time
To tell you His boundless Grace
Only in the remote corner of my heart
I humbly shed tears!*

*There is none in this world
Who is so full of
Love and Mercy.
It would be my great honor
To be just a swallow,
Standing on one leg
Life after life
Singing His praise!*

*~ From Silent Tears
The Supreme Master Ching Hai*

Subject of a Legend

*“The long awaited One will never return
In Europe, but will appear in Asia.”*

~Nostradamus~

A World Savior Born In the East

By brother initiate Chao Feng from Canada

Four hundred years ago the French seer Nostradamus wrote a book entitled “Centuries,” comprised of one hundred prophetic quatrains. Each quatrain is one prophecy, predicting all the major world events in the next 400 years. Most of Nostradamus’ prophecies have come true, and have amazed people throughout the world. People are particularly concerned about his last prophecy of a great disaster toward the end of the century. This last quatrain suggested that in the year A.D. 1999, the world will face an unprecedented great disaster, and that even the sea will become hot. Then, a world savior born in the East will appear in 1983 to save Europe from the catastrophe. (The years mentioned were calculated by experts, based on the content of Nostradamus’ prophetic quatrains.)

I was very puzzled when reading this prophecy. First, if it is going to happen in Europe, why is someone from the East going to save them from the disaster? Second, if the savior was born in 1983, he or she would still be a young person of 16

at the end of the century. How could he or she be commissioned with this burden? Is that not an incredible myth?

After being initiated by Master, I incidentally learned that She attained ultimate enlightenment in the Himalayas precisely in the year 1983. Then I understood. Enlightenment is the beginning of the real life of a human being. Master was born in the East, studied in Europe, and has been lecturing in all five continents, with disciples all over the world. Who else could this world savior be, except Master?

With Her incredible power, Master is changing the destiny of the world, leading us out of the dark shadow of doomsday, to greet the dawning light of the new century.

*(Adopted from The Supreme Master Ching Hai
News Magazine #52, published in 1995)*

Priceless Reference - NostradamUS

By brother initiate Le Huu Phuoc, San Jose, CA, U.S.A.

This past summer, I happened to stop by a bookstore in San Jose, California. There I found a book called “Nostradamus and Predictions for the Latter Half of the 20th Century,” in the Aulacese language, published by the World Publishing Company. By nature, I am very curious about spiritual matters, so when I got home, I read and reflected on every line in this book. Written 450 years ago, the predictions of Nostradamus attracted me greatly, and I was absorbed in the book. Each line was an amazing discovery, shedding light on wonders and mysteries that have yet to be clarified by other prophets. In the following passage, Nostradamus informs us that the true Master will come from Asia.

*The long awaited One will never return
In Europe, but will appear in Asia.*

French:

10 Q75

*Tant attendu ne reuiendra iamais,
Dedans l'Europe, en Asie apparoiſtra:*

Predictions by prophets characteristically are mysterious and obscure. No matter how brilliant we are, we can't use the mind to analyze, interpret, or discuss them. One morning during group meditation, however, suddenly the disclosures of Nostradamus on Eastern philosophy and religion, the beauty of the moon, the grace of meditation, the symbols of the mystic traditions of the East and West, and the glory of an enlightened being all appeared to my intuition. I was entering a wonderful world filled with Light. One line of prophecy by Nostradamus,

The second of the last name of the Prophet

French:

2 Q28

Le penultime du surnom du prophete,

resounded in my ears very clearly and vividly. Suddenly, the title "SUMA" in bright light appeared continually before my eyes. An invisible and gentle force urged me to end my meditation early and go into the den to find the book by Nostradamus.

As if by a miracle, the stream of Light inside me illuminated my mind and helped me immediately read the last four letters of the prophet's name: NostradAMUS. Dear God, it was indeed SUMA, the abbreviated title of my beloved and venerable SUpreme MAster ! I was elated beyond tears. The bliss that filled my heart could not be described in words! Thank You, Master, for showing me the way and helping me understand. Enraptured, I experienced a kind of great happiness that I never had witnessed before! Moreover, another quatrain by Nostradamus, says

Religion which is named the ocean will win

French:

10 Q96

Religion du nom des mers vaincra,

The name Ching Hai means “pure ocean.”

In another section of the book, the author related Nostradamus' prediction to Shakyamuni Buddha's, saying: “The next great world teacher,

who is given the name Maitreya, meaning ‘friend,’ will appear around the year A. D. 2000 and will restore momentum and power to all those seeking after Truth.”

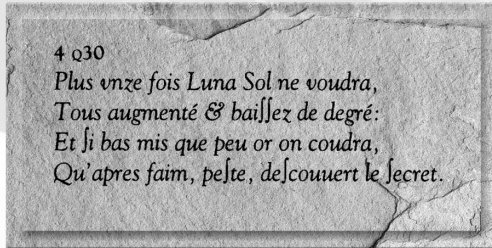
At the Halloween celebration in October 1999 at the Los Angeles Center in California, I was fortunate enough to stand near Master. I said to Her, “Master, after reading a book on Nostradamus several times and after meditation sessions in groups and by myself, I know for sure that You are the Maitreya Buddha.” Master looked at me as a gentle mother looks at her innocent child and jokingly said, “You have studied with me for ten years but you have just now discovered that?” Then Master smiled lovingly. I was floating on cloud nine.

Master, I bow to greet the God in You. I am forever grateful to You for giving my family and me a chance to live in Your endless love and in eternal bliss.



**NostradAMUS-
The Great Prophecies**

The Great Signs Fortelling the Name of the Master



*For eleven more times the Moon will not want the Sun,
Both raised and lessened in degree,
And put so low that one will sew little gold,
That after famine and plague the secret will be revealed.*

.

- * **The East (Moon) + West (Sun) remained hostile... But after many world troubles, the secret (Truth) will be revealed.**

2 028

Le penultieme du surnom du prophete,
 Prendra Diane pour son iour & repos:
 Loing vaguera par frenetique teste,
 Et deliurant vn grand peuple d'impos.¹

*The second of the last name of the Prophet,
 Will take Diana's day as his day of silent rest:
 He will travel far and wide frantically,
 To deliver a great people from subjection.*

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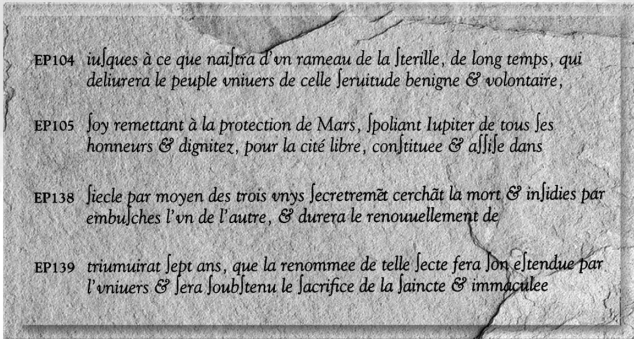
- * **Diana = Moon : Master holds retreats (rest days) during the Moon Festival each year!**
- * **Master traveled to many different countries to meet with world leaders and other concerned persons about living conditions, resettlement and other urgent issues surrounding the Aulacese refugees.**

4 3 2 1

Nostrad**AMUS**.....**SUMA**

1 2 3 4

Foretelling Her Birth and Enlightenment



... At the eve of desolation when the perverted church is atop her most high and sublime dignity... there will proceed one born from a branch long barren, who will deliver the people of the world from a meek and voluntary slavery and place them under the protection of Mars....

The flame of a sect shall spread the world over...

~Epistle to Henry II

.

- * **In a time of great religious confusion, the Master will be born from an “ism” which has long been devoid of a true, spiritually enlightened Master ! (Also Master’s mother had not conceived for 12 years before Master’s birth)**
 - * **Mars: Fire (Inner heavenly Light) - This flame already has been spread the world over!**
-

4 Q31

La Lune au plain de nuict sur le haut mont,
Le nouveau Jophe' d'un seul cerueau l'a

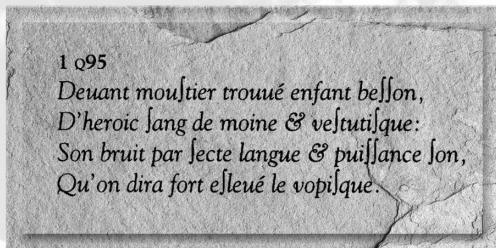
veu:

Par ses disciples estre immortel Jemond,
Yeux au midy, en seins mains, corps au
feu.

*The Moon in the middle of the night over the high mountain,
The young sage alone with his mind has seen it:
His disciples invite him to become immortal
His eyes in the middle, his hands on his breast, his
body in the fire.*

.

- * **Master was enlightened when She was still very young. She saw the inner Moon within Her mind's eye. In addition, one time while with Master, the residents witnessed the Moon remaining in one place over the top of a mountain for a very long time.**
- * **Our fellow practitioners always greet Master with the "Eternal-life wishes" song. One of Master's pen names is "Wu Tzu," which means, "never die."**
- * **The last sentence describes the all too well known position of our Light and Sound meditation practice. And we, as well as others, have seen the body of Master radiating Heavenly Light (Fire).**



*Before the monastery a twin child is found,
Of the heroic and ancient blood of a monk:
His fame, through a mode of language and powerful sound,
Such that one will say elect the healthy survivor of the
prematurely born twins.*

.

- * **Master attended ceremonies of monks, and first appeared in Buddhist monk's clothing. (Twin: Master spent some time in Chinese and Tibetan monasteries.)**
 - * **Twin child : Master & Her "Twin," Her manifestation body.**
 - * **Using modern equipment and powerful loudspeaker systems, Master delivers discourses about the Inner Sound.**
 - * **Prematurely born twin: "Master is too young to be enlightened," is a comment often made by audiences.**
 - * **Even so, everyone was convinced by Master's powerful speech and recognizes the Supreme Master (elect the twin).**
-

10 075

Tant attendu ne reuiendra iamais,
 Dedans l'Europe, en Asie apparoiſtra:
 Vn de la ligue yſſu du grand Hermes,
 Et ſur tous Roys des orientſ croiſtra.

*Long awaited One will never return.
 He will appear in Asia [and be] at home in Europe:
 One who is issued from great Hermes,
 And over all the Kings of the East will he grow.*

.

- * **The Master did not reincarnate where people expected.**
- * **Master was born in Au Lac (Asia) but can stay freely in Europe (She holds European citizenship).**
- * **Hermes: Master's doctrine is an enlightened, non-dualistic teaching such as that of Hermes.**
- * **Above worldly power, the teachings of the Master will spread first throughout the Orient: Master traveled and lectured throughout Formosa, Singapore, Indonesia, Hong Kong, Thailand, Korea, and Japan... (All the Kingly countries of the East. Her teaching was sown there first, where it sprouted and grew most strongly!)**

4 Q50

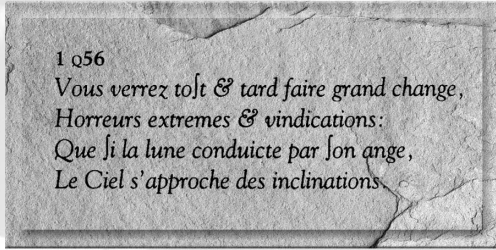
Libra verra regner les Hesperies,¹
De ciel & terre tenir la monarchie:
D'Asie forces nul ne verra peries,
Que sept ne tiennent par rang le hierarchie.

*Libra will see the Western lands to govern,
Holding the rule over the skies and the Earth:
No one will see the forces of Asia destroyed,
Not until seven hold the hierarchy in succession.*

10 Q74

An reuolu du grand nombre septiesme,
Apparoitra au temps ieux d'Hecatombe:
Non esloigné du grand eage milliesme,
Que les entrés sortiront de leur tombe.

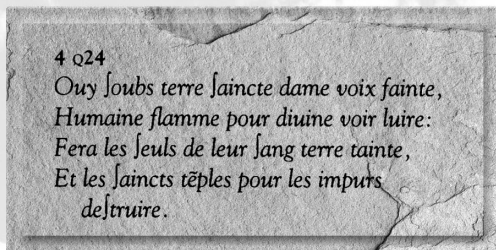
*The year the great seventh number is accomplished,
Appearing at the time of the games of slaughter:
Not far from the age of the great millennium (2000),
When the dead will come out of their graves.*



*Sooner and later you will see great changes
 From extreme horrors and vengeance,
 For the moon is led by its angel,
 The heavens approach the Balance.
 (Astrological-Pluto transit of Libra 1972-1984)*

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- * **Libra = Balance: The Pluto transit of Libra, circa 1972 to 1984.**
- * **Master went to the West in 1972. In 1983, She began initiations in India, Formosa and Germany, and 1984 in the USA, thus bringing souls back to life and releasing them from their earthly tombs (body).**
- * **The power of the Eastern Master will destroy evil and change the course of the warring period, heralding a better future.**
- * **The Moon is led again by its loving Master (angel) to better balance the Earth. (Remember our Master playing “Chang Erh,” The Moon Lady?)**

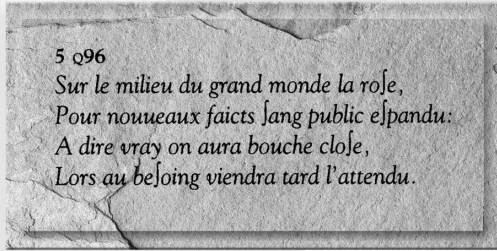


*The soft voice of the sacred friend is heard under holy ground,
The human flame shines for the divine voice:
It will cause the order of celibate monks to be ruined,
And to destroy the sacred [or false] temples of the impure ones.*

.

- * **Master gave talks and held retreats inside the big underground cave(s) at Miaoli, Hsihu. (Master also recited poems there - soft voice.)**
 - * **Torches, flashlights... light the way for Master to walk during retreats often held outdoors or in the forest. Also lights shine at night when Master gives discourses or sees fellow practitioners to answer their questions; the stage lights at the musical concert where Master sang, etc...**
 - * **The restricted, sterile religious belief systems will be destroyed.**
 - * **Master teaches us to be free, and that we do not to have to leave home, or repress our emotions and feelings to be enlightened. The real temple is our body; the real abstinence is detachment from all worldly gain and loss while fulfilling our “give and take” duties according to our karmic destiny.**
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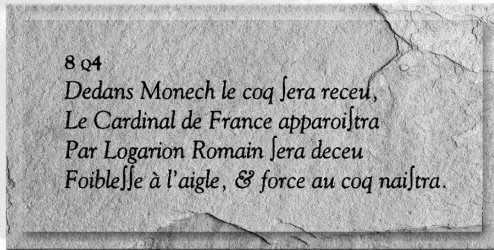
Foretelling Her Compassion



*Upon the middle of the great world - the rose,
 For new deeds public blood shed:
 To speak the Truth they will have closed mouths.
 Then at the time of need the awaited one will come late.*

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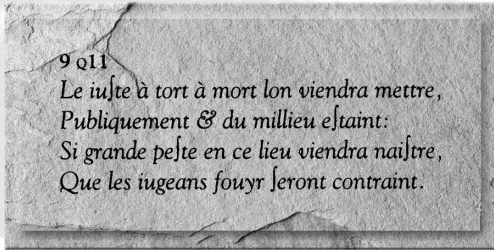
- * **Rose: Feminine, Female Teacher.**
 - * **The “Rose” found Herself confronted with a powerful world while trying to speak for the well-being of isolated (closed mouth) refugees in camps around the world. (Some of them shed their own blood to voice their painfully oppressed situation.)**
 - * **Master intervned on behalf of Her people in refugee camps after learning of their sorrow!**
-



*Many people will want to come to terms
With the great world leaders who will bring
war upon them:
The political leaders will not want to hear
anything of their message,
Alas! If God does not send peace to the Earth*

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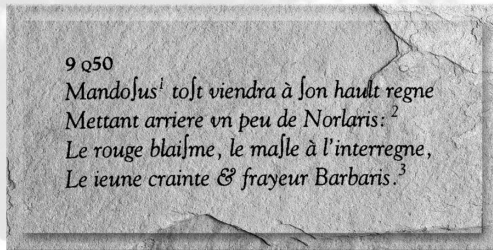
- * **Thousands of people gathered to pray for the cause of the refugees; millions signed a document of support to send to the world leaders, but very few wanted to hear. It was feared that this agonizing energy of a suffering mass would cause havoc if God did not bless the world with peace!**
-



*They will come to put a just man to wrongful death.
In public [he is] extinguished in their midst:
So great a pestilence will come to arise in this place,
That the judges will be coerced to flee.*

.

- * **The desperate refugees killed themselves in full view of the world !**
 - * **Great pestilence will arrive in turn.**
 - * **So even the judges must flee the place (Hong Kong's change of governing body) and the leaders had to leave...**
-



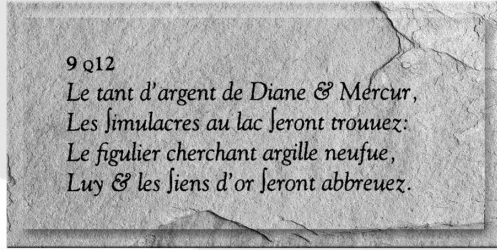
*Mendosus (opposite power) will soon
come to his exalted reign,
Putting behind a little the Norlaris
(historic event):*

*The pale red one, the male in the interregnum,
The apprehensive youth and barbaric terror.*

.

*** Soon after that, new officials will govern this place (Hong Kong). Past events and people are forgotten: The distressed One (Master), clothed in red (color of Buddhist monk's robe), the transitional leader, and even the oppressive, tear-provoking scenes (people driven back to the country from which they had fled).**

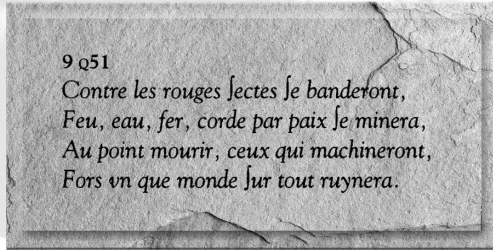
Foretelling Her Celestial Designs



*The great amount of silver of Diana and Mercury,
 The images will be seen in the lake:
 The sculptor looking for new clay,
 He and his followers will be soaked in gold.*

.....

- * **For charitable purposes, Master designs jewelry with symbols of enlightenment: Moon, stars, Sun, lotus, children of God, Bird of Paradise, etc. in silver-white platinum (the color of silver and mercury).**
 - * **The lake [Hsihu (Center) means “West Lake”] reflects the thousands of happy faces of fellow Quan Yin practitioners since Master moved there.**
 - * **Master’s new artistic creations include clay-modeled objects such as the mushroom, turtle, and painted porcelain...**
 - * **And Master and disciples, all bedecked in gold ornaments, modeling jewelry of Her design!**
-



9051

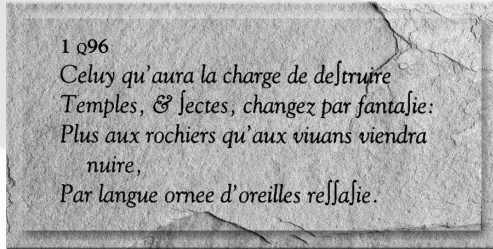
Contre les rouges sectes se banderont,
Feu, eau, fer, corde par paix se minera,
Au point mourir, ceux qui machineront,
Fors vn que monde sur tout ruynera.

*Against the red sects religions will conspire,
Fire, water, steel, the [ac] cord through peace to weaken,
On the point of dying, those who will contrive,
Except one who above all the world will ruin.*

.

- * **The above lines benefit situations that Master and disciples have encountered in many places and countries. Through these unpeaceful times our spiritual strength has shone forth, proving that to live in this world, one has to be above it. Recalling past incidents, we should be happy to discover our detachment for all earthy possessions, honors and defamation!**
 - * **Fire:** The burning of our literature and property by fire in the past through religious misunderstanding.
 - * **Water (Ink):** The defamatory writing against our teachings in the past, again religious misunderstanding.
 - * **Steel (Crane):** The destroying of our quarters through machine and steel crane in the past.
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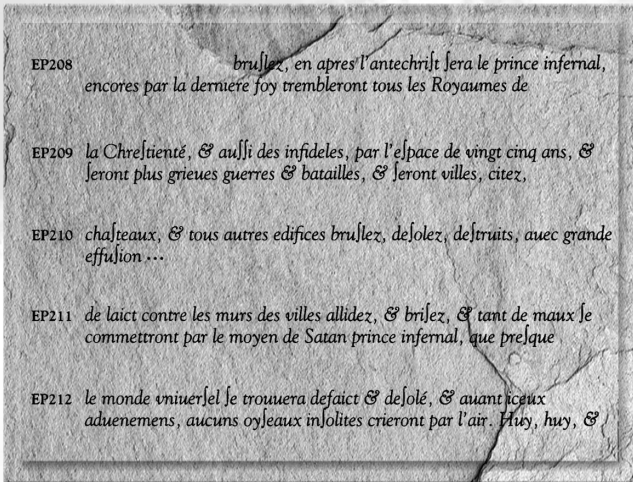
Foretelling Her Noble Teachings and Worldwide Lectures



*A man who will be charged with destroying
Temples and sects altered by fantasy:
He will harm the rocks rather than the living,
Ears filled with ornate speeches.*

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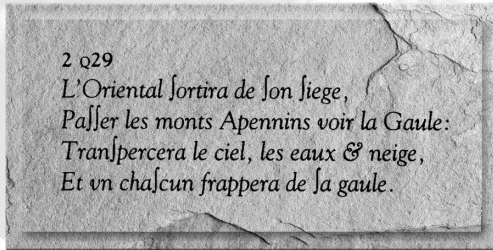
- * **As we have learned from past experience, the established order and belief systems find it a threat to their empty existence if the Truth-preaching enlightened Ones are victorious, and the people cannot help but follow their virtuous, true ways! The accusations are but unavoidable until all beings on this planet awaken to their real great Self and see God while living. We shall be patient!**
 - * **Master teaches the way of peace: vegetarianism, non-violence in all forms, honesty, noble ideals...**
 - * **Master's speeches and the Heavenly Sound within fill our ears with precious melodies!**
-



..... *The Antichrist returns for the last time... All the Christian and infidel nations will tremble... for the space of twenty-five years. Wars and battles will be more grievous than ever.*

Towns, cities, citadels and all other structures will be destroyed... So many evils by Satan's prince will be committed that almost the entire world will find itself undone and desolated. Before these events many strange birds will cry in the air, "Now! Now!" and some time later will vanish. [Epistle to Henry II]

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- * The great suffering of the people in all the war-torn countries touched the compassionate Sage. Master again went on world tour to elevate the consciousness of the Earth's inhabitants, to lessen sorrows and fears, and to bring peace and happiness to all. The disciples are always most happy and honored to serve the world, too.
 - * The “strange birds” are but our distributed flyers, announcing the arrival of the Master in all corners of the world: See God While Living (NOW) - Immediate enlightenment (NOW) - Heaven is Here and NOW - Liberation in this life (NOW)...
 - * Because the “strange birds” are not really birds, they “vanish” after the lecture tour is completed.
-



*The man from the East will come out of his seat,
Passing across the Apennines to see France:
He will fly through the sky, the rains and the snows,
And strike everyone with his magic staff*

.

- * **“Master” and “Shih Fu” in Chinese and Aulacese:** titles with which She is lovingly and respectfully called, denote a “he” teacher. She left Her main quarters in the East to fly around the world to Europe, where a great longing for peace within and without had been generated by the troubled-filled continent and its people. Crossing great seas and mountains, She journeyed through snow and rain to reach Europe. She was also in France for some years, bringing the greatest love and blessings from the Most High to Hiers children. Blessed are the ones whose hearts are pure enough to receive!

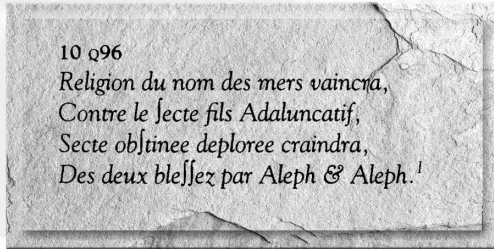
 - * It is now evident to us why Master used to carry a walking staff or an umbrella. A gourd that hung at the top of the staff contained medicine that She distributed to people She met (mostly to us, the disciples).
-

10 095

Dans les Espaignes viendra Roy
 trespuissant,
 Par mer & terre subiugant or midy:
 Ce mal fera rabaiissant le croissant,
 Baiſſer les aïſles à ceux du vendredy.

*Into Spain will come a very powerful King,
 By sea and land subjugating [the golden?] south:
 This will badly cause the humbling of the crescent,
 A lowering of the wings of those of Friday.*

-
- * Master also was in Spain for some time. In addition, She and disciples often take God's message to Spanish-speaking countries, to Christian holy grounds, and to sacred places of the Muslims, to golden (sunny) South Africa with its inland cities and its seaside townships.
 - * Master is welcomed and loved by all the religious faithful, be they Catholic or Islamic!...
 - * Crescent (symbol of a religion)
 - * Friday (symbol of another religion)



*The Religion named for the oceans will overcome,
Against the sect of the son Adaluncatif,
The abstionats, deplored sect will be afraid,
Of the two wounded by Alef, Alef.*

.

- * **There are so many branches of the great religious tree, but the prophet predicted: The religion named of the Ocean (Ching Hai = Pure Ocean) will be the victorious one.**
 - * **Adaluncatif sounds as if it is from an ancient language but it is not. (Just as when we say “Abuba bla bla.”) The prophet uses it just to symbolize outdated meaningless dogma, which people no longer understand.**
 - * **Of this Heavenly mandated One, other deplored sects will be afraid.**
 - * **They will wound themselves if they try to harm the “religion of Ocean”. - All beings are one; therefore if you hurt anyone, you also hurt yourself. (Alef and Alef represent ourselves and others. Both are from the same Essence - same name.)**
-

EP142 Et pource, Sire, que par ce discours ie metz presque confusement ces predictions & quand ce pourra estre & l'aduenement d'iceux, pour le

And therefor, Sire, through this discourse I present these predictions almost in confusion, and [especially as to] when and in what order they will take place. For the

EP143 denombrement du temps que s'ensuit, qu'il n'est nullement ou bien peu conforme au Iuperieur, lequel tant par voye altronomique que par

Chronology of time which follows, conforms very little, if at all, with that which has been set forth, although it was determined by means of Astronomy, and [determined] by

EP144 autre, mesme des sacrees escritures, qui ne peuuent faillir nullement, que si ie voulois à vn chacun quatrain mettre le denombrement du temps

Other sources, even including the Holy Scriptures, and thus cannot err. If I had wanted to give each quatrain its dating in time,

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- * **Other modern and ancient prophecies have contained references to the Woman Teacher from the East, while some have even named Her residence as “Miaoli, Hsihu.”**

Other Sages Also Predict Our Master's Birth

Perhaps we all know already, but it is still incredible to discover coincidences in the prophecies of other seers. For example, in the works of Madame Blavatsky, we find these parallels:

MADAME BLAVATSKY(1831 - 1891)

The psychic and prophet, Madame Blavatsky, one of the leading seers of the 19th century, predicted that the Enlightened One would appear in Asia around the year 1950. "We are at the close of the cycle of 5,000 years of the present Aryan Kali Yuga, or Dark Age. This will be succeeded by an age of light...A new messenger of the spirit will be sent to the western nations. He is appearing in 1975."

- * **Master was born in Au Lac, Asia, on May 12, 1950.**
- * **She went to "the West" and obtained European citizenship circa 1975.**

Note: To avoid politically and religiously sensitive issues, the above explanation is not very detailed. For the same reason, Nostradamus dared not mention exact names, religions, events, etc.



The logo's characters, SM,
stand for Supreme Master,
signifying the Supreme Master power
within everyone.
The logo is an interweaving
of red and gold colors.
Red symbolizes the physical body,
while gold represents
the radiant Buddha Nature
or Kingdom of God within.

God's Direct Contact

*She brings love around the world where there is hate.
She brings hope where is despair. And, She brings
understanding where there is misunderstanding. She is the light
of a great person, an angel of mercy for all of us.*

~Former Mayor Frank Fasi of Honolulu, Hawaii, USA

*You're one of the few outside of the U.S. agencies that came
and worked with us in this disaster relief. We appreciate
Supreme Master Ching Hai and Her work with us. We just
pray that God would continue to work in Her life, and thank
you for all that you've done.*

*~Major Stephen Langford, Divisional Secretary for Business and
Property for the Salvation Army in New York*

*The Supreme Master Ching Hai is one of the most treasured
gifts of our century. She helps people to find a beautiful image
of the future.*

~ The Weekly Independent Newspaper, Inch Vortegh Erb, Armenia

*The Supreme Master Ching Hai attained full
enlightenment in the Himalayas. Shy by
nature, She did not seek out students to teach.
However, after turning away people who
sought Her out many times in India, Formosa
and the United States, Master realized Her
destined path. So in 1985, She began to share
Her message of Truth by giving public lectures
and initiating sincere students into the Quan
Yin Method, a way to attain direct
communion with God and the oldest spiritual
practice recorded in the scriptures of all the
world's religions.*

*Besides being a spiritual teacher, Master Ching
Hai is also an accomplished artist in many
mediums. The revenue from Her artistic
creations helps finance Her lecture tours and
supports charitable causes in many countries.
In recognition of Her devotion to world peace
and the spiritual elevation of humankind, the
United Nations has invited Her on three
occasions to lecture at its New York, and
Geneva headquarters.*

*In addition, the government of the United
States awarded Her the World Spiritual
Leadership Award and the World Peace
Award in 1993 and 1994 respectively, as well
as honorary U.S. citizenship. Over the years,
Supreme Master Ching Hai's honors and
invitations to speak have never ceased, nor has
Her tireless work to enhance the spiritual,
emotional and physical welfare of sentient
beings. May Her efforts continue for untold
years to come.*