



The Supreme Master Ching Hai

The Key of Immediate Enlightenment 4



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Book 4

The Supreme Master Ching Hai
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Contents

Walk the Way of Love	
-- Footsteps of a Living Enlightened Master.....	6
1. Start with Nirvana and End up on Earth.....	11
2. Cherish the Rich Life God Has Bestowed upon Us...	33
3. A Conversation about Truth.....	45
4. The Mystery of the World Beyond.....	111
5. We Are Already Liberated.....	151
6. All of Creation Is One.....	161
7. The Way to Always Be in Nirvana.....	181
8. Lao Tzu, Chuang Tzu and the Music of Heaven.....	187
9. Forgive Yourself.....	205
10. Coloring Our Lives.....	233
11. A King with a Lot of Desire.....	249
12. The Benevolence of the Saintly King.....	261
Initiation: The Quan Yin Method	
Introduction to Our Publications	
How to Contact Us	

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, meaning “beautiful,” reflects more completely the beauty of the island and its people. Master feels that using these names brings spiritual elevation and luck to the land and its inhabitants.

“I do not belong to Buddhism or Catholicism. I belong to the Truth and I preach the Truth. You may call it Buddhism, Catholicism, Taoism, or whatever you like. I welcome all!”

~ The Supreme Master Ching Hai

“By attaining inner peace we will attain everything else. All the satisfaction, all the fulfillment of worldly and heavenly desires come from the Kingdom of God - the inner realization of our eternal harmony, of our eternal wisdom, and of our almighty power. If we do not get these we never find satisfaction, no matter how much money or power, or how high a position we have.”

~ The Supreme Master Ching Hai

“Our teaching is that whatever you have to do in this world, do it, do it wholeheartedly. Be responsible and also meditate every day. You will get more knowledge, more wisdom, more peace, in order to serve yourself and serve the world. Do not forget that you have your own goodness inside you. Do not forget that you have God dwelling within your body. Do not forget that you have Buddha within your heart.”

~ The Supreme Master Ching Hai

Walk the Way of Love

Footsteps of a Living Enlightened Master

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 has 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, typhoons and fires. Not only are human beings the blessed beneficiaries of Her kindness, animals from different species are also the recipients of Her boundless benevolence.

Through these works, we witness countless reminders of

compassion which is the trademark of this caring lady and the international foundation that has grown out of Her loving example. “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 then we will be aware of something. 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 in order to make the world a better place wherever we happen to be.”

Her Early Years

Supreme Master Ching Hai was born in central Au Lac. During Her early years, She was often found helping hospital patients and the needy, as well as injured animals, in whichever way She could. As a young adult, She moved to Europe to study and continued there as a 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 to this 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 both of them, Her husband agreed to a separation. She then embarked on what became a two-year journey in search for 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 which contemplates on 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 shared the Quan Yin Method with others, encouraging them 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 arrived from the United States, Europe, Asia, Australia, Africa and South America as well as important organizations for Master Ching Hai to give lectures.

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 meditating with the Quan Yin Method, Master Ching Hai has realized many spontaneous talents that She expresses through artistic paintings and creations, including an exquisite array of lighting lamps, music and poetry, and aesthetic jewelry and clothing designs, expressing the inner and outer beauty of the cultures and peoples She has met. In 1995, upon the demand of the public, Her clothing creations were toured on the international fashion circuit, including London, Paris, Milan, and New York. The income generated from Her artistic creations has enabled Supreme Master Ching Hai to create an independent source of funding for humanitarian activities, in support of Her noble mission of assisting God's children in their times of need.

Recognition and Master's Dream

Although She does not seek acknowledgement of any kind, in recognition of Her selfless assistance, Supreme Master Ching Hai has been given awards worldwide by government of-

ficials and private organizations on numerous occasions. They include the World Peace Award, the World Spiritual Leadership Award, Award for Promotion of Human Rights, World Citizen Humanitarian Award, Award for Outstanding Public Service to Humankind. 2006 Gusi Peace Prize, Los Angeles Music Week Certificate of Commendation, and First Place Silver for the 27th Annual Telly Awards, 2006. In addition, October 25 and February 22 have been proclaimed as the Supreme Master Ching Hai Day in the United States. As former Mayor Frank Fasi of Honolulu states, "She is the light of a great person, an angel of mercy for all of us."

Supreme Master Ching Hai is one of the truly dedicated people of this era helping others find and create a beautiful vision of our future. Many great people in history have had a dream, and in Her own words, so does 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 takes billion, billion and trillions of years to produce this planet

and it's so beautiful, so wonderful.

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

A Journey through Aesthetic Realms on ETTV Satellite Channels:

RTDS Africa	Cell TV Channel 21 Sat--8:00pm-9:00pm (Togo Lomé)
ETTV	ETTV Channel Super X: <u>Sunday 12:00-12:30 (Taipei time)</u>
ETTV Asia	Coverage includes 27 countries in Asia and Oceania. Sunday 10:00-10:30 (Taipei time)by cable/satellite TV
ETTV America	Coverage: North America: U.S.A. (including Hawaii, Alaska and Canada) Saturday10:00~10:30 (PDT [Los Angeles time]) by cable/satellite TV Cable TV service: Southern California (Time Warner; Charter Communications; Adelphia; Champion; Altrio; Cox)
ETTV Latin America	Coverage: North America:U.S.A., Central America, South America, Caribbean region: fourteen countries including the Dominican Republic, Haiti and Cuba Sunday 10:00-10:30 (PDT [Los Angeles time]) by cable/satellite TV

The Supreme Master Ching Hai International Association also offers a series of videotapes of the Supreme Master's truth-sharing TV program A Journey through Aesthetic Realms for broadcast by television stations in countries around the world. For further details, please email: TV@Godsdirectcontact.org

Start with Nirvana and End up on Earth

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

It's terrible. Even the excess fruit could be decomposed and made into fertilizer again. Why throw it into the sea? For example, let it become an organic plant or an organic plantation with the natural fertilizer. Why should they throw it away!?

Anyhow, it's all disorganized; every nation is self-interested. I wouldn't say all the nations, but many are like that. Each one jealously guards each's so-called secrets, which the whole world already knows, which all the Buddhas (fully enlightened beings) known. They think it's a secret. They guard all their secrets, but don't help each other that much. And the one who does help, the others try to exploit them, make fun of them, and try to give them pressure so that they cannot give any more; so they cannot help any more, or they may cause a lot of troubles.

Our world is rich in everything. We could feed the whole, entire planet and export to the next thirty three more planets, to those who don't have earth to cultivate, or to those planets on which minerals have been destroyed, or to those whose atmosphere has been poisoned by "Star Wars," something like that. We

could export to them, give them fresh fruits and vegetables, and then import their UFOs instead. Yes. We could exchange. Import their excellent equipment, machines, and we could export to them our tofu, (Laughter) red beans, rice, wheat, etc.; and even cats, dogs and birds for them to look at. They don't have that many, on some of their planets. The atmosphere was destroyed, so they can hardly keep people there. They keep down the population, because they have to recycle their own atmosphere, oxygen and all kinds of things, so they cannot afford to keep pets. So we can even export our atmosphere; give each one of them one packet of oxygen from the Earth with love. We can do that.

If the world leaders only realized how harmful it is to be self-interested; how short-lived that kind of attitude is towards themselves; and how harmful it is in the long run, to their own and even later generations, to their children. If they realized that there are other planets, other civilizations in the whole universe, which we should interrelate and try to communicate with, try to learn from and try to benefit from each other, then they would stop arguing and warring with each other. They should try hard at least to seek the way and put all the financial resources or energy into finding the way to make peace instead of war.

But how can I talk to anyone now? Should we begin to search for presidents, one by one? Shoot them down with our Light beam energy and loving T.L.C. - (Laughter) tender loving care. We'll shoot them with T.L.C. - tender loving care. We give them each three packets of love. But if they swallow them - if I approached the world leaders, they might think that I want something from them, because everyone wants something from each other. So they might think in this way. It's very seldom that someone does something and doesn't want anything in return. Well, I do want something in return. I want them to take care of

the people, to truly devote their lives for the benefit of their nations and also for the whole planet; to make good for what we have done wrong; to beautify our planet and to try to make contact with other worlds beyond our world, in order to improve our techniques, our machines, our way of understanding, our way of life, and to elevate the suffering of our world and also the other worlds, if possible.

If we truly are the world leaders or national leaders, we must think broadly and do things on such a vast scale; think in such a large pattern of thought, instead of just taking care of a small group of people: politicians, a group of nations, a group of interested people, or our aids, our group, or our supporters or even our nation alone. We degrade ourselves if we think in such small terms instead of broadening our minds and enlarging our hearts.

It's very difficult, but we might make it. If the world goes bad, up to a point of time, then people will awaken and will be together. We'll stick together. That's why sometimes we are not awakened, and God has to use disasters as a consequence, also as a remedy, to shake us out of our slumber. But this is too tragic, and the effect will last a long time. It's better if we awaken ourselves before the disaster comes. For a while we become shaken, and then we fall back into our bad habits again, unable to learn from the past, previous beneficial experiences, in order to improve.

I hope that we have gone down enough for the world leaders to realize that they must change our way of life. They must think larger than life. They must think beyond the borders of their nations. They must think beyond the atmosphere of our planet. Otherwise, it is a waste of our greatness: to think, to work and to live just like animals or ants to feed our stomachs; only taking care of our surroundings, relatives and friends, or nation. Don't ants do that? Don't bees do that? They are even more organized than some

of us. They are even more supportive to each other than some of us. They are even more loving towards each other than some of us. They share equally among each of themselves the portions of their “earnings.” They work together; they put things together and they share with each other.

We have enough. We have too much. Our world is still very rich, very rich in everything, in minerals and in all kinds of resources. Even if we don't have oil, we'll find something else to run our cars. The UFOs don't have oil. They don't need oil. Can you carry enough oil from Mars to here? Seventy-eight million kilometers away. Is that right? The nearest planet is Mars, right? Anyhow, it is as near as our fuel can go and come back. It's not that near, actually. It's not like going from here to Hong Kong; we all know!

There are different kinds of fuel that we can use for different purposes. In the higher worlds they don't need oil like we do. It's too troublesome and too heavy. They use different kinds of energy, not necessarily the sun's energy. We have other kinds of energy which are in the atmosphere. I think some scientists have begun to find out, but have not put it to use. Because sometimes when the scientists find something out, someone else will try to break him down, and not let the public know about it or support him. Maybe he ran out of financial support; he could not experiment further; or someone else is after him and steals the patent and destroys it; or uses it for a very bad purpose; or tries to sell it. It's a lot of money and no one wants to buy it. It will get stuck there, somewhere in the hands of no one, doing nothing.

Our planet, as long as we still have people who have this kind of mentality, we'll go nowhere into the future; into the worlds of civilization, into the worlds of a worthwhile human life - the true, dignified and respectable human life. Very difficult.

Therefore, I think our job is not very bad. We can try to

educate people, at least to be honest, to work hard, to rely on themselves and to find their wisdom. So even whatever small work they do, they do it with their hearts, with devotion. And even if they can't do their work, at least they are honest to the society. They don't cheat people. They don't make trouble. They are patient, and they serve. Or at least, they do not cause trouble. Then they will not have jealousy or provoke people to break down other people's successes in science or in whichever field they happen to work in.

Most of our disciples, whenever they meet other disciples, on the street or anywhere else, if they run into one another in a strange land, they just feel they're brothers. And they know they can trust that person. They know that person will help them, will love them, or at least will not harm them. Is that right? (*Audience: Yes.*) Therefore, if the whole world is like that, what do you think? I dare challenge any other so-called religious organizations to produce such brotherhood. You name them, and you'll find none. It's hard to find a so-called brotherhood that can trust each other the way we do. (*Audience: Right!*) (Applause)

Of course we still have our failures and our personalities, but we know we can trust each other, and we know we have love. We know we can give love. We know we give whatever we have. On this, we have confidence with each other. If we create the world like this we don't need to go to heaven; no need to discuss Nirvana. We'll stay right here. (Applause)

Therefore, we started with Nirvana and ended up on Earth. That's fine. Our motive is actually not to run away from our duties or from our Earth. It's just that if we could not stay here and if we could not change it, then we have to go.

So, if you love our world; if you are a down-to-earth person; if you think the earthly people are still worthwhile and trustworthy, then save them. Save them with your wisdom, with what

you know about the spiritual practice, about compassion, about love and about the Quan Yin Method. That is our duty. And even after all, if everyone changes to Quan Yin and a vegan diet, and you still don't like this planet, well, other planets are ready. Other places are waiting for you. We have plenty. **In my Father's house, there are many mansions;** that is for sure. The one who can come up can always go down, but the one who is down cannot always come up.

In case, you have any doubts at all about our method, or about our motive or about my teachings, because you are a newcomer, or because you have not had such a "shaking" experience like your neighbor, who related his beautiful experiences; or because you have been on another path or another practice; or because you have eaten the wrong food intentionally; may I remind you to start again, to have a firm belief. You have my word of honor that I am never for self-interest. Never for one second do I think anything to benefit my own body or my relatives. I always say that, and everyone can bear witness to it.

For example, my family in Au Lac, for the first time have a television since I left (twenty seven years ago) just two months ago. Just because I sent them a few thousand dollars. And why do they have a television? Because they want to watch my videos. (Applause) So from this example, you might as well know I am not for self-interest, not even the interest of my family.

Of course, I help them when they call for help. If they don't call, I ignore them. I think they can live. I don't worry much about their physical well being. As long as they live, it's okay. I let God take care of them. But of course I will not let them starve or die or anything like that. If I can help others, I help my family; but not by giving them richness and fame. Who am I? I'm just as helpless as you. I don't even let the disciples come and bow to my parents, or

look at my house. Even then, if it's for my glory and for my parents' glory, I forbid them to come. The ones who come, I forbid them to come back to see me. There is no use making glory out of material existence, out of two or three bodies. The best glory you'll find in meditation, in bettering yourself, in making yourself become a very beautiful citizen of this world. That's how you glorify me. There is no other way.

Therefore, have your faith again in your own choice of a good path, a good Master and good teachings. You can call me Master, it's okay. I am no more glorified if you call me a beggar. But you call me Master because you realize that this is the one who knows what we want to know; this is the one who has realized what we want to realize. This is our goal to reach. She is a representative for what we want to become. She has mastered herself, so we called her "Master."

Sooner or later when we master ourselves, we can call ourselves Master. The one who masters himself or herself is the true Master. And that's the only purpose for calling me Master. Otherwise, I am no more glorified than before I took over this "business." It is the same! Yes, and there's no self-interest.

And our path is truly the correct one, the one that benefits people most, the fastest. Our disciples progress faster than any other disciples from any other organizations worldwide that I have ever come to know of. I can tell you in all honesty, and you can try to find out. You may take your time to learn to know other paths, I am not jealous, I have no fear. I have no fear that you'll run away from me. I only fear you'll lose your time and feel sorry when you come back again, saying, "What a waste!" (Applause)

So, find out what you want to know and then be firm on your feet. If you truly must find out about me, do find out, by all means. If you truly want to find out if there's better paths than

ours, please do it and fast. Don't sit there hesitating, wasting both of our time. If you find another, better one, I am only too happy to let you out, because the less disciples, the less tiring it is for me. And I might come and join you. We can both become fellow practitioners. I could sit there like you now, enjoying the discipleship - all nice and taken care of, and loved, with no responsibility. And I could run from one place to another like you do, following one Guru. It's very romantic and healthy.

As you know I have not forced you into believing this, and I have never used any magical power or any ways apart from logical speaking to coerce you into this group of "crazy" people. (Laughter) You have chosen to come! If you have chosen something, make sure it is good, because if you have chosen a bad thing it is also a choice. It's also a waste of energy and time to follow something which is unproductive. And once you follow something you must make sure that it is okay; it's good; it's correct. And once you make sure it's correct and beneficial, stick to it, to get the most benefit out of it. Put your whole energy into it, otherwise you'll gain only half, and it's a waste of time, and you might just as well leave. Is that right? (*Audience: Yes.*)

It's just like a marriage: once you have chosen a partner, try to work with each other to protect the marriage, because, if you are miserable in a marriage you cannot work outside also; you have no energy, no interest. Both have to work for the marriage. But after you work hard and you think you have chosen a good partner, but it doesn't work somehow and you both don't want to mend it, then it's better not to. Don't torture each other - wasting each other's time and energy. If you think it is good for you or you cannot live without it, then you must work for it. We must work hard to maintain everything.

Our world can become as beautiful as Nirvana. It is that

the world's people don't work towards it; otherwise, it can be as beautiful as any Nirvana can be. All the money that is wasted in arms, in wars, in killing each other, in capturing each other and in chasing each other around the world, we can use to pave all the streets in the whole planet and plant all the beautiful trees, all the exotic flowers, and the most nutritious fruits and foods, even just to look at. We don't need to eat! If we have too much, we can look at them, and let them fall down and decompose and become fertilizer again on their own. We can smell their fragrances and we can look at our planet and we make it become a beautiful paradise.

Our roads don't need to be paved in crystal and gold, like the worlds of Amitabha Buddha. We will be content with cement or with black tar. It's clean and it's good enough for us. We can walk with no mud - but even mud is beautiful too, if it is clean; if there's no garbage lying around; if there's no radioactive batteries running all over the place; if there's no plastic and rubbers infiltrating the whole area; if there's no gasoline car pollution pumping in our noses. We can use the money, resources and energy to invest in science to find the way to run our cars better than we do now; to find the way to give people more security and to share it equally. Not like in some systems or so-called "ism" in which they pull everyone down to a poor standard, rather than to raise the poor to a rich level. That should be the way, not the other way around.

I am not a politician, but I'm just talking logic. I don't like politics, but sometimes you cannot separate politics from the so-called religious or moral teachings, because in the old times only the wise ruled the nations. Therefore we had the period of Yau, Shwen, the Golden Egypt, Golden Greece. There's no need to say that the practitioners should not mix in politics. We don't mix; we don't even want to. If we mix in, we cannot do anything. But we can talk logically and make you understand why politics fails. It's

because it is not true politics. True politics will stand, will benefit the nations and the world.

Right now we have a few very good leaders. I, myself, also like them. If I could I would support them. Not that I would go and shake their hands and tell them that I support them; but I will, in my way, so that they can stay longer in power. In an invisible way I might help them, so that at least the world has some Light, has some good instruments for God to work through, so that at least our world won't become hell. (Applause)

If we cannot help the world in a different way, then we should meditate. We better ourselves; we moralize our standards. That is also a great help. In a world that is full of weakness and injustice, if we have so many groups of beautiful people who don't take the lives of animals; who even eat sparingly of a vegan diet; who aren't so greedy for anything and who help us when they can, in their own ability, initiates or non-initiates, then we've already done great service to this world. By and by, slowly, others will take our example. We teach by example, not by words.

Of course, I teach you also by words, because from words you know why I am doing this and why you should do that. Also it is beneficial. But if we only talk and don't do anything, then it's no use. It can even be harmful, because we waste our energy and other people's time listening to our garbage. When a fruit looks like fruit but it's not nutritious, then it is garbage. No!? Right. When the theories are empty words, without support from self-exercising power, and support from the action power, then it is also garbage, empty words, wasting energy and time.

People could have spent all that time listening to something more worthwhile; or could have found someone else better to listen to; or they could have spent all that time sleeping - it's even more productive. Or maybe, by chance, they come across

some good books and read some good things; or a Master or a fellow practitioner or something that might benefit them more, than listening to empty nonsense. Therefore, if we talk, we must speak what we know and what we truly are convinced with, then it has force; then it has energy, and it benefits people.

That's why most people's prayers won't come true, because they put no energy into it. They just talk with their mouths or they think very fleetingly with their weak, feeble energy. So, their thoughts won't come true; their prayers won't come true. They don't even have enough energy and supportive spirit to pray. That's not a true prayer. The true prayer always comes true. Because if there's energy in it, it will attract the object of their desire. If there are no attracting energies, nothing comes. If you put two pieces of things together - one a magnet and the other a piece of wood, which you painted to look like a magnet - the attracting power of both pieces are not the same. Only the true magnet attracts iron or metal. The other one would never attract anything. It doesn't matter how long you put it there, and it doesn't matter how much it looks like a piece of magnet.

Therefore, when you, the practitioners of the Quan Yin Method, pray, it happens, because you have Power. Now you even have the Power to pray for what you want. You didn't have it before. You didn't know what prayer truly meant. You just said, "Oh! God, give me this. Oh, God, give me that." Do you think God is so cheap? (Laughter) Even a piece of pin will not be attracted to a piece of wood or ordinary iron. How would God be attracted to you, to your "blah, blah" nonsense!? And you don't even mean what you say, and don't even believe in what you pray.

So prayers begin after you know a Master, because the Master awakens in you, the prayer Power, the Power to pray, the Power to think, the Power to use your own energy to make things

come true. (Applause)

So after initiation, mostly what you pray, if it's good for you, comes true; and what is no good for you the Master will not give. (Laughter and applause) Yes. Just like children when they want too much candy, the parents say, "No." If they want one or two pieces it's still okay, but if it's too much, exceeding their dinner and lunch, then "No!" Sometimes they want to play with fire, then the parents also say, "No! You have not grown up enough to handle fire, to be able to play with fire, to experience that fire is no good - to wait until you know is too late. When you grow up enough, you can handle it; you can have experience with fire. Even, now you're too small; you know fire is no good, but you don't know how to handle what's no good. When you grow up you'll still know fire is dangerous, but you'll know how to handle it. Therefore you can play with it. Fire is still the same but you are different."

Therefore, some things can be done by one person, while other people cannot do it. Or what the Master can do you cannot do. The Master can give initiation and take people's karma, but you shouldn't imitate. (Laughter and applause) The Master can do many things that you cannot do. But, you will! You will do it in future. When you grow up in your strength, in your power and in your Self-realization, then you can do exactly what the Master does, and you might do even more! If God wants to give you more responsibilities, you can do everything. It's not the outside actions of the Master; it is the inner wisdom, the way the Master knows why she or he does that. We cannot know! Sometimes we know. Sometimes we don't know. We just think, "Oh, Master just talks, invites people to eat dinner, drinks tea and touches people on the forehead. I can do all this, and more!" (Laughter and applause) "Recite the Holy Names, I can do that also. And all Her books, I might be able to write also." But, it's different. It is not the appear-

ance of things that counts; it's the invisible Power behind it.

So, even today, when we were talking outside with the journalist, you happened to hear someone say, for example, that in Costa Rica we have a disciple who is a very devoted to our path now, and he loves me very much. He always cries like a baby when I leave or when I come. And he practices very well, and he has very good experiences. I don't mean the best, but fairly good and he moves fast. But he was initiated before by another so-called master, before he knew me, and that was long ago. It was probably the same technique and path, but he could not bear it. He had a terrible reaction, so he stopped. And after that he progressed. After our initiation, meeting me, he progressed very fast.

There is another one from America. He was also initiated by one of the famous Gurus in India, who also teaches the Sound and Light like I do. But he didn't progress, for ten or twelve years. And then he fell into another path and got tricked - all kinds of things happened, and he ended up worse than before. So he lost all confidence and stopped practicing all together. And probably did some sad, you know regretful things even. But after he met me, he was confident again, started practicing again and moved so fast. And he asked me, "Why? It was practically the same teachings, why was there a different effect?" (Applause)

Even though they teach the same so-called Sound and Light, it's different! This I also know myself. Some teach this Light and Sound for money also. How much per lesson! For lessons you must first pay money, every month so much, until a couple of years pass and then they give you initiation - with no guarantee of Light and Sound. Maybe one or two get it, but a low Sound. I don't mean to criticize anyone; also I won't tell the names of this person. But, what I mean is, it's not the outside actions that we can judge and imitate, but it is the inner Power, which we must achieve in order to

accomplish anything, especially in spiritual aspects.

It's not by imitating the Master, by walking like this or by wearing like that; we touch here, we touch there, and we wave here, wave there and give candies. (Laughter) This is not all that the Master does. There's so much more and behind that. There is love; there is Power; there is blessing; there is extreme care and attention from the Most High, from the Ocean of Love and Mercy. (Applause) It is difficult if you don't practice. If you're not high enough, you cannot know these things. But, when you receive things, you might feel there is a difference when you get something from the Master. You might not even feel it at all. But, by and by, it will also help.

For example, one of our practitioners said that his wife got blessed three times by the Master before she saw the Light. First time, no; second time, no; third time, "Wow!" She said, "Got it! Got it!" Yes, some people are slow. I know one practitioner; he said that he had heard nothing at the time of initiation. He was one of those small leaders of another faith. When he came to us, he took initiation. But because of the previous, maybe, preconceived ideas, he got stuck somewhere. It took one week before he got his first Sound. But he worked hard, and has meditated a lot. He finally climbed up, "up there." I appreciate his effort. He's one of the best supporters and most faithful practitioners at the moment. But he worked very hard after his initiation. Yes. Very hard.

But, that's rare; to get it one week after initiation is rare. He heard nothing. He was so angry because he was a kind of leader, and everyone else got it, and he was on the top and he got nothing. He was frustrated and angry with himself. But it was because of his position that he had obstacles. He thought that he was some kind of fantastic intelligence of the world, you know! And he can talk well. He knows all the Scriptures, and when he talks, it's non-stop. He knows many stories and he can talk non-stop. He thinks he's

okay, being vegetarian and all that for long time, except eggs maybe. So he thought that he was ready, prepared a hundred percent, a hundred and eight percent. And then he was so disappointed.

When we think that we are very good, or excellent, we might be cheated by the mind. The mind loves glory, loves praise, loves fantasy, and thinking that we are good. On the other side, the mind also degrades us. It might sink into depression and an inferiority complex, and cheat us of our glory also. It goes two ways. Yes.

The most cheated system in this world is to make people worship where they should not: to worship wood, to worship stone, to worship all kinds of lifeless objects, thinking that Buddha will know about it. The Buddha might know but we might not know, because we haven't found the connection inside. So even if the Buddha wants to talk to us, we cannot listen. If our telephone is disconnected, how can we hear the other side!? It doesn't matter how much we bow to the telephone over here. (Applause)

This is the trap of Maya, that no one knows! People love to hang on to something, and to glorify themselves: that they are religious; that they know philosophy; that they are practicing something. Therefore, Maya, the king of illusion, sets up these kinds of traps, to let them satisfy themselves and stick there forever, that: "I am worshipping. I am religious. I am Buddhist. I am that. I am this. I am all things. I am busy. I am practicing". There are all kinds of material attachments to religious orders, just to satisfy their minds. But it cheats them out of their precious time, by not letting them think of anything better, or try to find anything better. So they keep telling you to worship the wooden statue and one day you'll realize he is a Buddha. Yes, maybe, but a wooden one, a wooden Buddha. (Laughter)

The Buddha always said, **Buddha is inside you.** And then Jesus said, **God dwells within you. You are the temple of God.** What did They mean by this? You make God the way you

want Him to be. You make Buddha the way you want Him to be. Understand? According to your realization, your level, your power, the Buddha is that. (Applause)

For example, I teach you the Quan Yin Method, without a method, but we have to call it a method. Otherwise, if I said to people come here and I'll give you nothing, no method, no one would come. But, after a while you realize that there is truly no method. It's only the Master's Power that helps you. Otherwise, people would sell methods outside for one hundred dollars and you would get nothing. Or if other schools, so-called Gurus, also gave you the same method, you might get nothing. They also tell you sit here and concentrate there. They also touch you. They can touch for two thousand years, your head is still your head. (Laughter) It will not become the Buddha's head, because what's yours is yours.

Now, after I give you the Quan Yin Method, for example, then you meditate. You try to search within yourselves to find what kind of Power that you have, what kind of capability that you have forgotten, how much intelligence that you have not used, who you are and what kind of position you have in this universe. You search and search, and you'll find it. And then you find, up to the First Level, then you'll find that you are very loving now. You feel less stressful than before, and so you think, "Oh God is that. God helps me. God can help me to dismiss stress and to heal my sickness." You get cured from some diseases, at the First Level. Sometimes when you touch someone, that person gets cured, too and you have healing power! You'll say, "Oh! God has healing power. God is that. God has love. God gives me love. I feel loved now, and I feel I love someone else." But that love is still on a weak level. Never mind, you feel better than before. And by eating vegan you feel your body is better. You can think better than before, and you love your neighbor better now.

So, you begin to declare that your Buddha is love; your Buddha is healing power; your God is healing power and magical power. Hes can make a lot of magic and things like that. You know God is there. You know there is a God, and that Hes has such and such qualities.

And for a little while longer, you practice and you get up to the Second Level. Now, suddenly, whenever someone asks you a question, you can talk with eloquence. You can reply to them in a way that they never have heard before, in a way you never dreamed you could reply before. You understand all the Sutras and all the Bibles in the world. You understand that all the five religions say the same thing. Yes, in one word, you have realized true eloquence.

You can also sometimes see into the past, into other people's past and future. You know why you are connected with each other like this. You can regulate, invisibly or visibly, some of your karmic ties with other people, so suddenly your relationships smooth out. Suddenly, two enemies may come back loving each other, because, invisibly, in your practice your Master Power has smoothed the past enmity out of your life and your relationship. So you begin to declare, "God has intellectual power! God is Buddha! God is enlightenment! God is eloquence! God is that!" So your God has grown a little bit taller. (Laughter) That's how you make God and how you make Buddha. You say, "Oh! God has a kind record so that we can see everything inside."

Then you begin to listen, and you can hear the **Sound of thunder** or the **Sound of many waters**. So it declares in the Bible that God speaks in the **voice of thunder**, and like the **sound of many waters**. That's how they declared their God. When they saw the big flame of Light, they said, **God comes in a big flame. God is like a big flame**. So their God differs. Your God now differs from the God before, or differs from another initiate who has

only reached the First Level, or differs from another initiate who has reached the Third Level. His God is different from yours, but it is the same God, whom, pitifully, is being seen by different eyes and different angles.

Just like when the Buddha was alive, He told the story of the four blind people who touched an elephant; who described the elephant. The one who touched his ears said, "Wow! The elephant is like a fan, a big fan." And the other one who touched his trunk said, "Oh! The elephant is like a big pillar." And the other one who touched his nose said, "Oh! The elephant looks like a water hose." And the one who touched his tail said, "Wow! The elephant is like a broom stick." This is how ordinary people see God. And this is how practitioners and people at different levels see God and make their own God. Therefore, it is said that God is within you; that Buddha is in your mind. That is the meaning of it. (Applause)

Now, you know that you can make Buddhas and you can make God. So I would advise you to make the best God out of it. Our God must be the Supreme, the Most High, to be worthy of our time, energy and attention. Time is money! We might just as well buy the best God. (Laughter)

Now you understand why God is not there for you to worship, but demands us to make use of His Power. If we don't make use of this God by our own power, then when we pray and nothing is done, we cannot blame anyone else. From the top of the hierarchy to the lowest level of hell, you have only yourselves to blame. You've gone the wrong way. You walk the wrong path. You approach things in the wrong direction, with the wrong method.

The Quan Yin Method is for you to realize that God is you, the way you make Hirm. God can be as low as a worm, if you are that. If you don't raise yourselves higher than the worm's level then God will forever stay as a worm. If you raise yourselves higher, the

higher your God is, the higher God is, the higher God is glorified.

So glorify God by your own power of meditation and realization. That's the best prayer. That's the best glorification for God, the most significant prayer and the most significant job that you could ever do for God. (Applause) If we say we worship God, Buddha, Allah or whomever you say, and we remain in ignorance, then we truly despise God; we truly disgrace God and Buddha.

Therefore, Buddha said, **If you believe in Buddha, but do not understand Buddha, you disgrace Buddha.** That is the truth. How do you disgrace Buddha? By remaining in ignorance and letting others see that you are an ignorant God, that you have no belief in God anymore, because God is ignorant due to your own ignorant thinking and view point. You think God is like that. "I pray to Hirm, but Hes doesn't hear. I am crawling here, but Hes doesn't see." It is not God who does not see. It is you who does not know that God sees; and who does not directly receive God's blessing, because you build a lot of obstacles around yourself. You, yourself, deny the benefits and the blessings from God, because you think, from a conditioned mind, from many generations, that you're not worthy; that you're wrong; that you are ignorant; that you do all the wrong things against your God's nature.

Therefore, even now when you pray, this kind of thinking subconsciously prevents you from knowing you are God, knowing the benefit of God. Then you think God is only that. God is only for you to pray to, to complain to and to demand from, but it is not so. Every God is truly different. Depending on how you think and on your level, God is different. Not that there are so many Gods, but our view points differ, so God differs. Do you understand now why we must understand and realize God in order to say that we truly worship God? (Applause) Therefore, what the Buddha said is not wrong. If you don't understand Buddha, don't just blindly believe

in Buddha or you'll disgrace Buddha.

Anyhow, you are on the right path. I think you may have realized it by now, otherwise you wouldn't have come to see me. Even those who failed also came to see me, or wanted to come to see me, at least. They might not have the face to come, but never mind! If they want to practice slowly outside, without control, without someone to keep reminding them, nagging them, then they can stay home and slowly crawl. Those who want to follow me faster, must work hard and be fast. I like you to be fast. You can never be too fast for me, (Applause) because the world is in need of such fast working people. The world is so desperately short of these fast thinking, intelligent, conscientious, moral and honest people. Therefore, the more the better.

The faster you know how great your God is, the better. You can spread your love. You can impose your God for other people to see. When they see you, it's like they see God. They might tremble with fear. They might feel exalted with love, or they might just feel different. That is how God blesses people - through you, because you have slowly risen up to God's level. That's how we bless the world. That's how we worship God. That's how we truly pray.

At that time we don't even pray, but God blesses you and everything and anyone who sees you. At that time, you are already a Master. Or you have not reached master-ship, but you've already possessed, more or less, to some degree, this kind of power, this kind of love, this kind of benediction. So this is how we serve the world. And then we can say God truly is love. (Applause) And people will praise you.

Okay, enough with theories. (Laughter) But my theory is not only a theory. You feel the power. You feel the force. Why? Because I have realized what I say. I did not read it from books. I realized it within myself. Therefore, whatever I say benefits you, and

you believe it because it has a convincing power. Anyone else who repeats my words, might just be empty words. Yes. So we have to practice and realize ourselves, and then even if we repeat the words of the Master, it has the same power, because it becomes our own. (Applause)

I thank you for inviting me here. Also, thank you for your exciting love at the airport, and today and in three to four days to come. I thank you for working hard to achieve the goals of my trip. Because my trip is also your trip, my work is your work. Whoever benefits or gets benefited from me and from you also, from all of you who cooperated, who helped, who mentally or even physically supported this work. Everyone is a benefactor of humankind. This is the way of Bodhisattvas (enlightened beings). This is the way of sainthood. There's no other way, no need for shaving your head, no sticking in the Himalayas, no need for anything, no sleeping on a nail bed. Yes, just be ordinary and have wisdom.

Beautiful you are! I am glad that you have improved, and I am glad your faith is firm. I know you have been through some tests, but that's how we know our level. That's how we know whether our discrimination is sharp or not; whether we know the difference between a true Master and a false Master; whether we know how to recognize goodness in a Master or not, or if we just listen to rumors and all kinds of gossip that is polluting to our minds. If we repeat that - polluting other's minds - it will be like a disease that keeps spreading. So when we speak, it's better to speak of goodness. If we absolutely cannot avoid it then we have to say something, but only in order to teach people or to tell them to improve. Otherwise, there is no good in talking about negative things, whether it is true or not. The one who spreads it, is the one who is affected most, the first. And the one who hears it is also affected, if he listens to it or if he believes it.

Okay, good night!

Cherish the Rich Life God Has Bestowed upon Us

Spoken by Supreme Master Ching Hai
March 11, 1992 (Videotape #227)
Tokyo, Japan
(Originally in Chinese)

It is said in the Buddhist Scriptures that if someone is very rich and satisfied with everything in his smooth running life, and if he is also devoted to God, to the Almighty Power, and cultivates himself spiritually, then he is a person with great wisdom. Most people who are happy with their life do not think of situations beyond this world. More often than not it is only in times of difficulty that we think of God, that we realize our need spiritually. If we do not lack anything, we do not think of that. But in fact, in all circumstances, we should bear in mind the greatest grace that God has bestowed upon us. For none of the worldly riches or securities last forever. They cannot satisfy us all the time.

My life was very good before I started to walk on the path of the Truth. My (former) husband is a scientist and has two doctorate degrees, and I worked as a translator for the Red Cross. We had our own car, a house with a swimming pool and sauna, etc. My husband was young and good looking. Even though I lead such a happy life, I did not feel happy inside, which was all I really wanted.

Since I was very young I always felt that there was a purpose for me to be in this world, and material wealth could never satisfy my heart.

I have read the history of many countries. Many of the rich and powerful countries suddenly became poor. Japan has experienced storms and upheavals before being able to restore herself. It was a very good lesson, a good experience. God always loves us humans and He takes care of us in many different ways. Even a disaster is a form of grace, a very severe lesson, to remind us of the transitory nature of this world. Should we learn the lesson, God will take care of us and give us material things and wealth to make our lives comfortable. However, in comfort, we should not forget what God has taught us, because if we do forget the lesson, more than likely we will have to learn it again. When we are in God's grace and we are given everything, we should cherish and respect the law of God and the universe even more, then our lives will be richer and more comfortable.

A long time ago, Moses' people were enslaved by others and they prayed to God for help. So, through Moses, God liberated them from their suffering, took them to a safe place and gave them freedom and all the things they needed. However, in their rich and comfortable lives, not only did they become idle, they also forgot to obey God's rules, and were leading very corrupt lives. Although God still loved them, He began to teach them in a different way. Later on their lives were not as comfortable as before, and they were separated, scattered to many different places leading a wandering, insecure life.

We can see that throughout the history of this world there have been many similar stories. Many glorious dynasties, or rich and powerful countries suddenly came to an end. It was because these people did not respect the law of the universe. They did not

show any gratitude towards God. A similar event occurred in Noah's time. It is clearly recorded in the Bible that at that time the whole world was corrupt. People cared for nothing but mundane material things, and they had no morals, so God used the flood to cleanse the Earth.

Of course, being a human is very difficult; we rely on material things more than on God. To us, material things are more concrete, and God is abstract. The fact of the matter is that, God is very near to us. He is within us. However, because of certain circumstances in this world we are not able to see God. But beings on other planets are able to see God easily. Nonetheless, there are also ways for us to verify the existence of God. In Buddhism, God is called Buddha Nature; different religions call Him by different names.

Practicing the Quan Yin Method enables us to be in communion with God or our Buddha Nature, and our level of consciousness will be greatly uplifted, to the same level as those beings on other planets. Then we can live on a planet of a higher level if we want to do so! It is because our wisdom and civilization is not as high as some other high level worlds that there is more suffering than happiness on Earth, and that we are not very advanced as a civilization. However, if we practice the Quan Yin Method, we will know the way to purify ourselves, in order to become more civilized beings, and to be worthy to live in a higher world.

There are many countries on Earth, some poor and undeveloped, some rich and highly developed. Likewise there are many different worlds in the universe, and the high level ones are for beings of great wisdom. We can still stay on this Earth even when our wisdom is uplifted. At that time we become a high level, happy person who has wisdom, and we can help to change our world into one of a higher level. If we want to live with other beings on a high-

er level planet, we can also do that.

It is not easy for foreigners to come to live in Japan unless we have the means to keep up with the standard of living in Japan. Otherwise, with the high costs and advancement, most of us ordinary people do not earn enough money to be able to live here. I hear that one way to stay in Japan is to get married to a Japanese. Even so, we still need to have some Japanese spirit and concepts to stay on, or else we will feel lonely and sad because of the disciplined, clean and high level living in Japan. We should also cultivate the same kind of spirit and abide by the Japanese disciplines.

Likewise, in the universe there are beings on some planets, in some worlds, who are more civilized and disciplined. They are more advanced in civilization and higher in level. If we want to live over there, we have to develop our wisdom first. In Asia, or on our Earth, Japan is a civilized and advanced country. But this is only from a material point of view. From the spiritual viewpoint, no country in the world is advanced. None of the countries on Earth, no matter how civilized, can compare with the worlds above.

Beyond this world there are many worlds where the houses are, unlike ours, made of crystal, gold and jewels. Comparing our houses to theirs, we are very poor people. It is not because we desire material wealth that we should practice spirituality, I am merely telling you some of the differences between Earth and the other higher level worlds. It is not because we like to live in houses made of gold, crystal and jewels that we want to go to those worlds, but because life in those worlds is free, comfortable, easy and happy. We will not experience pain and suffering such as birth, old age, sickness and death. In those worlds, we are forever intelligent, beautiful, young and rich.

I have seen many Japanese movies with a similar theme. People in Japan have researched and compared spiritual worlds.

Have you seen any before? I have! Sometimes on Japanese television there are open discussions on spiritual subjects or situations concerning the other worlds. I am very glad that Japan, being so rich, is still interested in the spiritual aspect and does not completely rely on the power of material things. If we continue this way, believing in God, believing in morals, our country will definitely continue to be rich. However, from what I have seen and heard, the worlds discussed in the films are not of a very high level. Still, they are already so beautiful and glorious that our Earth cannot compare to them. From their discussions, it seems as though these Japanese people have visited these worlds. Only through having been there could anyone make a movie so beautiful and real.

By practicing the right method, we can go to the higher worlds. We can go there when we are still living in this world - during our meditation, or in our sleep, whenever we have time to leave this physical body. We do not have to die first, like the people in the movies.

Also, if we are diligent in practicing the Quan Yin Method, we can go to even higher worlds, and we can choose the world we want to go to after we die. In fact, before we reach the higher worlds we will already feel blissful. We understand many things which we did not understand before. This is why fellow practitioners all over the world are practicing diligently. We like to continue to practice diligently because it proves to be fruitful. Like in business, we will continue to work hard only if there is interest or profit. People of this world lose interest if what they are doing is fruitless.

Japanese are very good businessmen! They are conscientious and therefore very successful. The more successful they are, the harder they work. That is why most Japanese sacrifice their personal lives for their work or business. They contribute a great deal of time and energy to help their factories and their country,

because Japan had to be rebuilt from scratch! Due to the hard work and tremendous effort of its people, the country has found its new life and has become rich. This is because of the Japanese spirit of honesty and unity, as well as being conscientious in their work. Working this way leads to success, and the country gets richer and richer. Consequently the people are even more interested in their work, and work harder and harder. Sometimes they work overtime for free for the factory because they feel it is good for their country! Indeed, it is the country which benefits! This kind of selfless spirit is rare to find in the world.

Then, in the evenings, after finishing at work, they still go out for business meetings. People get together trying to find ways to improve their factories or business. With the people's willingness to give and be united, sacrificing one's personal benefits, no wonder Japan has become very wealthy and strong in a very short time. There is an effect when there is a cause.

Similarly, by practicing the Quan Yin Method we can spread this method to the entire world in a very short period of time. It is because fellow practitioners feel that this method will benefit the world. Benefiting the world is benefiting ourselves, because we are in this world. For example, if the house we live in is broken down, then repairing the house is actually protecting ourselves.

This is similar to the Japanese spirit. It seems that they are sacrificing their own time and personal lives for the benefit of the factories, businesses and the country. But to the Japanese, it is also benefiting themselves, because when Japan is rich, its people will be happy. Then the reputation of Japan will be raised, and the world will respect the Japanese and their country. Therefore, I think this is an intelligent and correct way.

It is the same with us. The purposes of our spiritual prac-

tice are to open our wisdom, to help all sentient beings and to uplift the power and civilization of the world. However, those who are naturally benefited are ourselves, our families, our relatives and friends of our past, present and future. Therefore we know that after we walk on the path of the Truth, our ancestors will be liberated to better worlds and have an easier, richer and happier life.

If every person in this world can practice spirituality, our Earth will become a very civilized and high level planet, like the other planets. At that time, we will be able to invent anything, and fulfill any of our material needs, because we are elevated spiritually, our wisdom is raised, and we can do anything.

Why is it that other planets have UFOs and advanced machines? It is because their wisdom is much higher than ours. Why is it that gasoline is not used to drive a car on other planets? It is because they are more intelligent than we are, and they have discovered many different raw materials, which we have not, even though they might exist on Earth. We are not aware of or do not know how to use these materials. Nonetheless, we have already come to know some of them!

This is why we have television, telephones, computers and a lot of advanced medical and scientific instruments. But in comparison to those of other worlds, they are like garbage. The instruments that we use are considered out dated by other worlds. And these are not even worlds of a very high level! They are of a high level, but not the highest. There are other worlds which are higher where beings can fly without using UFOs. They can communicate without language or telephone. They can see anything they like without using television.

In those worlds, the percentage of wisdom used is much higher than in our world. That is the only difference between them and us. Most intelligent person on Earth uses only four percent of

their intelligence. Can you imagine? Only four percent! That is why the Earth is relatively backward. Beings in the higher level worlds know how to use more of their wisdom and intelligence.

A long time ago, there were people from the higher worlds who came to Earth to teach us. Some of them were from the middle levels, some from higher levels and some from the highest level. The beings from the middle levels taught us how to make some advanced machinery and taught us how to develop some of our wondrous supernatural powers which enabled us to live a more comfortable, rich and civilized life. The glorious eras we had on Earth such as at the time of Atlantis, were the results of teachers who came from the middle level worlds. In those days, our world was very civilized. Present day archaeologists sometimes find evidence of the civilizations of those times.

Sometimes there are reports on television. Let me tell you, I seldom watch television or read newspapers. Has this been reported in any of your newspapers or on television? (*Audience: Yes.*) That's good, then what I am saying is right! Even though Earth was very civilized at that time, due to the lack of morals of some of the people, the advanced machinery was turned into tools for destroying ourselves. What were originally civilized instruments were later used to destroy our own civilized order. We were killing each other. We were not grateful to the teachers from the higher worlds, not contented and asked for more and more, which eventually led to a war between the planets. The Earth was defeated by other planets and became uncivilized. Also, for a long time afterwards, the civilized beings from other planets dared not come to teach us.

However, some beings from the highest level do come down to teach us. They do not teach us how to make advanced machinery or tools. They teach us how to develop our wisdom so that

we can go to live in a more civilized place, because some people long to stay in a stable, civilized and happy place, which is so difficult to find in this world. Also it is very difficult to educate all the people on Earth to elevate them to the same level of civilization, so they teach certain people and bring them to a stable, civilized and happy planet.

Bringing the advanced tools to our world might do more harm than good. For example, if they build a house with gold and crystals on Earth, it might disappear very quickly. Or if the advanced tools are brought to our world, we might use them to kill each other. This may happen because people on Earth have not yet reached a stage where we have the noble, self-sacrificing and civilized spirits. The beings from the highest worlds are afraid that we might use the tools for personal benefit, fame and fortune. Then, even the best tools can become the most dangerous ones. Therefore the teachers from the civilized worlds had to come to take us to their place. First they train us to develop our spirit and wisdom, then they take us to a stable and safe world.

Therefore, when Shakyamuni Buddha or Jesus Christ came to this world, They only talked about the heaven, the Buddha Land and the Nirvana above. They did not encourage us to stay here.

Like a good lawyer or a good friend, he speaks on our behalf, and guarantees our freedom, that it is best for us to become a free man quickly and not to stay in prison. Even our good friends, who love us very much, will not take the best cars they own, such as a Mercedes or a Toyota, inside the prison for us to use. They will keep them outside and give them to us when we are free, because these things are useless in jail. Moreover, if they have a lot of money, gold or jewels, they cannot send them to the prison for us to keep in our pockets, because it will be more dangerous for us.

Only when we are in a safe place outside could they give us these precious things. However, while we are in jail, they of course try their best to take care of us, and make our lives as comfortable as possible.

Similarly, for those of us who practice the Quan Yin Method, the Almighty Power or God, of course takes good care of us, and makes our lives more comfortable. But it does not mean that we will have everything! If we want to be truly forever at ease, forever liberated, forever rich and forever alive, we should go to some other higher worlds in order to enjoy these things. Of course when we are in this world, occasionally we can visit those worlds for a while. But when we leave this world later, we can be there forever. Even so, seeing those worlds occasionally while we are living on this world gives us faith. This is the result and verification we get from practicing the Quan Yin Method. Without verification, we do not know whether the method is good or not.

Jesus Christ said, **In my Father's house are many mansions.** He meant that His disciples can have many experiences and spiritual responses while following Him. He enabled His disciples to have a glimpse of the other worlds while they were still living on Earth. Shakyamuni Buddha said, **There are many Buddha Lands (heavens, Kingdoms of God, Nirvana) in the universe, many Buddha Lands in the ten directions.** While following Him on the path, His disciples could see different worlds, occasionally or frequently, depending on how sincere and how diligent they were.

We are now passing on the method Buddha and Jesus practiced. Anyone who practices the Quan Yin Method can have the same spiritual responses as Jesus Christ or Buddha did when They practiced. A spiritual practitioner can see Buddha while he is still living on Earth, or he might visit the other worlds in his sleep.

When he leaves this world, he can live over there and does not have to come back here to suffer.

We are offering you this method unconditionally, without any requirement of money, social position, previous experience or religious background. Practicing this method enables us to help not only ourselves but also our families, country and our ancestors to be liberated to better worlds. When we leave this world, we will of course live forever in the Buddha Land, or the Kingdom of God! Anyone is welcome to learn this method with us.

I shall finish my talk here. Thank you very much for your love and undivided attention.

Question and Answer Session after the Lecture

Q: Is it true that there is reincarnation?

M: Yes, it is true. Sometimes stories proving the existence of reincarnation are reported in the newspapers. Like in India, an eight year old boy who never left home before, knew about the house where he used to live in a previous life; and that was where he came from. He said that his husband, children and home were still there, and he could give their names and the address clearly. Investigation proved what he said was correct. There are many similar stories.

Shakyamuni Buddha could see the past with the spiritual eye. Sometimes when we practice the Quan Yin Method, we can also see our past incarnations through the spiritual eye. This is the first time that some of our new initiates have ever practiced meditation. They can also see that. This is true.

Q: How does one practice the Quan Yin Method?

M: You have to become a vegan. Being a vegan is not difficult

for a Japanese, because very tasty vegan ham is made here in Japan. Also, Japanese eat mostly seaweed and very little meat. The Japanese diet is simple and small in quantity. The Japanese are not greedy with their food and they do not put too much emphasis on food. They are very simple and clean, and suitable for practicing the Quan Yin Method.

Q: How long do I have to practice to be able to see the worlds Master described?

M: Oh! Sometimes one can see it at the time of initiation. It varies with different individuals. Most of the fellow practitioners, or half of them, can have visions of those worlds shortly after initiation. Sometimes it takes weeks, months or years.

Q: If we are initiated into the path of spiritual practice, and when our beloved dog dies, will it receive benefit?

M: Ah! You have such a loving heart. Yes! It will, because our power will be developed unimaginably. Any person, any beings whom we think of or love will be benefited.

A Conversation about Truth

Spoken by Supreme Master Ching Hai
June 2, 1991 (Videotape #175)
Costa Rica
(Originally in English)

This is a conversation between The Supreme Master Ching Hai and a long-time friend. Master met this friend for the first time many years ago in the Himalayas, when they were both seekers of the Truth. This friend has studied with many famous Masters in various parts of the world, and has practiced many methods. She is now a fellow practitioner of the Quan Yin Method. Touched by her desire for the Truth and her eagerness for knowledge, Master Ching Hai spoke with her freely and without reservation. This unique dialogue was indeed a “Conversation About Truth.”

In the text, “M” stands for The Supreme Master Ching Hai, “Q” stands for the friend, and “P” stands for other fellow practitioners who asked questions.

The Attractiveness of an Enlightened Master

P: If there is a person in this world who feels very bad physically, can that soul take another body, the body of another person, like a transplant of bodies?

M: What for? To suffer more?

P: No. Maybe that person is doing very well and has a very

great job, and the others want that person to continue in that job.

M: No one needs anyone that desperately. No one is that important. Yes. Even if you don't have a Master, another Master will come. But probably you won't like it. (Laughter) It is just that you're used to being with the familiar face, and when it changes to another face you would say, "No, not that one!" (Laughter)

Ah! That's the only problem. That's why everyone keeps waiting for Jesus. They think that if another Messiah comes, he has to look exactly like the one in the pictures. If someone introduces Master Ching Hai, they say, "No!"

P: *Why does everyone have a different form of body? For example, the faces are different. What does the face mean? What does a person's face represent?*

M: Do you think everyone should look alike? This is too boring. At the least, you would never fall in love, and no babies would be born. That's the difference. That's at least one of the reasons for having different faces. Okay? You would never be born if your parents looked the same.

P: *I would like to know the meaning of the "face" in a spiritual life?*

M: Nothing. Only the atmosphere. But usually, most people look very bright in appearance when they practice. But the atmosphere is important. People like to be around a person who practices well, but not because of the face. Okay? Because if you came to see Miss World 1970, for example, and the people told you to stick around her all the time, and to look at her all the time, (Laughter) you would not do that. You would get bored after a while. You will notice that even with the most beautiful people, after we look intensely at their face for some time, we get very tired. We get tired and we want to rest. But I know some so-called Masters, some Masters who don't look very beautiful or handsome, but people just

keep staring at them and they never get tired. Sometimes they just walk around all day long, just waiting for one glance, one glimpse of the Master. Or they travel many miles just to see the Master, and when they leave, they feel very bad about going. Okay? That's it? Why did you ask this question?

P: *Because sometimes I can see that people have a very good Light, like You. This means it is coming from Your soul, and I can see from Your face that You give me peace. I am very grateful to You, because I am no good, but You love me so much. Thank You.*

M: What is the difference between my face and other people's faces? Similar no? Of course I couldn't look like you fellow practitioners, but it makes no difference what kind of face one has. It is the love that emanates from a person, not the face. Okay?

P: *That was my question. I wanted everyone to know this.*

M: Yeah!

P: *You don't see the faces. You only see the heart.*

M: Oh, I see. You want to see my heart? (Laughter and sighs) There are some Masters who are very old. They have creases and lines, you know, wrinkles all over their faces, and they are no longer physically attractive, but people like them because of their practicing merit, the love that they have. Yes! Some people say that because my voice is pleasant, or my face is very nice, or my eyes are very beautiful, that this is why people like me. It's not true, because I have some disciples who are blind, or deaf, and they always come every week when I am there, even on seven-day retreats. They never see my face but they see inside, and what they describe is just exactly how you see me now. Of course inside is more beautiful, hah? (Laughter)

Can Blind People Become Disciples?

Q: Master Charan Singh already took Maha-samadhi. He was a very big Master in Beas, in India. He used to initiate all the people, except the ones who were blind.

M: Why?

Q: That is what I wanted to ask You, because You said that You have blind disciples.

M: I have blind disciples. Everyone knows it. Yes, it is a general rule that a person's five senses must be perfect in order to be initiated by a Master. That is the general rule since ancient times. Buddha also said that. But someone must initiate them. No?

Q: One day a disciple wanted his mother to be initiated, and the mother was blind, so he didn't tell the Master. He asked, "Please Master Charan Singh, can my mother come and be initiated?" "Yes, you bring her and I will initiate her." But when the disciple brought his mother, the Master saw that she was blind, and he said, "I told you that I cannot initiate blind people, so I cannot initiate your mother." The disciple became very, very upset and he said, "Please Master, please, please, this is my mother! Please do it!" So the Master performed a miracle, and during the initiation he gave sight to the mother and initiated her. Meanwhile she could see.

M: Yes, only temporarily.

Q: Only during the initiation.

M: And afterwards?

Q: Afterwards the blindness returned.

M: Some of the people who came for a lecture I gave in Formosa also got their sight back, but without coming for initiation. They did come for initiation afterwards, but they wrote letters or told stories saying that their sight had been restored during the lecture.

Q: And it stayed like that?

M: It stayed like that. One woman had been blind since childhood, over twenty years.

Q: But if they are blind, do You initiate them anyhow?

M: Yes! They had visions all the same. They saw the Master inside. (Laughter)

Q: They saw the Master here.

M: And this blind person always feels my presence when I come near her. She always feels it when I am around. She smiles and I know. I tap her shoulder and she knows. So we feel very close.

Masters Take on the Disciples' Karma

Q: Is the reason the Masters don't initiate because they can catch some of the karma of that individual?

M: Yes.

Q: I thought the reason he did not initiate blind people was because he was saying that blindness is the worst karma a person can have?

M: Oh! There is worse karma than that!

Q: Worse than that? Like what?

M: To be blind physically is better than being blind spiritually. Someone who doesn't see the Master but recognizes their greatness is better than someone who sees the Master and does not know.

Q: But when You initiate blind people, do You catch any of the sins of these people?

M: I catch them all the time.

Q: All the time?

M: I catch the karma when people just pray at home. I catch it when people know about my name. I catch it when people know about my story. I catch it everywhere. I catch it when I see people.

Q: So how do You dissolve this karma?

M: That's my job. (Laughter) Wait until you become a Master, and then I'll tell you. Now it is difficult to understand. I do it with spiritual discipline, by the merits from my billions and trillions of years of practice, by incredible physical endurance, and I do it with boundless love. Okay?

Q: Yes, thank You.

M: In the Buddhist discipline also, when someone's five senses are not in order, when one of the five senses is not in order, he is not accepted in the order of the Buddha. There were many other kinds of preconditions to being initiated in Buddhism when the Buddha was alive. But I have vowed to save the worst, so no one comes to me without hope. Among our disciples there are the worst people you could imagine. Even the Buddhas in the ten directions could not rescue them.

Q: Yes. Lord Buddha told us that there are five unpardonable sins. For example, if we kill a Buddha.

M: Yeah, if we kill a Buddha or make a Buddha bleed.

Q: Right, if we kill a Saint, or if we kill our father or our mother, or if we split the Sangha (Sangha is a Sanskrit word for spiritual community).

M: Or kill our father or mother. Yeah, we make trouble in this.

Q: He said that these are unpardonable.

M: Yes.

Q: Then You accept these types also?

M: Also.

Q: How?

M: Otherwise, who accepts them?

Q: Right, no one would.

M: Yes.

Q: But then, how can these people be saved if the Buddha

said their sins are unpardonable?

M: I use my love to transform them.

Q: Then perhaps this is Your Christian side, because Lord Jesus was always all-forgiving, even towards the worst sinners and criminals. Now, do You have to take on the karma of these people?

M: Yes. The Law of Karma has to be respected. But when the Master takes on the karma, it's not like when the disciple takes on the karma. For example, when Jesus was persecuted and nailed on the cross, then many of His disciples or followers had their sins forgiven. But if you picked someone on the street and told him, "Now you will be nailed for everyone else's sins," no one else would be forgiven. No one would derive any benefit. The body of the Master is different from the bodies of other people, even though it looks the same. For example, all the cars look similar, but the Mercedes and the Volvo have different structures and different endurance.

Now, can you imagine at the time of initiation, when the Master has to initiate hundreds or thousands of people? The Master has to house at least enough blessing power to give to each one, to give to hundreds or thousands of people, depending on the number. Now, when one person receives only his individual share, he has already opened the eye of wisdom and can see visions, and the stars, and the heavens and hells, and everything. That force must be strong, to clear all the karma of tens of thousands of years, for that individual alone. The Buddha said that the whole universe could not contain one person's sins, one person's karma, if it had shape.

In order to burn all the sins and karma of one individual, including at least five generations, you know how much force it takes? If not, he could not hear the Sound or see the Light, because he is burdened and locked with his own karma. All that force has to go through the body of the Master in order to come out. And when

She initiates thousands of people, then the force must be great. The ordinary person cannot house this Power. Even good power would make you collapse. Understand?

In order for a light to shine, it has to contain much electrical voltage. This bulb might look similar to another bulb, but it has a different structure. It can contain more electrical power, in order to give you such a brilliant light. He himself has to be able to withstand this kind of electric voltage. Therefore the body of the Master is, no doubt different, but most of the time the Masters do not mention these things unless they are asked. Most of the Masters are very humble, and it is not necessary to talk about things unless it is the right time. It also has to be the right audience.

The Master Teaches Each One Differently

Q: Tell me another thing. Lord Buddha used to teach at four different levels according to the audience, but Lord Jesus always taught at the same level. He never said that He had different types of teachings.

M: What four levels?

Q: They told us when they studied with lamas that there are four types of individuals. There is one type that is very, very developed. Then according to the intelligence of the people, He gave different teachings.

M: Yes, that is inside only. The initiation is the same. Internally, the Master teaches each one differently, and even one's closest friend would not know. Even a husband and a wife have different teachings inside. Not only four levels, four thousand levels, four million, etc.

Q: So Jesus would do the same?

M: Yes.

Jesus and Buddha in an Historical Context

M: Jesus did not have as much time to teach. He had only three and a half years before He got nailed. Also, you must know that when Jesus was giving the teachings, it was very difficult. The political sensitivity at that time prevented Him and His disciples from freely preaching the doctrine. At that time anyone famous was envied by the Church and the Emperor's government. And you must know that at that time the spiritual level of the people was very low. In all the churches they slaughtered animals all the time, just to make offerings. The smoke rose to heaven, blackening all the temples' ceilings, and the hands of all the priests were bloody. A terrible odor filled the many corners of the sky of Egypt and Palestine.

Q: What about the Buddha? Tell me.

M: The Buddha, He was lucky. He was born in India where the spiritual discipline was already strong, and most of the people were vegetarians, and they worshipped the Saints. The political rivalry at that time was not very dangerous. Also, Buddha was born a prince. Everyone knew that He had forsaken His whole kingdom. So no king would imagine that He would try to become a king and make a rival out of him. But Jesus' background was not very aristocratic, and there was a rumor that someone would be born and become king of the Jews. Everyone was afraid that Jesus would make a revolution, and then become the king of the Jews, so the Roman government was very nervous. You see, you must also look at the historical background to understand why Jesus and Buddha differed in the ways They did, and why Christianity developed one way, and Buddhism spread out in another way.

That is the mundane level. There are other levels that we

must also consider, like the arrangement of the heavens and the spiritual understanding of the people at that time. Okay. But Jesus was lucky when He was nailed on the cross; He died in glory. He died at the peak of His career. Should He have lived longer, He probably would have been made to suffer many more things that were beneath His dignity.

Q: Jesus always said that He was just fulfilling the Scriptures. Whatever He did, whatever words He said, whatever His actions were, He was only fulfilling the Scriptures.

M: I came not to destroy the law, but to fulfill it. Well, every Master does the same. When they come, they only explain the Scriptures more clearly for the people. Yes. Without a truly enlightened Master, not many people understand what the Scriptures are all about. You see a lot of misunderstanding. You know, in most of the Scriptures the writings forbids meat-eating, but you see that in the Churches, from very high to the low, the bishops and the followers, everyone eats meat and drinks wine. God said, *who told you to kill all these she-goats, bullocks and he-bullocks to offer to me? Your hands are full of innocent blood. You should stop all these sins, otherwise when you pray, I will turn my head away - won't listen to you. Repent and stop, otherwise I will not forgive you.* Is that not so? If God forbids even us to kill to offer to Him, how could we dare to eat ourselves and offer to ourselves? No? It's illogical.

Ask all the Pope's officials to answer you this one question alone, one sentence only. We don't need to talk about the whole Bible. Everyone is spiritually blind without a living Master. Therefore to be blind physically is nothing. I consider these people who come to me blind, to be very, very, very enlightened indeed, better than millions outside who have eyes but cannot see. Therefore the Bible says, *See and you see, but you do not perceive; hear and you*

hear, but you do not understand.

After initiation, everything becomes clearer to each initiate; they wouldn't have known it before. This is called "illumination" or "enlightenment." We are enlightened. We know the Truth, because the Master has shed Light on the Truth, on the un-revealed Truth in each Bible, in each Scripture and lets us know the Truth inside.

Even in a simple case like the sentence from the Bible that I just mentioned, how many Christians know? How many of them know, let alone understand? They read the Bible every day, and in the church, the priest knows the Bible by heart. They must know it in order to pass the exam. No? But they will not pass the exam in heaven, if they do things that contradict the Bible. *Meat for the belly and belly for the meat, and God will destroy both meat and the belly.* (Laughter)

Blind Discrimination Against Women

Q: Master, what would You say about the Bible and the Dhammapada? Both of them talk about women. We are both women, so this is quite an important subject. In the Dhammapada, Lord Buddha mentions that He did not want women to enter the order.

M: I don't blame Him. Women are dangerous. Can you imagine the whole Sangha - all bachelors, all men with beauty, and strong bodies, and sexual drives, with their physical bodies. Now, enter a few women. What do you think? It's already difficult enough for them to struggle alone, and now there comes temptation. What do you think? It becomes even more difficult. But anyhow, the Buddha was also considering the social customs of India at that time; also the difficulties in the Sangha because they always had to move around under very difficult and harsh conditions. A

woman probably could not bear it. Even some men could not bear it, never mind women.

Some of the monks, when they just follow me, they just say, “I cannot catch up with Master! It is too fast. It is too much!” They all complain, but after a while they all get used to it. It can be harsh sometimes.

When I was in the Philippines there were a few monks and a few lay people with me, including one man and one woman newly arrived that were new practitioners. The man slept all day long and the woman could barely catch up. There was also one uninitiated man with the group. He was a political man. I had to deal with the Au Lac refugees at that time; so we had to work with some uninitiated political people. And he was scared, seeing the way I moved. (Master pants showing how he was out of breath) He was huffing and puffing like that.

One day I asked him about that woman. I said, “Where is that such and such woman? Where is my woman disciple?”

He said, “Dead!” (Laughter) “She is half dead.”

I said, “What? I am leaving, and she didn’t even come to the airport to send me off. What kind of disciple is that? What is she doing? Nothing much.”

And he sighed very miserably and said, “Oh Master, she is just an ordinary woman.” (Laughter)

I said, “What do you mean, she is just an ordinary woman? What about me?” I didn’t really mean to make any difficulty; I was just surprised. I wanted to tell her to do something for me when I left, but she wasn’t there, so I was very, you know, kind of excited.

And he said, “Oh! No one can do things the way you do!” Straight like this. (Laughter) “You’re not, not a woman. You’re not from this world. No one can catch up with you.” He said it straight to my face like this. He said, “Not even a man can catch up with

you, never mind a woman!” And I was so startled, I had to think. I had to think, so I couldn’t say anything. I still keep thinking ever since then, whether it is true.

Q: One day I was in the Himalayas in Jyotirmath. The Shankaracharya is there. He is the “Pope” of the Hindus. You know, a woman, a female body is not allowed to stay there. I was in my sannyasi (monk’s) clothes, with no hair, and they thought that I was a male.

M: So they allowed you.

Q: So they allowed me in, and I didn’t tell them anything. I just played the game with them. I lived together with all the other monks. We had lunch together. My voice sounds like a male and I hit them on the backs. So I behaved like a man, and I was totally accepted. When I went to take a shower, I put my foot against the door like this, so the other monks could not open it and find out that I was a nun and not a monk.

Now it was around six o’clock, and we had been with the Shankaracharya for several hours, and he was giving us a lecture. To me he seemed like a very enlightened being. Then naturally I felt he was very enlightened, this supreme “Pope” of the Hindus. But then I heard a female voice coming from downstairs. At that time we were all on a pilgrimage at Jyotirmath, and there were thousands of pilgrims. This nun was of the Saraswati Math, which is the same Math (order) as the Shankaracharya. There were several men there, and she was the only female. She was answering them, because they were attacking her. She had bleeding feet, because she had been walking on the pilgrimage without shoes. She was answering them, because they were kicking her out of that place. They were treating her in a very vicious way.

M: Very vicious. I know, I know, I know. They really hate women. They think women are dangerous, but they do not know

the reason. They are not logical. They just blindly follow the rules, and any woman that comes there will be beaten and kicked out. They don't care what happens to you, they just have to keep the rule. That's it. They keep the precepts blindly, without considering, with no understanding.

Q: With no understanding, and without following the teachings of the Shankaracharya. The first Shankaracharya said, "We are all one."

M: They think a woman will pollute their order and make them impure, by her presence alone. They feel that a woman is inferior to a man.

Q: They feel that she is the devil. They have reached that point.

M: Yes.

Q: So naturally they treated her like that, with contempt and no compassion at all, because it was already evening and freezing cold with snow. The nun couldn't walk any more, because she was already exhausted and bleeding.

M: Yes, fanatic.

Q: Fanatic, you know. There was another monk with her, also of the Saraswati Math, but he didn't say anything. So she was standing there with twenty men against her. So I just couldn't stay in the comfortable monk's bed and sleep overnight there, then see the Shankaracharya at nine o'clock in the morning as we had arranged. I couldn't do it. I had to defend her because I am also a female body. So I came out.

M: You were there just for that.

Q: Just for that only.

M: Just to teach them a lesson.

Q: To teach them a lesson, and I knew they all thought that I had a monk's body.

M: It was arranged so that you would be there.

Q: God made this, you know.

M: Otherwise no one could be as blind as you figured, to take you for a monk. A monkey, maybe.

Q: Monkey yes, but a monk! They all thought that I was a monk, all of them. They all believed I was a monk, only male. They never thought me to be a female. You see, I didn't want to deceive them. I just played whatever they put on me and continued playing it.

So naturally, when this woman came out screaming for help, I went to her defense. I told all of these monks that all of them had come from a female body. "You were born from a female." And that I couldn't really understand, because in Hinduism they really venerate the Mother. The Divine Mother is very important to them.

M: Yes, yes, yes.

Q: But they would not give her any space, not even close to the bathroom in any sheltered place. We were on a high hill. That meant that she had to walk down that hill with bleeding feet and half dead, all that way.

M: Then they worship the Divine Mother.

Q: They do. The Divine Mother, they do. But they did not see this in this poor nun. So naturally, I felt responsible for taking care of this nun, to find a place for her where she could eat and sleep. So I told them the truth, that I didn't have a male body but a female body also.

M: A precept is to protect the practitioners. We shouldn't attach to it without flexibility and then cause harm. So now you keep your precept at least.

Q: To speak the truth, yes. So then I took this poor nun with me, as well as the other monk of the Saraswati Math. The other men were "horrorized," and I told them that I wouldn't see the

Shankaracharya.

M: Horrified.

Q: Yes, horrified. And I told them that if the Shankaracharya taught us that we are all one, then we also have to show this in our acts. Then with the other monk we took this poor nun. You know, the whole place was all filled up with thousands of pilgrims. Can You guess where we got a place for this Hindu nun? It was with the Sikhs.

M: What? Oh! Yes, yes, yes.

Q: The Sikhs. You know, the Hindus and the Sikhs were fighting and killing each other.

M: The Sikhs accepted them when there was no other place.

Q: The Sikhs were the only ones who opened the door for the Hindu nun. Then I saw the absurdity of religion.

M: Yes, only love counts; not religion. Sikhs are fine individuals.

Q: They are beautiful. I spent time with them and studied with Sikh Saints.

M: Yes, Hindu people are also fine individuals, from what I have seen, but there are also some fanatics, as you have seen.

There is Neither Man Nor Woman in the Kingdom of God

Q: Yet there are other Saints, other Hindu Saints who don't make a distinction between a male and a female. But you see, it is difficult to find a female Saint. You are the second one I have met in my life, because they are not there. It's always male bodies who take the sainthood.

M: They are stronger, so they took all the places. Women can't fight with men, so they give up. Also, women normally don't

have big egos. If some people have a great competition going on, she would rather say, "Okay, then you sit." Women are trained in the family to take the second place, also in the Saint kingdom. Males are normally very aggressive and have ego, a big ego. No wonder they occupy all the seats, even the Saint seats. That's what happens.

All the women have done great service to humankind. Without women no male was ever born, and after they are born, they continue to attack and degrade women; after women have carried them, fed them, nourished them, and educated them. Anyhow, that's the battle of the ego. In the Kingdom of God, there is no male, no female. Okay. I feel like a female when I want to feel like a female, and I feel like a male when I want to feel like a male.

Q: True. I do the same.

M: According to the situation.

Q: Yes.

M: And the necessity of the moment. Otherwise, I am neither male nor female. If I am a male, I couldn't be Buddha. If I am a female I couldn't be Buddha either, because if you are fixed in a frame, you can't be Buddha. You have to be flexible.

Q: But do You know, they have said that there have been so many Buddhas and they are all male. There hasn't been one female. They are all male Buddha names.

M: You didn't read the Lotus Sutra? The Buddhist Lotus Sutra? When the Buddha was alive, there was a Bodhisattva called Manjusri. When all the Bodhisattvas assembled together, they asked Manjusri, "Ah, you have been teaching all over the place. Has anyone become Buddha under your teachings?"

Manjusri said, "Yes, yes, there was one little female dragon. She became Buddha. She was only eight years old." So that is a curse on all males. No male ever became Buddha so young, in-

cluding Shakyamuni Buddha. They have to be over thirty, in a male body, and in a human body. That little dragon girl - eight years old - became Buddha. They play jokes sometimes. Now if a little dragon girl can become Buddha, why couldn't I? Why couldn't I become a Buddha? Yes. If she's only eight years old, how much time could she have had to practice? At the most, eight years. And she could become Buddha already. I am over thirty years, forty. How can I not become Buddha? Illogical! So you see, they are fighting with themselves.

Different Teachings for Different Disciples

M: I don't care about the Scriptures even. Because at one time, at one point, Buddha spoke to different disciples, and at the other time He spoke to a different groups of disciples. He said many things. And some of the Scriptures were not even spoken on Earth, therefore the levels are different. For example, the Scripture of the Earthdoor Buddha, the Earthdoor Bodhisattva, was spoken in heaven. When we open the Sutra, it immediately explains that the Buddha went to such and such heaven, and all the Bodhisattvas assembled there together. And the disciples, the advanced disciples, went over there and heard everything, recorded it, came back, and wrote it again down. Therefore, how can we explain the differences, or sometimes the paradoxes between the Scriptures. It is because the Buddha taught the Earth people differently, and taught the heaven people differently, and taught the Bodhisattvas differently. There are many Scriptures that were not spoken on Earth, like the Flower Gannon Scripture; not about the Earth.

Q: *The Heart Sutra.*

M: Well, that is another thing. The Heart Sutra, the Buddha spoke to one disciple only, to Shariputra.

Q: *Oh, Shariputra! Because he was the one who could understand what He was saying?*

M: Yes, okay. So everyone else just caught it and then read it aloud, and then recited it every day, without knowing anything. The people were not at the level of Shariputra.

Q: *When I started to study the Lotus Sutra, I couldn't understand it either.*

M: Oh, it's very easy.

Q: *Difficult, difficult.*

M: It's easy now.

Q: *Yes, yes, yes.*

M: You read it again.

Q: *Okay, I will try.*

M: I often mention the Lotus Sutra, especially the chapter of Quan Yin Bodhisattva.

Q: *Tell us.*

M: If you understand Chinese it would have been clear, you'd be clear about it. I cannot tell again the same thing. It's in a different language.

Q: *Yeah, tell us.*

M: No, I am not in the mood now. It has to be in the right time. It has been recorded in Chinese - especially this time, in the retreat. Why don't you ask someone to explain it to you in Spanish? When the retreat videos or tapes come out, you explain that part for them. (Master instructs one of the practitioners)

Well, you could ask me what you don't understand. What you don't understand you could ask me.

Q: *For example, you know once Buddha was asked by a man who believed in God, if there is a God; another man who didn't believe in God if there is a God, and then the Bodhisattva was sitting there also waiting for an answer. Then Lord Buddha...*

M: Gave three different answers.

Q: *Three different answers.*

M: Is that right?

Q: *Right yeah! So He acted like a mirror in a way, but He never gave an answer. Please explain.*

M: Tell me what answer you don't understand. Ask me and I'll answer.

Q: *You know, the first man who believed, He just answered what the man already believed. He said "Yes, there is a God." To the one who didn't believe, He answered, "There is no God." So He contradicted the first answer. To the Bodhisattva of course, He didn't talk at all.*

M: This was very compassionate. He should have beaten him. Fancy entering Bodhisattvahood already, and still asking that silly question. For the man who believed there is God: he was so firm in his faith, and that so-called God comforted his life, and kept his life in order, and disciplined. Therefore the Buddha did not want to break that pattern without having the time to build a new image of God for him. For example, I also always mention about God. If people believe in God, and they keep their life pure and disciplined, and also meditate on God, then why should I say there is no God? It is no good for them. It confuses them and breaks everything that they ever cherished and built up; and they base their lives on it. Okay.

And for the one who believed that there is no God: probably that man was enlightened. You know, he knows there's no such God as we imagine God. But we have to be enlightened to know that God is a force of Power, Love, and Wisdom. It's not the so-called God that most people believe. You know, the imagination of human beings - there is no such God. That's what He meant.

The second man meant that there is no such God. But the

Buddha of course understood what he meant, and understood his level, so He confirmed it - yes, no God. That person already understood what God is. It is not a personality, a kind of person, or someone who you imagine would do this and that for you at your request, and things like that. Then the Buddha just confirmed it. He said, "Okay, you are fine. That's good." That doesn't mean the Buddha is an atheist. It's just that He truly understood what God is. Not simply a norm, but the true God; a God without having to say "God" - a Wisdom, a loving and all-compassionate Power.

Q: *The universal, not one person, not the single person?*

M: Yes, not the God like most people think.

Q: *I believe it.*

M: And the third, the Bodhisattva, of course he shouldn't have asked this silly question, if he called himself a Bodhisattva!

Q: *I am not sure that the Bodhisattva asked. He was just sitting next to the Buddha, and therefore the Buddha smiled.*

M: Yes, yes, yes. Three times.

Q: *Yes. Okay. He shouldn't have asked, right?*

M: Well, the Bodhisattva did say, "Why did You answer the first man yes, and the second man no?" Silly question, of course. First, it had nothing to do with him. It was not his business whether the Buddha said yes or no. He should have understood. Anything else?

The Master's Body Is for Sacrifice

Q: *Yes. Now we look at Jesus. We see that Jesus totally penetrates the old Scriptures of the Jews, and He becomes part of that message of the Messiah.*

M: Come on, you are finished?

Q: *So when I look at Jesus I question myself. Lord Jesus knew*

He had to die the way He died, because He went once to ask God, Please Lord, can You take this cup away from me? He didn't want to die like that.

M: It means, Can You take this bitter cup from me? - He didn't want to drink that. Oh that is the human part of any Master. I would ask the same thing if I were to be crucified. I ask the same thing when God demands me to do something that I don't like to do. I do it at the end.

The Master does many super-human things, and endures every situation, and has infinite patience and love. But this doesn't mean that the Master loves to do everything. They are scared too. They don't like it either, but they have to do it. If they love to do everything, then what is the value of their sacrifice? Understand?

Q: *Yes I understand.*

M: For example, you love money very much. You care about it, and you earn a lot of money, because you work hard for money. But when necessary, you give it to someone. Not because you don't like the money. If you don't like money, why would you work so hard? But because you had to do it for the sake of other people. Therefore the money you offer is even more valuable, because you like it. If you give something away that you don't like or you want to get rid of, then what is the point of talking about it?

Q: *But why would God want Jesus to die the way He died?*

M: Otherwise His disciples would not be cleansed of their sins. The body of the Master exists for two reasons. First, for the disciples of the physical world to be able to see; they couldn't see the astral body of the Master. Second, the body of the Master is for sacrifice. It is to receive all the things that the disciple has to get rid of, to deposit the sins of the disciples, and then it has to be cleansed out.

For example, you know the garbage collectors, first they

have to collect, they have to bring the garbage up to their bodies. No? They have to use their hands to take the garbage can and then put it on the car. And then afterwards dump them into the sea, or in the garbage area. But meanwhile their bodies must be dirty and smell of garbage. The garbage will not stay with them, the smell will not stay forever, but they have to wait until they go home and wash it, and have time to wash it. At least when they fetch the garbage, the garbage is with them, even just for just five minutes or five seconds. Understand?

Q: *The Buddha also had His disciples, but He didn't have to die like that.*

M: There are some reasons. First, the Buddha was in India. India was a country of holiness. For many thousands of years, people were vegetarians, and reading Scriptures, and practicing, and worshipping the Saints. They are pure in the heart. Second, the Buddha also suffered, but differently - mentally. One day He couldn't stand it. He left all the disciples and went to the jungle alone, for three months. Of course, the Masters don't often mention about the inner suffering, but it is there. No Master escapes it. And sometimes the inner suffering is so great, too much, it surfaces on the body like a very unreasonable sickness, or something like that, or an outside attack, or criticism. You see, the inner suffering is worse than the outer suffering. It's worse than hell sometimes.

Sometimes, when the Master is smiling, or making jokes, or dancing, or eating, even with the disciples, no one knows what's going on inside. The Master often suffers behind closed doors.

You remember Milarepa?

Q: *Oh, yes I do.*

M: Even he didn't have that many disciples. He wasn't that famous at that time, and he hid himself in the Himalayan caves. He didn't even go into the cities and make himself available to lecture

in open public. Only some came to him by word of mouth. And you know, even at that time, to go to the Himalayas to see him, this was an incredible thing, so not many people could do that. You know how inaccessible the Himalayan regions are? So you can imagine that not many people came to see him. Even then he suffered from poison. Some people were jealous and poisoned him. That's why he die, and he knew it, but then he accepted it.

Just like when Jesus knew He was going to be crucified, but He accepted it. No choice, no choice. When God wants, you have no choice.

Q: Why does God want things like that?

M: To clean the sins of the disciples.

Q: Couldn't He invent a positive way of cleaning the sins of the disciples?

M: No, because this world is not positive. This is a world of the negative power. Once you enter this world, you have to do according to the Law of Karma. Otherwise, you upset the kingdom of this physical world and it becomes chaotic, and everyone just does what they want, and they always get away with it. Killing, stealing, and doing every bad thing, and no one gets punished.

Q: As You know, Ramana Maharshi died of cancer, and also Swami Shivananda. Did they also take karma from their disciples?

M: They did. That's only the last part of the "play." There were more dramatic things going on while they were alive.

Q: What about Swami Vivekananda, who didn't die like that?

M: How did he die?

Q: I don't know. I didn't hear that he had any cancer, or leprosy, or anything like that.

M: But he had other things. Not all die from cancer, or are crucified. No?

Q: Like Sri Aurobindo just had a samadhi, and the Mother

also.

M: The inner suffering, the internal suffering, and the mental suffering is worse than physical suffering. But I told you, there are also different levels of Masters. If you don't initiate disciples, and don't take their karma, you don't have to suffer. Vivekananda wasn't a Master of their level.

Q: And Sri Aurobindo?

M: Don't ask me. Otherwise everyone would scold me. Masters are different from teachers.

Q: But all of them have to go through meditation. That means the key to masterhood is always meditation.

M: There are different meditations.

Jesus Christ Practiced the Quan Yin Method

Q: For example, Jesus. What type of meditation did He do?

M: Quan Yin.

Q: How do You know?

M: I know.

Q: So Jesus also had the omniscient mind.

M: Yeah, yeah, yeah! He did.

Q: He did?

M: Oh please don't ask me. I'll tell you many truths. It's okay, you can ask me. You ask intelligent questions, you continue. Other people, I don't want to hear. Other people have asked so many thousands of times already, and they have abused me many thousands of times already, and I won't let them do it again.

Q: Like Jesus was with the Essenes. The Essenes were a holy order who lived by the Dead Sea. Do You know about it?

M: Yes. He was from the Essene order, who were always vegetarians for thousands of years, and they had a lineage of transmis-

sion, at that time.

Q: At that time?

M: They were the “White Brotherhood” who transmitted the Light and the Sound. At that time it was very difficult to enter that order, and you had to take a vow of celibacy, and vow never to openly transmit the teachings outside. Anyone who entered that order had to be introduced by some elder members, and they had to pass through many years of tests before they could get the initiation of the final order. Then they could wear the white robe.

And this order, they were fantastic. They were love incarnate. And Jesus was the one who broke the promise of keeping silence, but it was by the order of the Most High, of course. He got the inner message. Otherwise no one from His order had ever preached openly like that before - first, because of the vow, and second, because of the danger.

Therefore, after Jesus openly preached, and before His crucifixion, all of the “White Brotherhood” were watching Him closely, trying to protect Him in many ways. But they couldn’t help it. It was they who snatched Him from the cross, or from the cave.

Anyway, I have talked too much. I talk too much about unnecessary things. Ask some other question.

Q: Yes, tell me about the Egyptians.

M: Egyptians?

Q: Yeah, the Egyptians were high initiates also?

M: Yes, because at that time they had a real living Master, Moses. When Moses was there, they were initiated - some of them were initiated by Him and kept the lineage, for a while. And at that time, that was why they believed they were the children of God. Just like you believe you are the children of God now, entering the sainthood after initiation. With a real living Master, anyone is a high initiate; without, neither Egypt, nor Palestine, nor anyone is

highly initiated. It’s the inner Power that opens, through the Master. It’s not the outside Scriptures and rituals.

Q: Now tell me, why did Moses make these two mistakes? One was that He killed those Egyptians, and then He left for forty years to wander the desert.

M: That was before He was enlightened.

Q: Also, He disobeyed the Father. When the Father told Him about the water, He didn’t have faith, and He continued to...

M: Yeah, that was the human part of Moses.

Q: That was the human part of Moses?

M: There is much nonsense. For example, you know God. Oh, there is so much nonsense in this Scripture. I don’t want to talk about it. Is it okay? Can I talk?

Q: Yes.

M: For example, we say, God made - if you don’t want to listen, go out! Okay? God made the world in seven days, six days. But then, when He wanted to make the ten commandments, it took forty days, and they were supposed to be very holy and untouchable, I mean respectable. But when Moses came down and saw everyone making merry, and drinking, and acting silly, He broke them! He broke God’s commandments, that took forty days to make. He broke the stones that were inscribed with God’s commandments! They were supposed to have been written by God’s hand. Is that not so? Okay. But then, when the people repented, He came and made them again and quicker this time!

If you asked me again, we would be in trouble. I might talk, and my talk might not please the Church, or anyone else. Sometimes I don’t talk, because I don’t want to offend people. No offense?

Q: No, they say You don’t offend.

M: Okay, all of you are Christians. What shall I do?

Q: I am both. I'm Buddhist and Christian. Listen. And then when God gets angry - how can a God get angry with Hiers people?

M: This is an interpretation made by humans. When we say God is angry, it means the Law of Karma is at work, and at least the Lord, the god of Karma is angry, not the Almighty.

Q: Therefore Moses could not enter the promised land, but only see it, for this reason? His own karma came upon Him. Is that it?

M: It is a kind of collective karma of the group, of the Jewish people. Because God had helped them through many disasters, and showed them many miracles during their exodus. Helped them, saved them, and gave them food and drink, and they never had to worry about anything; but then they disobeyed God. You see? And they wanted something opposite to God's order. They disobeyed God's commandments. Therefore, what they refused, they cannot have again. Or at least, it will have to be reconsidered after a long time.

For example, you go to see a doctor and you have an emergency, and the doctor immediately wants to take care of you. But then you look at the doctor, and then you don't like it, or you get cured and you are ungrateful, and you say, "Ah, I don't want to see you. I want this. I want that!" And the doctor, of course, cannot argue with you too long; he has to take care of other people. Then later when you feel sorry, you want it again. "No! There is someone else in the line and you have to wait. You refused it!" The doctor is operating on someone else and he cannot just leave him open, unfixed, and go take care of you, because you were there before. You refused your appointment, and then you say the doctor is angry with me. It is not true.

Q: Now then, tell me about the fighting between the Jews and

the Arabs that is still going on today. God said that Hes will punish these people now because they disobeyed Hirm. Hes is going to disperse these people upon the world, and then Hes will have the Arabs fight with them all the time, until the end of the days.

M: Yeah, that was because they worshipped the jealous God. They worshipped the Lord of the Second World. They worshipped the Lord of Karma which is the Second World, and for that God punished them. If they had worshipped the Almighty, or if their Master Moses was a very high order Saint, they wouldn't have to go through this. Also, once you miss a chance, you have to suffer for many, many generations, many thousands of years, until the circle ends, and you are truly fed up with everything, and you're truly repentant. Then a Master will come and rescue you.

One of our fellow practitioners, when he saw me the first time he listened to the lecture and then he went home. He did not want to get initiation. He refused it. He thought it was not necessary. He thought he was a good man. He practices, and he just meditates on and off, and he only does good things, and he doesn't need a Master - and a woman, a woman Master! And the Buddhist Scriptures say women cannot become Buddhas, so he said. But he was a good practitioner, from a previous life. He had the merit of meeting the Buddha and of becoming enlightened. Apart from his big ego, he had his good part. So when he came to see the lecture he felt, he knew, he saw a vision, and he saw a lot of Light and Buddhas there. He knew that the so-called Master Ching Hai was not ordinary. He knew it. It was not that he did not know, but he refused it. He said that he didn't need it, he alone was enough. He had good merit, and he always made offerings to Buddhist temples and charities, and everything was okay, alone.

So he went home. And then some of the disciples kind of pushed him, "Why don't you get initiation? It is a very good oppor-

tunity. You never know if you'll die without initiation. You never know when a Master will come. You know anything could happen. Go get initiation." And then he was kind of, how you say, shaking in his own conviction.

The Lords of the Different Levels

Q: Could the Supreme God be manifested in a body?

M: He could be manifested in a body.

Q: Whatever body Hes wants? The disciples of different religions, when they pray to God, and they are sincere, they are true devotees of the Lord, all of them. Can they really communicate with that One of the Fifth Level?

M: Mostly they communicate with the Lord of Karma.

Q: The Lord of Karma is from the Second Level. The Jews call Him Jehovah, but that wouldn't be the same as Yama the Lord of Death?

M: No. The Lord of Death is in the hell region, on the First Plane.

Q: So it seems like the Supreme God put different Lords in charge of different levels?

M: Yama works with the Lord of Karma. Okay?

Q: So they would work only until the end of our days here on Earth?

M: Yes. They would work until the end of their position.

Q: Do You mean, in the kalpa, for example? There are four kalpas for the Hindus, in that sense?

M: Until the Lord, until their karma is finished.

Q: That's serving, you mean, they're purifying?

M: It is complicated.

Q: It is complicated.

M: But when they are in that position, they have God's Power to execute their work.

Q: Now, the Rishis and Saints change those laws?

M: Yes. The Masters are above all these. Normally the Master does not use his Master position to suppress them. They just cooperate with them and take the souls across their region, but never suppress them. Just like an advisor of the president. He has power over all the ministers and even the guards at that gate. But he would never come and say, "Hey you, you are only the guard of the gate." He would not, you know. He would respect him and come in, show his card, wait for the guard to open the door and allow him to come in. He wouldn't just drive through the gate, without talking to anyone, even though he was very familiar in the palace. He respects every person's job. But, of course, when he wants to take someone else, who normally would not be allowed in the palace, he can. And because of his presence, and how you say, his guarantee, the guard would let anyone come in with him to see the president. Otherwise no one can come into the president's palace. Any ordinary person that goes with an influential person, to the presidential palace, can go through.

Enlightened Masters Save People with Logic

Q: You know, the Lord Buddha once said, If I could take you all out of all this suffering and ignorance, I would do it immediately, but I can't.

M: Yes! Yes!

Q: So in a way, He is not omnipotent. But the Lord is omnipotent.

M: The Buddha is omnipotent, but we have to use our will.

Q: Why can He not just liberate us all?

M: No! Then it's no fun.

Q: *But there's more suffering than fun. (Laughter)*

M: People like suffering. The Buddha and Jesus cannot force people when they are not willing to follow. People have free-will. That's the difficult part, and this is the negative world. They have to work according to the order of this world. They cannot break everything. This is the kingdom of the Lord of Karma. If you enter this kingdom, you have to work accordingly. The Saints are allowed to come here to reason with people, to talk logically to people, and to entice them to come out by their own choice, and wisdom, and will - not by magical power, not by hypnotism. That's why the work of the Master is difficult and full of suffering. Otherwise anyone can be a Master, and one Master would be enough to take the whole world up - empty. But it's not allowed, because some people have to be left here all the time, in order that other Saints will come out and make connection with heaven. Because as long as people are in this world, other beings can evolve. You remember the Bible, the Old Testament?

Q: Yes.

Plants, Animals and Human

M: God has commissioned humankind to rule over, to be king of the animals. That means we have to take care of them, teach them and make them evolve. And when the other animals come up to become humans, then there must be some other humans already more evolved, more wise, to teach those newborn humans. There are trees, rocks, minerals that have to evolve and become human beings. If they come up and no one teaches them, then they go back to the kingdom of minerals and trees again.

Q: *How can a plant learn, for example, what is good and*

bad?

M: They learn slowly, with many thousands of years of experiences, by absorbing the teachings from the energies, from the surrounding atmosphere. But their understanding and digestive system is slow. They have to be in such kind of atmosphere for many, many thousands of years until they finally awaken and know "Ah! Yes! That's it!" And then they will be given the human body. They are young souls.

Just like it's easier to tell your bigger brother and sister what to do, but it's difficult to explain to a younger child what it is you want. It takes a long time for them to understand you. It takes a long time for them to enter college, and when they enter college some professors must be there to teach them. Not everyone can become a graduate and go outside of the college, with no one there to welcome the newcomers, new students. Not everyone should become college teachers. But the primary school teacher is also important. No?

I talk too much. Don't you think it is enough? (The audience encourages Master to continue)

The Soul

Q: *What about the theory of an "atman?" Buddha tells us that in reality there is no soul, and Jesus tells us there is a soul.*

M: It's just like someone saying there is a God, and then He says there is no God. That's their business. We don't even care. They talk to different people, different levels. They have to use different names.

Q: *So, He also said there is a soul? In other places, Buddha says there is a soul?*

M: Yes. He would say it's a Great Self, or the Real Person, the

Real You. It's a soul. No? It's the same thing. He just wanted to break the attachment of the people to words. People just imagine a soul is like this, encased in something. So He had to break it, and say, No such thing. It's only your Self.

Q: Then, what reincarnates is not the personality?

M: It's the habits, the energy of the habits; the way we think, the way we do, the way we expect. These things become a mass of energy which reincarnates. But because there is a soul, a thinking energy that is encased in this mass of energy, it has to suffer with it. If that soul goes out of that encased energy, it doesn't suffer anymore!

Q: That would be illumination, when it can get out? That's the only way?

M: Yes!

Q: Why? Because that soul is not attached to those habits?

M: Yes. No one teaches the soul that he is independent. He doesn't need to take all the garbage with him all the time. He doesn't need to put himself in those "clothes." He can break the "clothes." He can take the "clothes" away and be free. It was necessary to take that garbage for some time, but not all the time.

For example, I already said this before, but I will say it again. When we dive into the sea, we need an oxygen mask, all this ugly equipment, and a frog suit. But we were not originally like that. But it was necessary to have all this in order to dive into the sea. It's a different world altogether. We cannot survive without this ugly equipment. Now, when you go into the sea, after some time you have to go back up to the surface. If you stay there, the equipment will make trouble. It's supposed to help you, but if you stay too long and become attached to this equipment when it is all already broken, you will be in trouble. You will die. You die because you are attached to the equipment. You should go up, instead of

saying, "No! No! If you tell me to go up and I don't have this oxygen mask, how can I live? I always have the oxygen mask, all the time, and now you tell me to go up and take it off. How could I do that? No! No! No! I will stay here. Without this, how can I swim?"

You don't know that when you go up to the land you don't even need to swim. You don't need an oxygen mask. You have everything. It is even more beautiful. This is only a poor example, but it is clear for you because when we go into the sea, it's for a very short time and we would remember our earth life. But when we dive into the sea of this physical existence, it takes many lives, and we become attached to all the "fish" in this suffering sea. We like to see all the beautiful sea scenery, and we don't want to go up to the land again. Then we think we need all this necessary equipment like the oxygen mask, which is like our brain, or our physical body, which is like the frog clothes we wear when we dive into the normal sea.

When the Master says, "Oh, forsake the flesh for the spirit. You don't have to be afraid to die. Forget the material things and follow me." You say, "No! No! The material things are all we have. My family! My friends! My house! My children! (Laughter) My bank account! My credit card! etc." These are all unnecessary when we go to heaven.

When we go on land we must take all the oxygen masks off. Otherwise we would kill ourselves. Yes. Now we have entered sainthood, and we must slowly take off all these "oxygen masks," which were necessary before, but are not now. Yes, but some people are attached to their "clothes." That's for sure. They wear them too long, and they become very tight on the body, and warm. They say, "Oh! It's okay, fine. Why should I take it off?" But if they don't take them off in time, they will die. The oxygen mask is only for temporary use. If we become attached to it, and we don't have the normal

oxygen when we are back on the land, then we will die from this once useful thing.

Q: You say they will die, like when Jesus said, Let the dead bury the dead. What You mean then, is that these people will never have a spiritual life in this body, because they are attached to all these things: to the clothes, to the furniture, to the cars, to the money?

M: Yes! Yes! Yes! That's why Jesus said, Let the dead bury the dead. Because even the living were the dead. They are dead spiritually. Without having belief in the Master, or initiation from the Master, we are all dead, the moving dead. How does one say it? The immobile dead.

Q: If those who die are dead already, and have no spirit, when they die their matter just decomposes, and their habits stay and re-incarnate again?

M: Yes! Yes!

Q: The others on the spiritual path, the individuals who have given service to a Master, who have studied, worshipped and loved God; these people have a spiritual Light, a body of Light. So when they die, that spiritual body of Light goes beyond the habits and attachments? So then the spiritual body goes with the Master to the higher place?

M: Yes! Yes! That's it.

Q: That's why the Masters are so eager to get people out of this rubbish, which is the human body, because it is just decomposing flesh?

M: Yes.

Q: Then is there a tie between the Masters and the students? They used to tell me in India that we continue to be with our Masters for ages.

M: Yes! That's why Jesus said, I will never leave you, nor for-

sake you, till the end of the world.

When Buddha was alive, His disciples had different levels. Those who were liberated in one life, those who were liberated in the next life, those who have four more lives and those who have seven more lives, before they can be liberated by Him. But I don't want to come back, so I want to take all of you in this life! (Applause and Laughter)

We Are All One

Q: And when we are all liberated together: the Buddhists, the Hindus, the Sufis, the Sikhs, the Christians, then are we all there together?

M: Yeah, sure. There is no religion. Actually there are only the teachings of the Masters, which were left behind by the ancient Masters.

Q: Jesus said that there are no religions, so how will we know each other? I mean, after we are all dead, there are no more religions, no more body, and then...

M: Oh no. Do you mean the ordinary persons or the initiates?

Q: The initiates.

M: The initiates will go up with the Master. Why would you still sit there and ask, "Are you a Sikh, or are you a Christian?" What nonsense! We don't ask anymore questions like that. You don't ask now, so why would you ask later? We already know that we are one now, so why should we ask after we die?

Q: All right, You're right. So then, what do we do eternally, together?

M: We learn. We learn what we should learn until we reach masterhood, master-ship.

Q: Oh, You mean we are initiated, but we are not enlightened yet?

M: We are enlightened, but we are not completely enlightened like a Master. For example, when you enroll as a college student, you are not a college professor, or a graduate. You have to learn.

Q: *So we can graduate after this body is dead?*

M: Now! We can do it now, if you have enough - but not everyone. The ones who made it in one life are like, Buddha, Jesus, the Dragon Girl or Milarepa. Yes? You could be one of them.

Q: *I could be one? We all could. And those who don't, how do they study? Books don't exist there, do they?*

M: No. The Master will teach them according to their levels, after they have left the Earth. The Master would not leave them until they become a Buddha, I mean become a Master.

Q: *Is this really true?*

M: Yes!

Q: *They will never abandon their children?*

M: No.

The Importance of a Living Master

Q: *So it's like Jesus with His sheep? All the Christians, who are true Christians, they all follow Him?*

M: No, not all the Christians as they are now, but those He taught when He was alive. Those who followed Him when He was alive, He will take care of until they reach masterhood. The true Christians are those who followed Christ, when He was alive. The true Buddhists are those who followed Buddha when He was alive. The true Sikhs are those who followed the Sikh Masters when they were alive. That's why they call themselves Sikhs, they call themselves Buddhists, they called themselves Christians; because of the name of their Masters. And after I die, people will probably call themselves "Ching Haiists," or something. (Laughter)

Q: *When You said today, "Only a living Master," does this mean that the Christians who are now without Jesus, need to find a living Christ?*

M: They are not Christians.

Q: *They are not Christians?*

M: They are not real Christians.

Q: *So then, who will help these poor people? There are so many.*

M: Yes, that's why the world is always crowded. If everyone who believed in Jesus and Christianity went to heaven, then the world would be empty by now. At least half of the population would be gone. Don't you think so?

Q: *Yeah. You mean because they keep coming back?*

M: Half of the people believe in Christianity, but the world is always full. The population increases all the time. That means that no Christians have gone to heaven. The modern Christians that is, none of them have gone to heaven.

Q: *So then, that means they need a Jesus, a living Jesus, in order to get out?*

M: Sure, sure.

Q: *Then what would the whole of Christianity be like without a Jesus?*

M: Like the Jews in Judea, when Jesus was born. They were waiting for the Messiah, and the Messiah was there. They refused the true and living Messiah, while waiting for the promised one, who will never come.

Q: *Who will never come?*

M: Yeah.

Q: *He might come.*

M: He might come!?

Q: *On a Cloud, it says in St. John.*

M: Not on a cloud! Ah, yes. I go on the clouds. I came from the clouds. I go in an airplane all the time, but they don't believe me. (Laughter) Jesus said, I will come back on the cloud. No? (Applause)

Q: *Perhaps He meant something else with the cloud.*

M: No.

Q: *Something like a symbol.*

M: A cloud is a cloud! Descended from the clouds.

Q: *He said He might come from the clouds.*

M: Yeah. I always come from the clouds.

Q: *You mean that You and Jesus are one, in that sense?*

M: What do you think?

Q: *Well, I think yes. (Laughter)*

M: Now, if you want to know if I am at least the same as Jesus or not, you have to consider what He said when He was alive, what He did when He was alive, and then consider whether I fulfill those conditions, like He did, or not. Then you will know if I am at His level, or at one with Him.

Q: *Oh, yeah. You are one with Him, because You are pure, and whoever is pure shall see God. He said, The Father and I are One, so You are one with the Father.*

M: He said, As long as I am in the world, I am the light of the world. Someone who is the Light must be able to illuminate others, to give other people Light. So it is clear now?

Q: *Yeah, I understand it. So in a way we are going to the Truth, which is beyond religion?*

M: Religion only points to the Truth, but we must find it with a living Master. Without a real Master we don't even understand religion.

Q: *Yeah, I can see that in my own life.*

M: You see, even though you have met all the Masters in the

Himalayas, and in India, and abroad, and all the Masters that are famous - you name it, you have had it - and you still do not understand a small point in the Scriptures. Then how would you, without any Master, understand?

Q: *True. Yeah, I couldn't.*

M: And you have been a nun for many years, and you have studied under different schools, and you were leading a very holy life, yourself. Not that you were doing nonsense, or you were doing sinful things. And even then, all these sacrifices and austerities could not give you illumination. Somehow we need a Master, a good one. Yeah? (Laughter and Applause)

Guru Nanak

Q: *Then, do You know Guru Nanak?*

M: Yes.

Q: *When He started His preaching He said that there are so many monks and nuns and people, everyone praying, worshipping the God, in so many millions of ways. Twenty-four hours on this Earth, everyone is worshipping this Lord. But nonetheless, look how few Masters are there.*

M: Yes, how many are completely enlightened? Yes.

Q: *So why is this? Why was there only one Guru Nanak, though there were millions of worshippers?*

M: And so sincerely doing all kinds of sacrifices and austerities.

Q: *Austerities, for years!*

M: Yes, the same as the Buddha. Only one at that time, or two at the most. Only one Jesus. Everyone worships and prays to God, everyone recognizes God, and does all kinds of sacrifices to reach God; but no one reaches. Only Jesus. Only Buddha. Only Guru

Nanak. Only such Masters as those.

Q: Now why? Is that predestined already? For example, Guru Nanak gets enlightened and therefore He becomes the founder of Sikhism?

M: Yes.

Q: So it is predestined?

M: He was picked, commissioned by heaven. Now, you see, Guru Nanak, when He was a child, He was different already.

Q: He was beautiful. He was a Saint.

M: No, not only beautiful. But when He slept under a tree, when the sun moved, the shadow did not move, because the tree wanted to protect Him when He slept. And Jesus was compassionate even when He was young. He told His mother to give away her clothes to the poor people. When she still considered whether she should give away her last clothes, He said, "Give it." He was a child then. And Buddha was brilliant.

Q: And the little bird, He saved it's life.

M: And He was compassionate. He saved the life of the little bird, and every other thing. They are different. And it is said that Buddha was a Bodhisattva from the Tushita heaven. He wasn't an ordinary person. He was born ordinary in order to lead ordinary beings back Home. That's why it's said that Jesus was the son of heaven, Buddha was a Bodhisattva from Tushita heaven, and Guru Nanak was heavenly born. Even when He was young He showed signs of sainthood. This is also not hearsay, there is some part of truth in it.

Q: They told me that Guru Nanak went to Mecca and was pointing His legs there at the black stone.

M: Yeah, it's supposed to be the holy image of God.

Q: And He didn't touch the stone. He stretched out his legs and put His feet towards the black stone.

M: It's supposed to be a very...

Q: A very holy stone.

M: Yeah, and no one is supposed to do that.

Q: Right. Then another man came and said, "No, you are not allowed to have your feet pointing towards that black stone!" So then Guru Nanak said, "Okay, then take my legs and put them in a place where God is not."

M: Yeah because the stone is there, so God is supposed to be there. So He said, "Then please show me where there is no God so I can put my legs there." And they pointed to the other side, and He put His legs there, and the stone sprung up.

Q: The stone moved?

M: Yeah, the stone moved, moved with His feet. So what do you want to know?

Q: Then they say He flew. Once He was in Saudi Arabia or some place like that, and He flew to Mecca. Is that true? With His disciple, Mardana was the name, who played always, and made music with Him and sang to God.

M: It could be true, it could not be. You can learn flying.

Q: Levitation?

The Fascinating World of Miracle Power

M: Yes. But you learn too much and afterward, like in, you know, when you read the book from Alexandra...

Q: Alexander the Great? You mean, the Big Alexander, who went to India?

M: No, no. Who went to Tibet, the French woman.

Q: Oh, I know. Alexandra Neel.

M: Neel.

Q: I know. Yes, I've read her book.

M: When she went to Tibet...

Q: *Dressed as a man, as a pauper.*

M: She had seen many men, naked men, in the Himalayas. For example, the Tibetans, with chains all over, around their bodies - iron chains. And wherever they flew, they had to take the chains with them, because after they practiced flying too long, their bodies became too light. They would fly forever without these chains. So they had to use the chains to control their weight, to stop on the Earth sometimes for food; and sometimes she heard, "Clank, clank, clank!" You know the chains, the noise of the chains when that person landed on Earth. (Laughter)

So if you want, you can go to Tibet and practice that. It takes many years to master this flying art.

Q: *You know, the lamas invited me to do a three year retreat of "tumo," which is the conservation of heat, and I said, "No, for what?" I didn't see a point in it.*

M: We have heaters. We have central heating.

Q: *We have central heating, and plus I'm interested in God, in knowing God.*

M: Not the heat. Yes? But, you know, you should have practiced it.

Q: *For what?*

M: It saves a lot of clothes-drying machines. You can dry your clothes in a few seconds. No need to wash and dry clean, I mean put it in the dryer. You save the dryer money. Very economical.

Q: *But I'd dry it in the sun.*

M: You know what. In Tibet there's no sun, so they need it.

Q: *Yeah, true. Freezing.*

M: Freezing. Ooooh! Can you imagine if you have a family and you have tumo heat. The whole family could save a lot of dollars by drying clothes on your body, the clothes of the whole fam-

ily. After the whole family washes their clothes, they just say, "Hey, come on, put it on your body." And everything dries in a few seconds.

Q: *But I would have frozen for three years up in the Himalayas. It wasn't worthwhile, suffering three years of freezing!*

M: That is because you did not learn tumo heat. I saw many yogis who walked in the Himalayas snowy mountains naked, with bare feet, no shoes, nothing! And their bodies were so pink and hot.

To Eat and Sleep, or Not

Q: *There were two yogis on Shivaratri, and they showed themselves to the people. They never eat, they never sleep, and they stay in little huts. And then one day each year on Shivaratri they allow people to come to them. The yogis sit outside, and they have huge bellies. Why is that? I never understood that. And their necks are very big, their hair is very long. They never eat, and they don't sleep.*

M: They eat air! They're "breatharians." That, you can learn also.

Q: *How?*

M: Well, go and learn with them!

Q: *But they don't teach. They are always hiding in those two houses. No one can talk to them or see them.*

M: If they talk to people too long, they will die.

Q: *They don't talk. The day they come outside, they also don't talk. They just sit there. The people can watch them for twelve hours, but they don't talk.*

M: There was one person in Formosa - a woman, a nun. She didn't eat for twenty-some years before she died. Saint Therese of

Germany, of Bavaria, she also did not eat.

Q: She had only the Host (the Eucharistic wafer)?

M: Yeah, a little bit. We can train ourselves out of the eating habit. In India, I was told one story of a man. He was very ordinary. He wasn't any kind of practitioner or anything, but he drank only a little salt water every day. That's all. He ate nothing. This is by no means spiritual. Our body is very flexible, we can train it in any direction.

I once nearly gave up the eating habit, but God did not want it. He said, "No," so I had to continue to eat.

Q: And You consume so little!

M: At that time I was so... terrified of food. Everything I ate, I felt so... bound and sick of it, and I didn't want to eat anymore. I stopped for a long time. But then God said, "No. You continue to be normal. Otherwise people will come to see you just because you don't eat." And then they forget all about enlightenment. They only ask about fulfillment of the stomach.

The nun who starved did not eat in Formosa, she did not speak either. But there was another woman in India, who was also very famous. She also does not eat, but she talks.

Q: Yeah, I heard about her. I was going to visit her.

M: I think she is no more, now.

Q: Yes, she must be dead by this time.

M: Good for her.

Q: So those who seek God, they don't care if their Master eats, or doesn't eat, or dresses, or doesn't dress. I mean, that's not important at all.

M: Yes. They shouldn't worry.

Q: So it's a rule of the body, that it needs food?

M: It's also not the rule. It is ordinarily like that, but we also do not need to eat, if we can train ourselves, and if it is also our destiny

not to. If in the last life we ran out of the eating merit, then in this life we are born, we shouldn't eat any more. Because we do not have the eating merit in our "store," then we should not eat. If we have, then we must eat. Otherwise we have to come back again and eat it all up in the next life. So just be normal. Okay.

Q: Is it the same with the sleep? Because I've noticed that many of the Masters don't sleep.

M: Ah! Sleep or not sleep. Only the body sleeps; the soul never sleeps. I can sleep or not sleep. It makes no difference. How can I pass my time if I do not sleep? I'm always grateful when I can sleep, so the time passes quicker. Samadhi - I'm always in, whether asleep or awake. So what's the difference?

Only the "Crazy" Ones Choose to Come Down Here

Q: For example, as a Bodhisattva, one has to come back and take a body again and again. So sleep would be like a little escape from seeing the suffering of others?

M: Why? Why does the Bodhisattva have to come back again and again?

Q: Well, that's what they told me. In the Mahayana school the Bodhisattva comes back, again and again, until everyone is a Buddha.

M: Yes, but not everyone. The Bodhisattvas in general take turns to come. Some have never left heaven.

Q: Now, is that their choice? They can just stay up there?

M: Yeah! Only the "crazy" ones choose to come down here. (Laughter)

Q: One could just stay in peace there, and study Scriptures, and be happy?

M: Yes. But then... without Masters.

Q: With the Masters, why? With the Masters we never suffer!

M: No! If the Masters all stay in heaven and be happy, then you suffer here.

Q: Oh! Right, if there would be no Master. Ah, true!

M: Yes. Without a Master you suffer here.

Q: That's for sure.

M: So some "crazy" Masters have to come down.

Q: So in a way the Master is already realized when he comes down, like You, Yourself?

M: Sure. Do you think he blindly comes down, or he jumped by mistake? Or took a wrong bus, perhaps? (Laughter)

Q: But then, for example, when Guru Govinda Singh, the tenth Guru of the Sikhs, saw His children put against the wall and buried alive, He knew that it would happen because a Master knows the future. Then why did He accept that? Couldn't He change things, so they wouldn't have to die like that?

M: No, He couldn't. He could, but He didn't want to. Why should we upset the will of God? Why should we care about the body more than the spirit? When God does not want to make use of your body, or anyone else's body anymore, He takes it away, by any means. Buried dead or alive, it is the same. Sooner or later we will be buried anyhow, whether dead or alive. As for the Masters, the sooner they go, the better. Less suffering. What is so good about living in this physical body? What can this physical world offer a Master?

One Monk's Sleep, Another Monk's Meditation

Q: Bueno! The consciousness knows there are Saints, and God is there, and with that thought he can be happy all the time?

M: Yes, on one hand, but on the other hand, he cannot allow himself to always be in that level. He has to suffer for the human beings' sins. When one of the very high disciples of the Buddha, his name was, how to say...?

Q: Ananda?

M: No, no, no! The lay person.

Q: Kashyapa?

M: No. Kashyapa was a monk. The lay person, a very famous disciple of the Buddha. Never mind. I know it, but I've just forgotten, okay? (Master meant Vimalakirti) He was sick. He was ill. He was above all the monks even. He was very clever and enlightened. All the monks were afraid of him. And someone asked him once, "Why are you sick? You are a Saint. You have no karma. How can you be sick?"

So he said, "All the beings are sick, therefore I am sick."

Because the Saints are very sensitive, they are one with all beings. Therefore they can feel every being's suffering, and they suffer a little bit, a little bit of everyone, of every being. The sound of a broken heart is silent. No one can hear it, but the Saint can hear.

There is a funny story about two monks in China. There was one monk who meditated all the time and stayed in the mountains. He lived a very pure and holy life. And there was another monk who went around all the time, and never seemed to meditate. And one day that never-meditating monk went to the hut of the meditating monk in the mountains, and slept there one night. And the first monk was normally very holy and didn't really want to deal with anyone, and didn't want to receive anyone. But the second monk just placed himself there and slept. So what could he do? And he snored all night long. In the morning the holy Saint came up to his place and scolded him saying, "You snored all night! You disturbed my meditation! You lousy, noisy monk! You don't medi-

tate, and you even disturb my meditation!”

And the sleeping monk scolded him back. He said, “You wicked monk! You couldn’t even enter into samadhi when you meditate. You turned around and killed one ant and broke the leg of another ant. He cried all night long! And I couldn’t sleep!” (Laughter)

Q: That’s a very good story.

M: Different levels. That’s it. And you go home and don’t break the legs of the ants and trouble me.

Q: This shows the relativity of meditation?

M: Yes. There is also another story about Master Lin Chi, of China. When Master Lin Chi was still a student, he always slept. He slept everywhere. Now, don’t imitate. Okay? I am talking about Master Lin Chi, not you. One day he was sleeping in the meditation hall in one corner, and he saw his Master come in, and he pretended to be afraid, so he took his cushion and sleeping bag and went to the other corner to hide, and slept again - continued! The Master knew Lin Chi. Well, they knew each other very well. So the Master went straight to the meditation hall and saw one monk who was sitting there meditating, and the Master kicked him, saying, “You, sleeping monk! What are you pretending to do? You should learn how to meditate like Lin Chi over there.” (Laughter)

The monk couldn’t believe it. And you know how the monk sat? With all the robes, and dignified, and in front of a Buddha statue, and still he got kicked in the ass. (Laughter) Burning one incense stick in front - you know, never moving until the incense is all burned. But he was moving inside. Therefore Lin Chi was covered with his sleeping bag, but the Master said that Lin Chi was meditating and that the sitting monk was sleeping. You understand? It’s different levels.

Yes, Lin Chi, he slept, but he never slept. He only slept with

the body. His mind was always illuminated. Whatever he does, he’s always centered in the Self. He never deviates from the center. But that monk who sat there like a wooden block, his mind was going in all directions, and he couldn’t do anything. So try to be centered, and do not criticize other peoples’ appearances.

The fellow practitioners, some of them are not the way they look. Like someone just asked me, “What’s the difference between the faces and what different faces can people have?” It doesn’t make any difference. If some people follow me personally every day, they will think, “Oh, what is Master doing? Eating, sleeping, doing nothing.” But all the other disciples would be reporting different stories, saying how busy the Master is, twenty-four hours, in different parts of the world.

So what the Master looks like and what the Master does are different things. What the Master looks like depends on our level. We can only understand the Master when we are up to the Master’s level, or somewhere near it.

Appearances Can Be Deceiving

Q: There is another story about two Zen Buddhist monks who were walking, and one of the monks saw a woman.

M: Oh, yeah! This is famous.

Q: The woman had a child and she was ready to cross the river. But she was scared that she would not be able to cross it. Therefore the monk who saw her need immediately went, picked her up on his shoulders, took her and the baby across, left her there and returned to the other monk. Now since they were Zen Buddhists, they talked very little, but after two hours, this other monk asked him, “How did you dare to touch the body of a woman?”

M: And hold her even and take her across!

Q: And hold her even, and take her across! Then two hours later the first one answered, "I took her across and left her there, but you are still carrying her!"

M: Yes. "You're still carrying her up to here." Attachment.

Q: Attachment?

M: The inside precept and the outside precept. The Saints and the Masters do things without attaching to them. They just do what they have to do. But other people, they do things because their habits and their desires force them to do these things, even though the outside appearance looks the same.

There was one Master in China who was so famous, and the king loved him so much that he bestowed about thirteen wives upon that Master. That was the habit of the kings, you know, to bestow beautiful women upon someone they favored. And if you don't accept the favor of the king, then you will accept the execution. (Laughter) Accept the gallows. So, of course, the Master accepted the women. And then all the disciples were excited, all the male disciples, of course. They said, "Master, if you could have thirteen wives, at least we could have one or two. We could have two or three."

So the Master took a handful of pins and swallowed them and said, "If you could do the same, you could have even thirty." All the disciples showed their tongues and shut up.

But, of course, it was too extreme of the Master. He didn't need to do that to show off his magic. He could use logic. It's enough.

There are differences between the Masters and disciples. It must be so, even though the Master is very humble and never feels it or shows it. But we must know by observation, by intuition, and see what all the Masters can do and what we cannot do. That Master must have been lousy if he had to resort to magic, direct magic,

to impress his students. Otherwise he wouldn't need to. No. After a couple of initiations the students should know the Master's Power. After a few reports from other fellow students they should know the Master's Power, even if they themselves do not have the personal experiences, not the high, high experiences.

The Question of Money, Gifts and Maintaining Purity

M: There was another story. Now one Master in India, he had five hundred disciples. An ordinary teacher really, not a very high Master, but he could see the future. Probably a Second Level teacher. Now normally when he went to a party, if someone invited him to make offerings, he never took his disciples along. So one day the disciples couldn't stand it anymore. They said, "Master, whenever you go to a party, you go alone. We only work and work, and you never give us the same pleasure. So if this time you don't take us along, we will leave you."

So the Master took them along, and since then he always took them along. After this life the Master reincarnated again, as a pure monk again, of a higher and more famous order. Wherever he went, there were five hundred flamingos always flying behind him. These were the five hundred students from his previous life who could not digest the offering merit from the people, because they didn't have enough blessing, enough purity, enough practicing merit to enjoy this.

There are differences between people, not only between Masters and disciples. Therefore, I've taught you to be frugal, and not to be greedy and exceed your share. Do not spend more than you have. When it's necessary we take, we use. When it's not, try not to. Otherwise we might be in trouble. Sometimes we might get

sick, or get an incurable disease.

I knew one person who practiced and he always tried to live on someone else's earnings, and he always had diarrhea. The impure offerings! Sometimes when we take presents from other people who are impure it also affects us. Sometimes we don't even know that it affects us. But it becomes like we owe that person or these persons something. We just feel like we're bound to them, and we don't know why we can't get away. It's sometimes like that. Just because we take their presents.

Q: There's a story about Guru Nanak and two people, a rich and a poor man, who give Him money. But He accepted only the poor man's money. So the rich man got very upset and asked Guru Nanak, "Why are You not accepting my money, which You can do a lot with?"

M: Blood!

Q: Guru Nanak gave each man a chapati. Then He took the chapati from the rich man and pressed it, and blood came out of it, because of the hard work from those people the rich man had exploited. Then Guru Nanak took the chapati from the poor man and pressed it, and out of it came milk.

Is that why, for example, Master Charan Singh and the Satsangis never accept gifts from the people, as if they know it is contaminated?

M: Sure!

Q: And plus, he only accepts things for the work. Let's say for the hungry, if food is given to the people. But he never accepts personal gifts or gifts for the ashram. And from some people he never accepts anything.

M: He always pays for what he eats or gets from his disciples. He worries about his own personal karma. He is very, very worried.

Q: Oh! He is worried!?

M: Yes, sure. Otherwise he would take, even from his disciples. He paid for every meal he ate from any house, even from his disciples.

Q: Oh, from the house of the disciples! That I did not know.

M: Probably his merit was not great enough, and he knew it. Probably he wanted to set an example to his disciples. So even such a Master dares not accept offerings from other people. How would we dare? That's why I teach all my monks never to accept anything.

Q: What about the other people who are not monks and who exchange gifts all the time in their lives?

M: I have taught you to try not to receive things when not necessary, and when someone gives you something, try to give something else back, even if it's your relative. In the book, the small book, I have taught you that. After initiation I gave you a small book.

Q: I haven't read it yet, but that's good to know. Now you've told me.

M: You must read it!

Q: Yes, I will.

M: Whatever you have accepted before initiation, okay, that's fine, you did not know. But after initiation you must be careful what you eat, what you accept, and whom you touch, even.

Q: Oh! They invited me for tea today. It doesn't matter, no? I took a chamomile tea.

M: Even someone who sits next to you, or touches you, it affects you a lot. If you meditate well, and if you are always centered on God, then it doesn't matter who gives you what - small things, that is. It doesn't matter much. And who touches you or embraces you, it's not so effective. But if you don't meditate well, and you're just new on the road, and you are just careless about everything, and eat anything, and hold anyone, or touch anyone you see, then

you're always in trouble. Of course, if you are very great in blessings and power, then anything you touch transforms. But if you are not yet well established, they transform you.

Therefore, when you are around those un-spiritual people you feel more heavy, and your level falls down, and you become nearly like them, in no time, in no time! Very true, you know.

Q: Yes, it's very true. I experienced it. I know!

M: Yes, you know personally. Yes! Yes! I don't tell you anything which is untrue. Even the Master gets contaminated, temporarily. How would the ordinary people? But there is a difference between an adult and a child, of course. If a child happens to fall into a mud-pool, he could not clean himself. But when an adult falls into it, he can get out himself and clean himself in no time. That's the difference. Understand?

Q: I understand.

M: So I teach my monks that even when they drive, or take money, or touch people, they should wear gloves.

Q: Gloves?

M: Gloves. Yes. That's why the ancient monks, and even modern monks, they never touch you. Indians when they give you blessed food, they drop it in your hands from two kilometers away.

Q: Yes, true, yes.

M: They did that with monks and nuns also, not only with ordinary people. They did it with me. They gave me the blessed food from heaven! From the ceiling! Don't know who blessed whom. I shared the blessed food with the cows later.

That's where it came from, the custom in India, "untouchable." It wasn't bad, it came from those initiated people who tried to avoid, to minimize the contamination with the uninitiated people. And now they make it become a custom without any meaning. All of them are contaminated together. What's wrong with touch-

ing more or less? Both of them are the same, the "toucher" and the "touchee," the same. The true Brahmins are those who were initiated in ancient times, when they had a living Master. And after the Master died, and the generation died, there was no more lineage. The babies are born out of these Brahmin families, even without a Master, without initiation, without purity, nothing. They dare not touch others, because of custom, even though both are contaminated, both are dirty.

So many customs are left over from the spiritual heritage. It's not really bad, there's just no meaning anymore, that's all. Just like St. John, he was a great Saint, and even if he baptized people with water, he had the charging Power. But now in the Church, they just sprinkle water on you with no Power at all.

True Baptism with the Light and Sound

Q: Why did Jesus say that you have to be baptized by water and Spirit, both?

M: No, He didn't say that.

Q: You mean the Church made it up?

M: He didn't say that. He never said that.

Q: He said you must be baptized by water and Spirit.

M: No! When He was baptized, John said, No. Why are You baptized by me, Master? You are above me.

And Jesus said, Let the law be done. Meaning, let it be normal.

P: John the Baptist said, Behind me comes another who will baptize you.

M: Yes, with Spirit, with the Holy Ghost. I baptize with water, but the one who comes after me is mightier than I am, greater than I am. He will baptize you with the Holy Ghost.

Which means you use the inner transmission. The Holy Ghost.

Q: So in a way He meant only by fire, that a Christian really has to be baptized by fire?

M: Yeah, fire and the Holy Ghost. It means Light.

Q: Oh, that's the Light?

M: Yeah, fire.

Q: And what about speaking in tongues?

M: That's the Sound.

Q: Oh, the Sound!

M: Yes, they say, **Speaking in the tongues, the Holy Ghost will speak in tongues.** You see? Speaking inside, it is the Sound, and the fire means the Light. At that time they always said God came like a big fire. You remember? That was the language of the day. So now you know why I know that Jesus practiced the Quan Yin Method. So now finally I have given you an answer.

Just like in China, in the olden times, they'd say, "The transmission of the lamp." Lamp, inside lamp. The lamp means the Light. It represents the Light. At that time they used that word to symbolize the transmission of the Light. But after some generations people put lamps in the temples and gave each other lamps, saying, "You look at the lamp and then you get enlightened." So even nowadays you see some people staring at the candles, hoping to get enlightened. (Laughter) If they stare too long, they will go blind.

And I know one of the very famous modern Masters who just died, he caused a lot of controversy. He gave people initiation and used a small flashlight with a spotlight. He put it to your forehead like this (Master gestures), and this was "enlightenment." You know that small light? A torch! Yeah, a small torch. And he would flash it in your third eye - close your eyes and flash. That was it, "enlightenment"!

Q: But You are joking. No?

M: No, it's not a joke.

Q: You mean it, really?

M: I read it in the autobiography. It couldn't be a joke. Is this a joke? No, you ask them, they'll tell you. It's not a joke.

Sex and the Teachings of a Certain Somewhat Enlightened Master

Q: He had many intelligent students, many rich and professional people.

M: Because they were intellectuals, they liked his intellectual reading and talking.

Q: Was he an enlightened Master?

M: Yes, somewhat.

Q: I'm reading a book of his, "Esoteric Psychology," and in the book he says, "Enlightenment just happens. We shouldn't care about anything or do anything to get enlightenment."

M: Oh well, everyone says that. He read a lot of books, and repeated half of them, three quarters of them. You can find a dozen books that say the same thing. But whether it has a force behind it, that's different - personal realization. I've read some of his books.

Q: What do You think?

M: He talked too much nonsense. He talks for the sake of talking, like a woman, like an ordinary housewife.

Q: He talked a lot?

M: Always similar things. Always about sex. Okay, sex is not bad, but why always emphasize it? Is there anything else? Nothing else? These are the things we should do in the bedroom, and then forget about it. There's no need to always print it in the newspapers or books, because it's a very ordinary thing, like eating or sleeping.

Should you make a big deal about eating every day? Why should we make a big deal about sex all the time? Well, if you like sex, then have it. This is your personal thing, no one stops you. No need to always glorify it, and poke fun at people who don't like it. It's not fair. It's personal taste.

And animals, they perform sex better than us! What's the big deal about sex? In fact, most of the sex lessons, we learn from the animals. So what is the big deal about that? Yeah. That's what I think is wrong.

Q: You know why I think he emphasized this so much, the same as Freud, because so many people are repressed, all over the world, because of sex. Even many monks, many swamis, many are homosexuals. And many would like to have women, but they never get a chance. So they repress themselves, and I think he became a Master like that. God perhaps used him as a vehicle to make this clearer in the minds of the people.

M: Perhaps, but he overdid it.

Q: He went a little too far, like Freud. I mean they went to the extreme. Dr. Kinsey made two reports about human sexuality. The reports show most families, husbands and wives, are all unhappy in their sex lives. Therefore we have this desecrated society with so many problems.

M: They have all kinds of books to teach them already. There is no need for a Master. Books and films and circulations, and topless shows, everything. You can go anywhere to learn. Why go to the feet of the Master to learn just that? There are no excuses. If you said to me that a Master only talks about that, because it's more powerful, and all the monks and others will listen to him. But not all the monks hear him now, all the monks rejected him. So his lesson will not drive home to the monks; anyhow, whether they are repressed or not. It won't help anyone who doesn't like sex. If they

never liked sex, they'll never go to him. So he helps whom? No one! Only those who like sex, who know already, come to him. So what's the use? You give milk to babies who already have mother's milk and are full, and to the other starving babies, you don't give. You see, all the monks rejected him.

Q: They did, yeah. He also showed the silliness of all the rules. He revealed a lot about the middle ages, and all that went on in the monasteries. So, I mean, he also brought a lot of truth to the new age.

M: But these things we can read from books. Sure, there is always corruption in every order. But there is no point to take it to the extreme like this.

Q: But I see him as a vehicle also. He was a vehicle of the highest.

M: Sex is not the only thing that makes people the way they are!

Q: Yeah. Just a little part, of course, in the totality of the personality.

M: One small part. Yes, yes, yes. Many people who do not have sex, they are very pure, they are very happy. Many people who have a lot of sex, they are also miserable and stupid.

Don't make excuses. It's nonsense! It is not that I'm against sex, or anything like that. I just don't like things that are very ordinary, little things, and people make it a big deal, make it become like a doctrine of the day. Everything in the ordinary way, natural way, is okay.

Q: Yeah, that's what I believe.

M: No one needs to teach anyone about sex. I tell you the truth. In the olden days when they married, people were very young, and no one taught them what to do. They grew up and they had ten children. And who teaches the animals how to have sex?

They don't need any books and films. And they're supposed to be more stupid than us. No? And all the animals, they have sex a lot, and they have sex with anyone, and all kinds of disorderly sex. They don't get any better. No enlightenment!

Buddha had sex with many hundreds of women, because He was a prince and He had at least five hundred beautiful women with Him, apart from His wife, and He didn't get enlightenment. But He did get enlightenment afterwards, even though He had all this sex. It did not retard Him. It did not affect His enlightenment. When He had to get enlightenment, He got it. And all the people who meditate all day, from the age of a young child until they grow old, and eat all vegetarian, once a day, they don't become fully enlightened beings. So you cannot make any rule at all. No! No!

Q: That's true.

M: Buddha had many hundreds of wives, and He got enlightenment. Jesus had no one, and He also got enlightenment. So what? We have to be logical. Okay? No fanaticism. Okay. The middle way.

Q: He was perhaps extreme, with the cars also. He had all those Rolls Royces, and he only would need one. So perhaps his behavior was also extreme. He stressed sex so much. He had thirty-six Rolls Royces, and that is also a little extreme. Like the Master, if you have one, it's enough. If you need to go from one place to another...

M: Well, you know, some people like to do extreme things, just so people get shocked and notice. Probably he didn't get enough attention.

Q: So in a way the Master can also be enlightened, but at the same time their behavior can be very weird?

M: Sure, sure! They could do anything they want, if they are enlightened. This could not affect them.

Q: And they do not carry any karma anymore? Their Kriya-

mana karma is burned, their Sanchita karma is burned, so they are free?

M: Yes. But, you must be enlightened!

Q: You must be enlightened. If not, you get the effects of whatever you do?

M: Yes, but I don't think he was enlightened.

Q: He wasn't totally enlightened?

M: Not totally enlightened. Second level, at the maximum.

Q: Now did the disciple, the Indian lady, try to poison him as a result of past karma?

M: I don't know. Crazy people do many crazy things.

Q: Could it be that there is no relationship at all?

A True Master Must be Omnipresent

M: You know, a true Master, a truly, completely enlightened Master, must be omnipresent, that's the only credential. Meaning he must be able to appear in different places at the same time.

Q: You mean with the subtle body?

M: At the time of initiation he must be able to show at least a few transcendental bodies. At least five or ten disciples must have seen inner Masters at least, or something like that. You know, or two or three even. In every initiation it must be like that, or at least in some, or fifty percent. Without this omnipresent Power, you're no Master, because you are not one with God. God is omnipresent.

Q: And this Power, does it come by itself, as this Master says, or does it come by training or doing exercises?

M: Yes and no. You get Power by anything. If you dance too wildly for a while, you don't have enough oxygen, and you will feel also some Power.

Q: Do you have to do something?

M: If you have to do something to get enlightenment, that's not true enlightenment.

Q: *So if you exercise, it's without effect?*

M: Can you imagine Buddha and Jesus shaking all over the place like that, in the desert, or under the Bodhi tree, to get enlightenment? They just sat still, and the enlightenment came along.

Q: *It descended upon Them?*

M: Yes.

Q: *So that is what Sri Aurobindo and the Mother were working on. They said that if the people just sit down, they don't need to do any exercises at all. The Light will just come through the Sahasrara into them, just by sitting still.*

M: Yes, that happens.

Q: *But we have to look here? (Pointing to the top of the head)*

M: No, it's the same.

Q: *The same?*

M: No, we look, so we can see the Light. We look with the wisdom-eye. We cannot look here. There is no eye here.

Q: *But there is an eye which opens up here, also, and the Light comes. What is that?*

M: That is the eye, wisdom eye. (Master points to the center of Her forehead) Okay?

Q: *Oh, that is the wisdom eye. Then what is that Light? What type of Light is that? I saw it, with one Master.*

M: God!

Q: *That is God?*

M: I told you already, at the time of initiation. Different types of Light represent different levels. If you forget, you should ask the Quan Yin messenger again.

Q: *But then, can I talk to God also as a human? Can I sit with Hirm and talk with Hirm, like I'm talking with You?*

M: Yes, when you're up to Hiers level. But God is not a person. Don't expect a person to come and talk with you face to face.

Q: *Hes couldn't be like a father, looking like a father?*

M: Hes could. Hes could manifest like that. Okay. But I think you are getting worse now. Your level is getting down. So go to sleep, recharge yourself and then ask again next time. Okay? Okay, that's it. My voice will get hoarse tomorrow.

Q: *That's my fault. I'll pray.*

M: Tomorrow I leave for America, and I'll come back soon. Pray for me.

Q: *When will You come back?*

M: I hope to come back in a couple of days, so pray for me.

Q: *We'll pray.*

M: Pray for my success. That's God's will. Okay. Good night.

Q: *You will have success. I wish You success.*

M: Thanks.

The Mystery of the World Beyond

A Lecture by the Supreme Master Ching Hai
June 26, 1992 (DVD#260)
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(Originally in English)

Welcome to the United Nations. And please pray together for a while in your own belief that we are grateful for what we have, what we are given, and we wish, we hope that those who have not enough will be given the way we are given; the world's refugees, the war victims, the soldiers, the government leaders and of course the United Nations' leaders will be able to accomplish what they want and live together in peace.

We believe what we ask will be given because it is says so in the Bible. Thank you!

You know today the theme of our lecture is "Beyond This World" because I don't think I would like to talk to you about this world anymore. That you all know. But beyond this world, we have other things. I think all of you who came here would be interested to know. It's not something like our fellow initiate just said about miracles or anything fantastic that you cannot believe. It is something very scientific, very logical and very important.

We all heard that in different kinds of religious Bibles or

Scriptures, it is mentioned that there are seven heavens, there are different levels of consciousness. There is the Kingdom of God within, there is Buddha Nature, etc. These are some things that are promised beyond this world. But not many people have access to what is promised in these Scriptures, not many. I wouldn't say none, but not many. Compared to the population of the world, people who have access to the Kingdom of God within or what we call, "what is beyond this world," are very few.

And if you are in America, probably you have many opportunities to read a lot of books that describe things that are beyond our world. And some of the movies that the American people made are not altogether fiction. Also, there are some movies made by Japanese that are also not all fiction. Because these people have probably read some of the books that have been written by those who have been beyond this world or they themselves have had some glimpses into the Kingdom of God.

So, what lies in the Kingdom of God? Why should we bother about the Kingdom of God if we already have enough work to do in the world and we have a job, we have secure houses, and we have enough loving relationships, etc.? Precisely, because we already have all these, we should be concerned about the Kingdom of God.

It sounds too religious when we say the Kingdom of God. It's actually just some level of higher consciousness. The people in the old days, they say that it is heaven, but in scientific terms, we can say, it is a different – a higher level of knowledge, a higher level of wisdom. And this we can have access to, should we know how.

So, lately in America, we have all heard of the latest invention; that people even have a machine to put you into Samadhi. Have you experienced this? It's in America on sale. Four hundred to seven hundred, depends on what level you want. They call – this

is for the lazy people who don't want to meditate, just want to be right in Samadhi. Now, in case you don't know, I'll be brief about that.

They say that this kind of machine can put you into a relaxed, mental attitude, state; relaxed state, then you would achieve the high level of IQ. That's supposed to give you high knowledge, high wisdom and then you feel great, etc. And this machine uses some selected music, outer music, so you need earphones, and then they put some electric, probably currents that stimulate you, then you probably see some flashes. So you need also a blindfold. The earphones and the blindfold, that's all you need for Samadhi. This is very good, and four hundred dollars – very cheap. But our Samadhi is even cheaper, it costs nothing, and it's forever, forever. And you don't need to charge with batteries or electricity, plug in, plug out; or in case the machine goes out of order, you don't need to go and fix it.

Now, even if the artificial light and the artificial music could make people become so relaxed and so wise – it is supposed to give them this, but I have read on a newspaper what it's supposed to do, I haven't tried it myself. So that's why it is very hot and has sold a lot, I heard. Even these artificial things could put us into a relaxed mood and increase our IQ, then could you imagine how much the real thing can help us in our wisdom? The real thing is beyond this world but it is accessible to every man, should we want to contact with it. This is the inner heavenly Music and the inner heavenly Sound. And depending on the intensity of this Music, of the inner Light or inner Music, we can push ourselves beyond this world, go into a deeper level of understanding.

I guess it is just like the law of physics. You want to send some rocket into, beyond the gravity, you have to have a lot of pushing power behind that, and also when it flies very fast it also

emanates some light. So I guess when we go fast into the beyond, we can radiate some Light also, and also we can hear the Sound.

The Sound is the kind of Vibrational Power that pushes us into the higher levels, but it does that without any noise, without much trouble and no cost and no discomfort to the “experiencer.” That is the way to go into the beyond.

And what is beyond this world that is better than our world? Everything that we can imagine and cannot imagine. Once we experience it, then we know. No one else could tell us really. But we have to be persistent in that, and we have to truly be sincere, otherwise no one else can do it for us. The same like no one else can replace you to work at the UN’s office and you get paid for that. The same as no one else could help us to eat and then we get satisfied. Therefore, the way is to be experienced. We could listen to someone who has experience to tell us, but we cannot gain much experience from that. We may have experiences one time, for a couple of times or some days due to the power of that person who experienced God. Then we might see some Light or hear some Sound, very naturally without our effort, but in most cases, it doesn’t last very long. So, we have to also experience it and do it ourselves.

Beyond our world, there are many different worlds. We could just put an example, like the one a little bit higher than us. What we call the Astral world in the Western terminology. In the Astral world, they have even one hundred and more different levels. And each level is a world of itself. And it represents our level of understanding. It’s just like we go into the university and then each grade as we go through the university, it represents our understanding more, about the university’s teaching and then slowly we move to the graduation.

In the Astral world, we will see many kinds of so-called miracles and we probably will be tempted also by miracles and

we probably will have miracles also. We can heal the sick, we can sometimes see some things that other people cannot see. We have at least six kinds of miraculous power. We can see beyond the ordinary boundaries, we can hear beyond the limits of space. The distance doesn’t make a difference to us. That’s what we call the heavenly ears and the heavenly eyes. And then we can see through the people’s thinking, and what he has in his mind, sometimes we can see, etc. These are the powers that sometimes we acquire when we have access to the First Level of the Kingdom of God.

And within this First Level, I have already said that we have many different other levels which offer us a lot more than language can describe. For example, after initiation, then we meditate and if our level is at the first one, then we have many more abilities. Then we will even develop our literature talent which we didn’t have before. And also we know many things that other people do not know and many things come to us just like gifts from heaven, sometimes financially, sometimes career-wise and sometimes many other things. And we begin to be able to write poems or maybe we can draw pictures, and we can do some things that we have not been able to do before and we couldn’t imagine we could do that. That’s the First Level. And we could write poems and write books with the beautiful style. And we could have been a nonprofessional writer before, but we could write now, for example. These are very material benefits that we can get when we are in the First Level of consciousness.

Actually, these things are not God’s gifts. These things are in heaven inside us and only because we have awakened them, they became alive. And then we can make use of them. So, this is some of the information about the First Level.

Now, when we go to the higher level, then we see many other things, and we achieve many other things. Of course I can-

not tell you everything because of time. Also, it's not necessary to listen to all the beautiful things about cakes and candies and never eat them. Therefore, I just kind of "appetize" a little bit, and if you want to eat them, that's another thing. We can offer real food later on. Yes! Just in case you want to eat these things.

Now, if we go a little bit beyond this level to the Second Level, what we call "Second," just for the sake of simplifying matters. The Second Level – then we will probably have a lot more abilities than the first one, and including the miracles. But the most striking achievement we can have at the Second Level is that, the eloquence, and the ability to debate. And no one seems to be able to conquer a person who has achieved the Second Level because he has tremendous power of eloquence, and his intellect is at the peak of his power.

Most of the people who have ordinary minds or very simple IQ's cannot match this person because his IQ has opened to a very high degree. But it is not only the physical brain that has been developed more, it is the mystical Power, it is the heavenly Power, the wisdom that is inherent inside us. Now it begins to open. In India, people call this level "Buddhi" means intellectual level. And when you achieve "Buddhi," you become a Buddha. That's where the word Buddha came from – "Buddhi" and Buddha. Now, so the Buddha is precisely just that. It's not finished. I am not going to introduce you to the Buddha only, there is more than that.

So, most of the people call an enlightened person a Buddha. If he doesn't know beyond the Second Level, he would probably feel very proud about it. Yes, thinking that he is a living Buddha and his disciples would be very proud calling him Buddha. But actually if he only achieves the Second Level in which he can see through the past, present and future of any person he chooses to see and in which he has an absolute eloquence of speech, then it's

not yet the end of the Kingdom of God.

And any person should not be proud of this ability of reading into the past, present and future because this is the Akashic record, as you know in the Western terminology. All of you who practice yoga or some kind of meditation will understand Akashic record, which is a kind of library like the one we have next door in the UN, with all kinds of languages in it. You see Arabic, Russian, Chinese, English, French, German, everything in your library next door, all kinds of languages. Should you have the ability to read all these languages, you know what's going on in that country. So, similarly, the one who has access to the Second Level, he will understand, he can interpret a pattern of a person very clearly, the way you see your own biography.

There is much more to be gained from the Second Level of consciousness. But when one reaches the Second Level, this is already fantastic, already a living Buddha, because you have opened the Buddhi, the intellect. And we know many things, many things that we could not name. And every so-called miracle would happen to us, whether we want it or not, because our intellect just opened and just knows how to contact the higher source of healing, of arranging so that our life would become smoother and better. And our intellect or Buddhi has opened so that it can have access to all the information necessary from the past and from the present in order to arrange and to kind of rearrange or kind of make up for something we did wrong in the past. So that to correct the mistake and then to make our life better.

For example, if we did not know that we have offended our neighbor by some unintentional action, and now we know. Very easy! If we did not know and the neighbor is silently against us and trying to do something sometimes behind us in order to harm us because of misunderstandings or because we did something wrong

to the neighbor. But now we know why it happened. So, it's easy. We can go to the neighbor or we can telephone, or we can have a party, invite the neighbor in and then we clear the misunderstanding.

Similar things when we get to the intellectual level, we automatically, I mean silently, understand all these and silently arrange all these or contact with some source of power which could help us to arrange these things, to better our way of life, to better our course of life. So, we minimize many accidents, many unwelcome situations and unfavorable conditions of our life. Yes! Yes! Therefore, when we get to the Second Level, this is fantastic already.

Therefore, what I have explained to you is very scientific and very logical and no need to think that a yogi or meditation person is some kind of mystical person or an ET – extra terrestrial. They are terrestrial beings, like any one of us, who have developed, because they know how.

In America, we say everything depends on know-how, so we can learn everything. Right? We can learn everything. So this is a kind of beyond this world science, in which we could learn also. And it sounds very strange, but the higher the things, the more simple. It's more simple than we go to high school or college with all these very complicated mathematical questions and problems.

Within the Second Level, there are many different levels, too. But I just make it brief because I cannot be detailed in all of the secrets of heaven. Anyhow you will know all these also when you travel along with a Master who has already traveled. So, it's no secret. But it is too long, if we have to stop in each level, which has a lot of levels, sublevels and we have to examine everything – it takes too long. So, sometimes a Master just takes you briefly from one level after another, very fast – Zack! Zack! Zack! Because if you have nothing to do with mastership, then you don't need to learn so much. It'll give you headache. Therefore, just takes you through

and back Home, because even then it takes a long time. Sometimes it takes a whole lifetime. But enlightenment we get immediately.

But that is only starting, just like enrolling. The first day you enroll in the university, you become immediately the university student. But that has nothing to do with a Ph.D. After six years, four years or twelve years then you graduate. But you immediately became university student, if that is a real university, and if you enroll, you truly earnestly want to become a university student. So, both sides have to cooperate.

Similarly, if we want to go beyond this world, for example, just say for fun, because we have nowhere else to go in New York; we have known everything about the Manhattan, Long Beach, “short” beach and every beach. (Laughter) Now suppose we want to take a trip to the ET's place, to see what's going on. All right? Why not? Since we pay a lot of money to go to Miami, Florida, just to have a bath in the sea, so why couldn't we sometimes go to different worlds beyond this world to see what our neighbor planets look like and how do the people fare themselves over there? I don't think it is anything strange about that. No? It's just a kind of a little bit further traveling and mental traveling, spiritual traveling instead of physical traveling. There are two kinds of travel. So, it's very logical and very easy to understand.

Now, we are at the Second Level. What else should I tell you? So that's how we continue in this world, but then we have the knowledge of the other worlds at the same time. Because we travel.

Just like you are an American citizen or you are any other citizen of the world, but then you travel from one country to another just to know what the neighbor country looks like. And I guess many of you in the United Nations are not native Americans. No? Yes. So, you know now the same thing. We can travel to the next planet or the next level of life in order to understand. Because the

distance is so great that we cannot walk, we cannot take a rocket, we cannot take even a UFO.

Some worlds are longer than UFO could fly. UFO! Unidentified object. A flying object, yes! Now, there is a facility within us which is faster than any UFO can comply. That is our own soul. We call it spirit sometimes. And we can fly with this, without any fuel, without any police, or traffic jams or anything at all. And no need to worry that one day the Arabs don't sell oil to us, (Laughter) because it's self-sufficient. Never goes out of order, except when we want to damage it by violating the universal precepts, violating the harmony of heaven and Earth, which is very simple to avoid. We will tell you how if you are interested to know.

For example, I'll be brief, OK? I am not a preacher. Don't worry, I don't take you to the church. Just for example.

There are some laws in the universe that we should know, just like when we drive the car, we must know the laws of the traffic. Red light, you stop; green light, we go. Drive left, on the right, etc. Highway, how much speed. So, there are some very simple laws in the universe, in the physical universe. Beyond our world, beyond this physical universe, there are no laws, no laws at all. We are free, free citizens, but we have to get beyond that in order to be free. And as long as we still live in this world, in the physical body, we should as much as possible keep within the law, so we don't get into trouble. And then our vehicles don't get damaged so we can fly faster, higher, without problems.

So, these laws have been written in the Bible, of your Christian Bible and in the Buddhist Bible or in the Hindu Bible. The very simple ones like we don't harm the neighbors, we don't kill, thou shall not kill, not commit outside loving relationships and not stealing, etc; and not taking intoxicants, that includes the drugs today. Probably the Buddha knew, in the 20th century, we would

invent cocaine and all that, so He said no drugs. The drugs include all kinds of gambling and anything that makes our minds attached to the physical pleasures and forget the spiritual journey.

If we want to fly fast, high and without danger, these are physical laws just like the laws of physics. When a rocket wants to fly, the scientist has to observe certain laws. That's all, OK? So, how much more must we be careful because we want to fly higher than that, higher than the rockets can fly, faster than the UFOs. But there are some more details that could be explained, should you be interested, and that will be at the time of initiation. Now we don't want to make you bored with all these guidelines which you say, "I know already. I know already. I read them in the Bible. Ten precepts, right? Ten commandments."

Actually, many of us read the precepts but are not very deeply concerned with them, or not deeply understood. Or maybe we want to understand..., the way we do, but not the way it's exactly meant. Therefore, it doesn't harm sometimes to remind us, or to listen to a little bit deeper meaning of that, again. For example, in the Bible, in the Old Testament, the first page, God says, I made all the animals to befriend you and to help you, and you shall rule over them. And then Hes says Hes made all the food for the animals, each one a different kind. But Hes didn't tell us to eat them. No! And Hes says, I made all the food, all the herbs in the field and the fruit on the trees which are delicious to the taste and pleasing to the eyes. These shall be your food. But not many people pay attention to that. And so many of the Bible followers are still eating flesh without understanding what God truly meant.

And if we come into a deeper scientific research and we will know that we are not for flesh eating. Our system, our intestines, our stomach, our teeth, everything is scientifically made for vegan diet only. No wonder, most people get sick, get old fast, get

fatigued, and get sluggish when they were born so brilliant and intelligent. And they end up a little bit duller each day, and the older they get the worse they feel. It's because we damage our "vehicles," our "flying objects," our "UFOs." So, if we like to use this "vehicle" a little bit longer and safer, then we have to take care of it in a proper way.

Now, for example, we have a car. You all drive cars. Now, if you put the wrong petrol in it, how would it happen? What would happen? It would drive just probably a few feet and then stop. And you don't blame the car. It's just our mistake we mistakenly put some fuel which doesn't belong there. Or if our petrol has some water in it, right, it probably can run for a while, but it has trouble. Or, if our oil has become too dirty and we didn't clean it, it will run for a while but then we will have trouble. And sometimes it explodes just because we didn't look after our car in a proper manner.

Similarly, our body is like a vehicle which we can use to fly from here to eternity, to the very high level of scientific wisdom. But sometimes we damage it and we don't use it for the proper purpose. For example, our car is to drive many miles to bring us to the office, to our friends and to different beautiful scenery. But then we don't look after, we put wrong petrol, or we don't take care of the oil, we don't take care of the water tank, everything. And then it doesn't run very fast. It doesn't run very long. And then we just run around in our lawn, in the circle of our backyard. That's all right also. But it's just we waste our purpose of buying a car. It's just a waste of money and time and our energy. That's all. No one is to be blamed. No police will charge you anything for that. It's just that you waste your car, waste your money when you could go very far and see many things, and enjoy the different scenery.

Similarly, our physical bodies. We can live in this world but then we can take care that within this physical body, we have other

instruments, that we can fly beyond that. Just like an astronaut, he sits in the rocket. The rocket is his instrument. He should take good care that he should not violate the physics laws so that his rocket will fly safely and fast. But the astronaut inside is important. That rocket brings him to his destination. But the rocket is not the main object – the astronaut, the destination. And should he use that just to run around Long Island then it's also a waste of time. A waste of the money of the nation.

So, therefore our body is very precious because within this sits the Master. That's why in the Bible, it says, know you not that you are the temple of God and Almighty God dwells within you, the Holy Spirit, the same thing. If we house the Holy Spirit or the Almighty God, can you imagine how terrible is that, how terribly significant! But many people read this fast but do not understand, do not realize the greatness of this sentence, and do not try to find out. So, this is why my disciples, they like to follow my teachings because they can find out who sits inside and what lies beyond this world, apart from our everyday struggle, money-earning and striking and all these physical problems.

We have more beauty, more freedom, more knowledge within. And should we know the proper way to contact this, this is all ours because we have them inside. It's just because we don't know where the key is and we have locked this "house" for a long time and now we've forgotten that we have this treasure. That's all.

So, the so-called Master is the one who can help us to open the door and show us what originally already belongs to us. But we have to take time and walk into it and check every item that we have.

So, anyhow, we were in the Second World. Are you interested to go further? (Audience: Yes! Yes!) You want to know everything without working? (Master laughs) All right. But at least

someone could tell you what another country looks like when he has been there even though you haven't. Right? At least you are interested, maybe you want to go. OK. So, now after the Second World. I haven't finished all the Second, but you know we cannot sit here all day long. So after the Second, you may have more power. If you are determined and work for it, you will go to the Third. The so-called Third World. It's a higher step.

The one who goes to the Third World has to be absolutely clean of every debt of this world, at least. If we owe something to the king of this physical world, we cannot go up. Just like if you are a criminal of some nation, you are not clear of the record, you cannot pass beyond the borders to go to another nation. So, the debt of this world includes many things that we've done in the past and in the present and maybe in the future days of our physical life. Now all these have to be cleared, just like we clear the customs, before we can go into the world beyond. But when we are in the Second World, we start to work, with any leftover karma of the past and this present life, because without past karma, we cannot exist in this present life.

The masters have two different categories. One without karma but he borrows the karma to come down; the other one is like us, ordinary beings, but with cleansed karma. So, anyone could be a would-be Master, a future Master. And sometimes the Master descends from the higher world with borrowed karma. How does it sound to you, to borrow the karma? (Master laughs) It's possible. It's possible.

For example, before you came down here, you have been here before. And you have given and taken with different people

of the world for many ages or many hundred years. And then you go back to heaven or to your abode which is very far away, different levels at least to the Fifth Level. That's the house of the Master, the Fifth Level. But beyond that there are more levels.

Now, so when we want to come back again due to compassion or some assigned job from the Father, for example, then we come down. And because of the affinity with the people in the past, we could borrow some of their account, you know, karma. Only debt, nothing, nothing beautiful about the people. We can borrow some debt and then we pay it by our spiritual power, slowly until we finish the job in this world. So, this is a different kind of Master. And there are also ones who are from this world, after they practice they immediately become Masters here, just like they graduate. Yes. Therefore, in the university just like we have professors and have the students who graduate and become professors afterwards. There are long, long time professors, and newly graduated professors, etc. Similarly, there are these kinds of Masters.

So now, if we want to go to the Third World, we must be absolutely clean of every trace of karma. Karma is the law of As you sow, so shall you reap. Just like we plant an orange seed, then we get oranges; an apple seed, we have apples, so these are the so-called karma. It's the Sanskrit language for cause and retribution. The Bible doesn't talk about karma but it says, As you sow, so shall you reap. That's the same thing.

The Bible is a shortened form of the teachings of the Master, and anyhow His life was also a shortened form. Therefore we don't have much explanation in the Bible. And many of the Bible versions have been also censored in order to suit the so-called leaders of these movements; not necessarily always spiritually-minded

people. You know in every kind of aspect, people sell and buy everything. Brokers – there are brokers full in every aspect in life. But the true Bible, we know is a little bit different, a little bit longer, more precise and easier to understand. Anyhow, because we cannot prove much of it, so we don't talk about it in case people say we are blaspheming. So that we can only say something that we can prove.

And you would ask me then, “You talk about this Second World, Third World and Fourth World. How can you prove it?” Well I can! I can prove it. If you walk along with me, the same path, you will see the same things. But if you don't walk, then I can't prove it to you. That's of course. That's of course. Therefore, I dare talk about these things because there is proof. We have proof with hundreds of thousands of disciples around the world. So, we can say things that we know. But this you have to walk with me, you have to walk. Otherwise you cannot say, “You walk for me and tell me and show me everything.” I cannot.

For example, if I am not in the United Nations in this room, doesn't matter how much you tell about this room, I have not actually experienced it. Right? So, we have to walk with whomever is experienced guide. And I have some of the disciples in this room who have different nationalities, they have had some of these experiences that I have just told you – partly and some fully.

And so, after the Third World, this is by no means everything. What I told you is just a part of things. That's kind of traveling story, relating things in a small portion and not very detailed. Even when we read a book about some country, it's not the actual country. Right? Therefore, we have many books about traveling, about different countries in the world, but we still like to go ourselves over there. We know about Spain and Tenerife and Greece, but these are only movies or only books. We have to go there and

to actually experience the joy of being there and the food they offer and the delicious water of the sea and the beautiful weather and the friendly people and all kinds of atmosphere that we cannot experience by reading books.

So, anyhow suppose you have passed the Third World and what next? Of course, you go to the higher, the Fourth. And the Fourth World, this is already out of extraordinary. And we cannot just use the simple language to describe all these things to the lay persons for fearing of offending the lord of that world. Because that world is so beautiful even though there are some parts of it are very dark, darker than on electricity-cut night in New York. Have you experienced the whole, complete city in darkness? Yes! It's darker than that! But before you reach the Light, it's darker than that. It's the kind of a forbidden city. Before we reach God's knowledge, we are stopped, over there. But with a Master, with an experienced Master, you can pass through, otherwise we cannot find the road in that kind of world.

When we reach different planes of existence, we have experienced not only spiritual changes but physical changes also, intellectual changes and everything else in our life. We look at life in a different manner, we walk differently, we work differently. Even our work, our daily work takes on a different meaning and we understand why we work this way, why we have to be in this job, or why should we change that job. We understand our purpose of life, so we no longer feel restless and agitated, yes! But we wait very harmoniously, patiently for our mission on Earth to finish, because we know where we are going next. We know while we are living. That's what is said, “Dying while living.” Yes, yes! And I suppose some of you have heard of something like this before, but I don't know any Master who can speak differently, (Master laughs) except that we have to experience the actual joy of the inner visions.

How can anyone who describes – I mean a Mercedes Benz differently. It has to be the same thing. So, any people who own a Mercedes Benz, who know the Benz, he would describe the same thing, but that is not the Benz. So, even though I speak to you in a very ordinary language, but these are not ordinary things and these are the things we have to experience by ourselves, with work, sincerity and with a guide. It's safer that way. Although it perhaps happens, one in a million that we can make it ourselves, but with danger, with risk and with very not secure results, not very safe.

Some of the people in the past, for example Swedenborg. He had kind of made it himself. Or maybe Gurdjieff, he was supposed to have made it himself – gone all the way alone. But when I read some of the people, this work, they have not been without danger and a lot of trouble. And it's not necessarily that all of them reach the highest level.

So, after that you go to a higher level. After the Fourth, you go to the higher level, the house of the Master which is the Fifth Level. All the Masters came from there. Even though their levels are higher than the Fifth, they will stay there. It's the residence of the Masters. And beyond that, there are many aspects of God, which are difficult to understand. I'm afraid to confuse you, so probably another time I'll tell you, or maybe after initiation when you'll be a little bit more prepared; and I'll tell you some terrific things about your imagination. How sometimes it plays wrong about many ideas about God.

Question & Answer Session After the Lecture

Q: *You mentioned the Master can borrow people's karma. In that case the karma is erased, for these people? What is the conse-*

quence for these people?

M: The Master can erase anyone's karma. If that's what the Master chooses to do. In fact all the disciples, at the time of initiation, all the karma in the past has to be erased. I just only leave you the present karma, so we can go on to continue with this life, otherwise we die immediately. No karma – cannot live here. Therefore the Master has to erase the stored karma only, so the person is clean, and leaves a little bit karma for him to continue this life, to do what he has to do in this life. And after this – finished. That's why he can go, otherwise how can he go? Even if he is clean in this life, how clean? And how about last life, you understand?

Q: *What is the goal of Your practice?*

M: What is the goal? I haven't told you? To travel beyond this world, go back to Kingdom of God, know your wisdom, and be a better person in this life even.

Q: *And is there karma in all realms?*

M: Not all realms, up to the Second Realm only, because our mind, our brain, the computer, is “manufactured” in that Second Plane. When we go down all of the way, all the way from the higher planes down to this physical plane, supposedly to do some work, right; for example, even the Master goes from the Fifth Plane down to the physical world, then he has to go through the Second Plane and pick up this “computer” and fix it in, in order to work in this world. Just like a diver who dives into the sea. He has to go through a preparation of a mask, of oxygen and everything. Even though he himself doesn't look so ridiculous, but, when he wears the oxygen mask and the diving clothes, he looks like a frog. That's how we look like sometimes with our... this computer and the physical hindrances. Otherwise we are absolutely beautiful. Even though you think you are beautiful now, you are so ugly compared to what you

really are, because all the instruments that we have to wear in order to dive deep into this world to work.

So after we pass the Second Level to go upward, we have to leave our computer there, we don't need it up there anymore. So, just like when a diver reaches the shore, he discards all his oxygen mask and all his equipment to dive, and he looks the way he was. Yeah? OK!

Q: *You said that at the end of the Second World, before you go up, that you leave all your karma behind or you have to resolve or clean all your karma. Does that mean that also all of the karma of the past lives that you come into this life with too?*

M: Yes. Because no "computer" to register anything. We only have karma because we have this computer, the mind, the brain which is meant to record every experience of this physical world. That's why we have it. Bad or good we register it in here. That's what we call karma. Karma is what? Just the experiences, bad or good, our reactions, our learning experiences in many lifetimes. And because we have a kind of so-called conscience, we know we should be good and sometimes we did bad. Therefore we call that is karma. And the bad things weigh down on us, just like a lot of garbage, luggage, because the law of gravity; it pulls us down and makes it difficult to climb the mountain. Because of a lot of moral disciplines in this world, a lot of rules, a lot of customs, lots of habits, in different nations, bind us within these so-called conceptions of good and bad, guilt and innocence. Therefore when we interact with people of this world, we have experiences of good and bad, guilt and innocence according to the customs, habits of that nation, laws of that nation. And it becomes a habit that we think that way, that we do this, we are guilty; we do that, we are bad persons. And this, all is recorded in here. That's what makes us transmigrate

and makes us bound into this physical world or a little bit higher world. But not high enough. We are not free enough. We are not light enough to float above. Because of all this conception; preconception.

Q: *Is it predetermined that we will reach a certain level each lifetime when we are born?*

M: No, we have free-will to run faster or slower. For example, your car, you put in a hundred liters of petrol. But you can go faster with it, and reach the destination quicker or you go slower. It's up to you.

Q: *Well, I just want to ask You: the angels, what level are they?*

M: What level are they? Oh! It depends on what kind of angels?

Q: *The guardian angels.*

M: The guardian angels, they could be up to the Second Level. Angels are less than human beings – less prestige. They are to serve us.

Q: *And they never go beyond that?*

M: No! Except when they can become human beings. They are all very envious of human beings, because God dwells within them. We have all the facilities to become one with God, the angels don't. It's complicated. I'll talk to you another day.

They are things made for our use also you see – the different kinds of angels. For example, if it is made by God, then it's made to serve us. And they should not – don't have to go beyond that. But they could. Sometimes, something is made without a proper arrangement to improve.

For example, in your house some things you made for your own comfort. Even though it's very fantastic. For example you

sit here and you can turn the lights off and on all over your house and garden, and turn on and off the TV, because you invented it for yourself, but this is only to serve you. Because even though it's better than you in some aspects, like it can sit here and control everything and you cannot do that by human effort. But that doesn't mean it's better than you. It's made for the sole purpose of serving you. Even though it's better than you, but it's not. OK! All right. It can never be human being, the computer.

Q: *Master Ching Hai, I want to know – that because we are in the body now, could it be that we could have a fallen from being liberated from this body before? Have we always been in this state or have we been in a better state before, or just in this state? What is the good attitude or a good disposition to quickly move ahead?*

M: To quit the body and move ahead? Yes, we can if we know how. There are many different methods for leaving the body behind and going beyond this world. Some go not far, some go very far, and some go to the end. So according to the comparison that I have made with my different research since I was young – even though I look still young now, but I was younger then, our method here is the best, yeah! Goes to the farthest one, the farthest one, the far end.

There are many other methods, if you choose to experience, you can choose. There are many in the market: some go to the astral world, some go to the Third or the Fourth, but not many can go to the Fifth. So, our method, our practice is to take you to the Fifth before we set you free. Let you go alone. And beyond that we can approach a different aspect of God, beyond the Fifth plane, but it's not always pleasant.

We always imagine that the higher the better; it's not always true. For example, sometimes we go into a beautiful palace

and we were invited into the living room of the master. We sat there and we were served with cool drinks and beautiful eating and everything. And then we thought we should go a little bit deeper into the house, have a look. And we would venture into the garbage place and you know many other things in the house. It's not always important. And also into a power house, we went into the electricity house which is just behind the house, beyond the house, and we got shocked so then we die there. So it's not always necessary or recommended to go into deeper, but we could do that for the sake of adventure.

Q: *I have two questions. One is, what world do past life memories come from, if you were to have the memory of the past life? And secondly, how do past lives relate to the present karma and to one's present understanding. Are they part of the "excess baggage?"*

M: Yes, yes. They relate very much. First question, where does the past karma come from? You can read the past life record, that's for sure. And the past life records, as I have told you, came from the Akashic record. Yes. And this is a kind of library in the Second World which is accessible to anyone who can reach there. Not everyone can go to the United Nations' library and have access to it. But I can, for example today, because I'm invited to talk in the United Nations. Right? Not everyone can come in, but you can, because you are a kind of residents here. So, similarly, when we get access to the Second World, we can read the past life. Also when we access into the First World, some of it, we can have some glimpse of the past life of a person. But that's not very high and not very complete record.

And how do these past life experiences relate to the present karma? We can say that these are the experiences we have learned in order to cope with this present lifetime. What you assimilated in

the past, you will bring into practice at this present lifetime. And similarly, too many unpleasant experiences in the past would make you frightened, when you see some symbol that is very much similar to the past life. For example, if last life, you drop off from the staircase by accident and then hurt yourself badly and in the dark, and no one helps you. And now when you walk down the staircase, you would feel a little frightened, especially when it is deep and dark underneath; you would feel a kind of struggle whether you go or not. Or if last life you have already studied and researched deep into some scientific field. This life you will find yourself still very interested in. So you still have kind of a pull to any kind of scientific research, even though you are not a kind of scientist now. Any kind of thing like that.

That's why Mozart, he was a genius when he was four years old. He went straight to the piano and he became famous up till now, still. He was a genius because he had practiced in many other lifetimes until mastership, but then he died after that. Before he reached the peak of his career, he died and he wasn't satisfied just to leave his career because he loved music. So he came back and all his learned experience from his past musical talent came back to him, because he had so strong desire to continue when he died.

And some of these people learn many things from the Astral World or the Second World before they are reborn in this world again. Therefore they are fantastically gifted with science, or with music, or with literature, or with any kind of inventions, which other people don't know. You see, kind of very extraordinary inventions that other people cannot understand it and cannot even dream of inventing. Because they have seen them, they have learned them.

Therefore, two kinds of learning in this world or in the world beyond. Those who are gifted and excellent, like geniuses,

they are the experts from the worlds beyond, like in the Astral World, the Second World; sometimes from the Third world, if he chooses to come back. They are excellent. These are geniuses.

Q: Specifically, what does Your initiation involve and once one is initiated, what would the day-to-day practice involve?

M: First of all, it's all free of charge and no binding involved, except that you have to bind yourself, should you want to continue to go further? So, the conditions – no experience required. No previous knowledge about any yoga, or any meditation required. But then, you have to commit yourself to a lifelong vegan diet: no eggs. Anything else without killing is OK.

Egg because it also involves of half-killing, even though it's infertile. And also it has kind of quality to have a tendency to attract negative power. That's why many people of the black and white magicians field, or many voodoo people – so-called voodoo – they use eggs to draw some of the entities from possessed persons. If you know it or not? (Someone answers: Yes.) You know? Oh, that's fantastic! At least, I have immediate proof, if not immediate enlightenment, for you. (Laughter)

The time of initiation, you experience the Light and the Sound of God. The Music of the spirit, it draws you up to the higher level of consciousness. You will understand the taste of Samadhi – the deep peace and joy. And after that, you continue to practice at home, if you are serious. If you are not, I cannot push you, I cannot bother you any more. If you continue and you want me to help you all the way, then I continue. If you do not – you see that's the way. And two and a half hours a day meditation. Wake up early in the morning, before you sleep – meditate two hours; and maybe half an hour in the lunch time. When I am not here to speak, you have one-hour lunch. You can hide away somewhere and meditate.

That's already one hour. And in the evening, you make one more hour or half an hour. In the morning, get up earlier one hour.

Regulate more of your life, less TV, less gossip, less telephone, less newspapers, then you have a lot of time. Yes, truly we have a lot of time but sometimes we waste away our time. Just like our car running in the backyard instead of going to Long Island, yeah. Are you satisfied with that? (The questioner: Yes!) No conditions for you, nothing else except you commit yourself to this lifelong practice. And everyday you experience different changes for the better, and different miracles for your life, not that you wish for it. It will happen anyhow. And then you truly experience what's heaven like on Earth, if you are really serious about it. That's how many hundreds of thousands of our disciples still hang on, still hang on to me after many years, because they have better and better experiences, because they are serious about it and they do practice.

Q: Please explain the nature of consciousness.

M: Nature of consciousness, OK. It's hard to explain but you could use your intelligence to imagine. It's a kind of wisdom, like you know something better than you ever did before. Yes, you know something that is beyond this world, and you know something in this world which you did not know before, and you understand many things that you do not understand or you did not understand before. That's the consciousness.

And also when you open this consciousness, or the so-called wisdom, you will understand truly who you are and why you are here and what else is beyond this world, and who else, beyond or apart from our worldly citizens. There are many things. So the level of consciousness is a kind of different degrees of understanding, just like a graduation in college. The more you learn, the

more you know, until graduation.

It's difficult to explain something that is abstract, but I have tried. It's a kind of awareness. It's difficult to explain awareness. When you go to different, higher levels of consciousness, your awareness is different. You know things differently, you feel different. You feel just absolutely in peace, tranquility, blissful. You have no worries, and everything in your daily life becomes clear to you. You know how to handle things and how to take care of problems better. Even it benefits already in the physical level. And inside you, how you feel – that only you know. It's difficult to explain these things. Just like you are married to the girl you love – how you feel, that only you know. No one else can feel it for you.

Q: Honorable Master, thank You for the insight You have given us. I wonder if You would like to address Yourself to something that is in my conscience. Why are so many Masters on Earth today giving us a chance to learn so quickly, whereas that in the past it has been so difficult? Can You address Yourself to that?

M: Yes, sure. Because in our time, the communication is better. So we know better about the Masters, not that in the past, Masters did not exist, or Masters were inaccessible. Of course, it is true that some masters are more accessible than the others. It depends on his choice, or his willingness to give, or his affinity with the people at large. But then, in any age, always there are one, two, three, four, five Masters. Depends on the need of the time. Just we are more aware of the presence of many different Masters, maybe different degrees of Masters, because in these times we are fortunate to have the mass media, to have television, to have radio broadcasts, and books, which we print in millions, in thousands of millions of copies in no time.

In the olden times, we want to print a book, we have to cut

the whole tree down first and chop them with very unsophisticated axes, which are “kaput” in no time and no use in another time; and have to polish it with stones and all kinds of things, and to carve one word after another. And when you want to transfer a whole set of Bibles, it takes a whole convoy, big trucks, if you have a truck at that time. So that’s why we know of many Masters.

Yes, so it’s lucky, this is very good for you that have – you can shop, you can choose what you want. So no one will be able to cheat you and say, “I am the best.” Yeah, you can have comparison and use your wisdom, intelligence to judge: “Oh, this one is better,” or “I like that one better,” “Face looks terrible,” “Oh, that one – ugly.” (Laughter)

Q: *Since You have talked about shopping, would You consider initiating someone who has been initiated by another Master?*

M: I would only if that person truly believes that I am more able to take her or him to a higher level and faster. Otherwise it is better to stick to one’s own Master if one still feels very much attached, and has much faith in that Master. If you believe your Master is the best already, then don’t change. If you still have doubt and if you still have not got the Light and Sound which I have mentioned, then you should try. Yes, because Light and Sound is the standard measurement for a real Master. If anyone who is not able to impart you immediate Light or Sound he is not a real Master, I am sorry to say. The road to heaven is equipped with Light and Sound.

Just like you go to dive into the sea, you have to be equipped with oxygen mask and all that. There are things for different purposes. That’s why you see all the Saints with the halo on them. That’s Light. When you practice this method, you radiate the same Light like they draw on the pictures of Jesus, and people

can see it. If the people are psychic, they can see your Light. That’s why they draw Jesus with the halo, and they draw Buddha with the Light around Them. You can see practitioners, of high degree, with this Light if you are opened. (Master points to Her wisdom eye) Many people can see that. Have any of you seen, who are here? You? What did you see?

Q: *Well, I can see auras, auras...*

M: Yeah, but auras are different from Light. Auras are different colors, sometimes black, sometimes coffee, coffee colored, and sometimes are yellow or red. Depends on his temperament at that time. But when you see a person with a strong spiritual aura, you know it’s different. Right?

Q: *I don’t really have a question. I just – I used to do raja yoga for a while. And I thought I saw also auras. I mean at that time, I didn’t have much knowledge, understanding.*

M: And you don’t see it now? You only see it sometimes?

Q: *No, I don’t meditate now.*

M: Oh, that’s why, you lost your power. Should meditate again. If you still believe in that path, you should meditate. It helps you to some extent. It would not harm. OK?

Q: *I saw in Your leaflet that there are five guidelines. Once you are initiated, you have to live according to these five guidelines?*

M: Yes, yes, yes. These are the laws of the universe.

Q: *I don’t understand “sexual misconduct.”*

M: It means if you have a husband already, please don’t consider the second. (Laughter) Very simple. Keep your life more simple, no complications and quarreling over emotions. Yes. It causes hurtful feelings for other people. We don’t harm other people, even

emotionally. That's what it is. We try to avoid conflicts; try to avoid suffering emotionally, physically, mentally, for everyone, especially our loved ones, that's all.

If you already have one, don't tell him. It hurts more when you tell. Just solve it slowly and quietly, and don't confess to him. Because sometimes people think if they have an affair, and then they go home and confess to his wife or her husband, that's very wise and very honest. It's nonsense. It's no good. You already made mistake, why you bring garbage home and to let other people enjoy it? If he doesn't know about it, he doesn't feel that bad. The fact of knowing hurts. So we try to solve that problem and not to have it again, and that's it. Better not to talk to the partner about this, because it will hurt them, hurt the partners.

Q: *I have noticed that many spiritual Masters have a great sense of humor. What is the relationship of humor to spiritual practice?*

M: Oh, I guess they are just feeling happy, and relaxed, and lighthearted about everything. And they could laugh at themselves and laugh at others; laugh about ridiculous things in this life when many people cling so tensely and take so seriously.

After we practice somehow, we just get "loose," we don't feel so serious any more. If we die tomorrow, we die; if we live, we live. If we lose everything, we lose everything; if we have everything, we have everything. We have enough wisdom and ability after enlightenment to take care of ourselves in every situation. So we are not scared of anything. We lose our fear, we lose our anxiety. That's why we're relaxed. We feel detached to this world. Whatever we gain or lose doesn't mean much any more. If we gain a lot of things, it's only for the benefit of people, then we offer; and for the benefit of loved ones. Otherwise we don't consider ourselves or our

life that important to go through all of the struggles and sufferings to preserve it. If we preserve it, it's all right. It doesn't mean we sit in bed all day on the nail-bed and then meditate. But we do work.

For example, I still work. I do my painting, and my handicraft works to earn my living. So I don't want to take contributions from anyone. And even my earning is so much I can help people. I can help the refugees, the disaster victims and all that. Why shouldn't we work? But we have so much talent and abilities, and life is so easy for us after enlightenment that we feel there is just no need to worry. We just naturally relax. That's how the sense of humor is born. I guess that is what it is.

Do you find me humorous? (Audience: Yes) (Laughter and applause) Then maybe, I must be a Master of some kind hah? (Laughter) Let's hope so, for your sake, so that you didn't listen to an unenlightened person for two hours – waste your time.

Q: *The questions that we, as seeking souls, always ask and we get theories and stories, and I'd just like to hear what You have to say about them. The first is: Who are we? Who am I? And How did I get to be in the predicament that I have to get back Home? How did I leave Home and why is it important to go back Home? And You talked about going back to the Fifth realm, and it is not necessarily being important to go further than that. But if there is a further than that, then what is the purpose of it? What relationship does it have to me if I don't necessarily have to go back there?*

M: It's getting humorous now. (Laughter and applause) OK. Pertaining to the question of "Who am I?" you can go and ask the Zen master, which is abound in New York State. You can look in the Yellow Pages and find one. (Laughter) I am not specialized in that.

And the second, "Why are you here?" Maybe because you like to be here. Or else who can force us to be here since we are the

children of God. The so-called children of God are like God Himself. No? A prince is similar to the king, in some aspects, or more or less like the king, or the future king. So only when he likes to be somewhere, then he'll be there. Anyhow, we have free-will to choose to be in heaven or to be somewhere else to experience for ourselves. That's – probably you have chosen to be here in the beginning, many ages ago, to learn something more adventurous, something more frightening. Some people love scary experiences.

For example, the prince, he can be in the palace but he could be wandering in the jungle because he loved to be exploring things in the nature. It could be that way. It could be that we were so bored, bored in heaven, because everything was made ready and served to our palace doors, so we want to do something for ourselves. Just like the royal household, sometimes they want to cook for themselves and they don't want the servants to be near. And they smear themselves with ketchup and oil, all over the place, but they love it. Doesn't look very princely, but they love it.

So for example, I have people who drive for me. Everywhere I go, people would love to be my driver. But sometimes, I like to drive for myself. I drive on my small tricycle, nonsmoking tricycle, electric plug-in – ten kilometers an hour. I like to go around like that. Because everywhere I go, people notice me a lot, so sometimes I want to go somewhere that the people don't know me. I'm very shy except when I have to talk in the lecture, because it has become kind of duty now since people dug me out and made me famous up till now. I cannot run away so often but sometimes I do run away, for two-three months. Just like a pampered wife who runs away from husband. And so it's my choice.

So perhaps you have chosen to be here for a while. And perhaps it's time now that you want to go because you have learned enough of this world, and you feel that there is nothing more that

you want to learn, and you are tired of traveling. You want to rest. Go Home, have a rest first. And then see whether you want to go again or not, on an adventurous journey. That's all I can say up to now.

And why do you have to go Home? And why the Fifth and not the Sixth? That's up to you. After the Fifth, you can go anywhere you want. There are many more levels upward. But it's just more comfortable, more neutral to stay there. It's too powerful, further upward, maybe like that. You can go for a while, but maybe you wouldn't like to rest.

For example, your house is beautiful, but there are some parts of the house are for rest-rooms and you wouldn't want to rest there forever, even though it's beyond your house. It looks like up the hill and the higher, more beautiful, but it's not the place to rest. Or in the electric-power department in your house, the generator – noisy, loud, heat, hot and dangerous. So you wouldn't want to be there even though it is very helpful for your house. That's all.

There are many aspects of God that we could not imagine. We always imagine the higher we go, the more loving. But there are different kinds of love. There is violent love, strong love, mild love, neutral love. So it depends on how we can bear. God will give us different degrees of love. Right. Different levels, offer some different degrees of love from God. But sometimes it's too strong, we feel we are torn into ribbons.

Q: I see so much destruction going on around me – environmental destruction. Cruelty to animals. I just wonder how You perceive this and what You can recommend to people who are trying to release themselves from this world in the spiritual fashion, to help them cope with their surroundings and cope with all the devastation that is going on around them? And do You think that going beyond this world is enough for us to recognize what we are leaving behind, or do You

feel we in this plane have a duty to try to alleviate the suffering? And will it do any good?

M: It will. It will. At least for us, for our conscience, so that we feel we are doing something and we have tried our best to relieve the suffering of our fellow beings. I do all the same. Whatever you ask, I am doing. I did, I do, and I will.

I have told you already, our finances are distributed to different organizations, sometimes, or different countries, when they are in disasters. And I would not like to boast much about it, but since you ask – and for example, we helped the Philippines last year for relief of their Mt. Pinatubo. And we helped the flood victims in Au Lac, and the flood victims in China, etc. And we are trying to help the Au Lac refugees now to help with the UN's burden, provided the UN wants us to help. But we are trying. We help them with financial support, and also we could relocate them if the UN lets it happen – with the blessing of the UN.

Yes, so we do all these things that you have requested and also because, since we are here, we might just as well clean our environment as much as possible. Therefore, we help with the suffering and we help with the moral standard of the world. Both spiritually and physically. Yes. Because some people don't want to take spirituality from me. They only want to take physical help. So we help them physically. And that's what we do; that's why I have to earn money. That's why I don't want to live on people's contributions.

All my monks and my disciples have to work, just like you do. And then, apart from that, we help spiritually also; and help with the suffering of the world, help to relieve the suffering of the world. We have to do this. Doesn't mean we sit in Samadhi all day long and enjoy ourselves. That's a very selfish Buddha (enlightened being). We don't want to have him here. (Laughter)

Q: You spoke about a level where one is aware that they have powers that come from that awareness. Now what if you are aware of the powers, you don't know that you have them, but you are aware of them? You may even feel like you do. How do you access it or not access it? If you don't access it, how do you not become impatient with the process that's going on around? Like you see the process taking a slow, mundane way when you know you can just pray or do something else to bring about a better or quicker resolution. What does that mean and how does one access it with the blessing that it will come out OK? Do You understand what I mean?

M: I understand, I understand. What you meant is that when we have the power to change things and when the things around go in a bureaucratic way and a slow way, how would you have the patience to bear it. Right? Or would you just pray or do some magic or point a finger and push it. Right? No, I have patience because we have to work with the pace of this world in order not to bring it into chaos. Yes.

For example, a child cannot run. Not because you are in a hurry or you want to run that you make the child stumble and fall. So we have to be patient. Even though we have the power to run, we walk with the child, yes. That's why sometimes I am also frustrated and impatient but I have to teach myself to be patient. That's why I have to go and bow my head from one president after another for the refugees, even though we want to add all the financial support. We would give all we have, everything, millions of dollars, or billions even. We have to go through the bureaucratic system. Give Caesar what belongs to Caesar.

I am not going to wield my head or to point a finger at the UN even make them run. No, no. We cause disasters in this world if we use psychic, magical power. It has to go the way it goes. But we can elevate people's consciousness by spiritual healing, by spiritual

wisdom, understanding. Impart to them the knowledge that they are willing to do it, and cooperate. That's the best way, not to use magical power. I never intentionally use magical power in any aspect of life. But miracles just happen around the spiritual practitioners. That's very natural, but not intentionally. Not trying to push things. Yes, that's no good. The child cannot run. All right? You satisfied with my answer?

If any of my answers don't suit you, please let me know, because I can explain further. But I trust you are very intelligent – being the most chosen and intelligent people of all nations. Therefore I don't elaborate very much.

It's good that we have United Nations, I have to say, by the way. Yes, yes. We eliminate many of the world's conflicts and wars, even though we cannot completely minimize. But I read your books of United Nations. Everyone is United Nations. And I have followed some of the United Nations work. And I must praise its effort and efficiency in rescuing hostages where other people cannot rescue. All the power of the world can not rescue and one United Nations' commissioner did it. Yes, and many other things concerning disaster relief, refugee problems.

You have about twelve million refugees, I heard – responsibility. No? It's a lot of work, and the wars and everything. So it's good that we have United Nations, yeah! It's very good.

Q: Thank You, Master Ching Hai, for sharing Your wisdom with us. I have a question. It's about the escalating world population and its accompanying problem of further environmental abuse and the further greater demand for food. Would You like to comment something on this escalating world population? Is this a world karma? Or is this going to create certain kind of karma in the future?

M: To have more people for this world is also very good. Why

not? More crowded, more noise, more fun. No? (Laughter) It's not that we are overpopulated, really. We're just not spread out evenly. People just condense in certain areas of the world and do not want to move to another area. That is all. We have so many vast areas of wild land that have not been used. Many virgin islands, many vast plateaus which are only green with forests and nothing there. People just like to concentrate in New York, for example, (Laughter) because it's more fun here. If a government or any government is able to create jobs and industry, and employment of different kinds in different places and people would go there also to work. They just condense in some places because it's easier to find employment here, or safety. If the safety, security and employment opportunity presents itself in those other different places, people would go there also. They would go for security, for their livelihood. That's very natural.

So, it's not that we should fear about overpopulation. We should be more organized to give people of the world more benefit of employment opportunities and housing and security. Then everywhere is the same. We would never be overpopulated.

And about your question concerning food, you should know better, because in America, we have so much information concerning how to preserve the world. Vegan diet is one of the best, to preserve the world's resources, to feed the whole population of the Earth because we waste a lot of vegetarian food, energy, electricity, medicine, to raise animals. Whereby it could feed other people directly. And many countries of the Third World nations, they sell their protein-enriched vegetarian food for cheaper prices. But that is not a help to the other world nations' populations. If we spread all the food evenly, and vegan diet will help this, not only for ourselves, not only for the animals, but for the whole world.

One of the research something, magazines, they already

said that if everyone in the world eats vegan, the world will not be hungry anymore. And also we have to organize. I know some person, he can make rice bran into nutritious food and milk even. And we have talked last time about that. He said he spent about three hundred thousand dollars and he can feed six hundred thousand people in Ceylon – the poor, the under-nourished, the mothers, and all that. It was fantastic. Because the way we do it in many parts of the world, it's that we waste the natural resources, not that we don't have enough. God wouldn't put us here to starve. Actually, we starve ourselves.

So we have to rethink, reorganize, and that needs the blessing of many countries' governments. They have to bless us with their absolute honesty, cleanliness and dignity, and the will to serve people instead of serving themselves. If we have this blessing from all the countries' governments, we have no problem really. No problem.

We have to have good leadership, good economic organization and ruling talents and honest governments. But that can come about more rapidly when many people or most of the people or all the people become spiritual. Then they know the discipline. Then they know the precepts. Then they know how to be honest and clean. And they know how to use their wisdom then. Then they can think of many things to do and reorganize our lives.

Q: *That seems to be very difficult because as I see, much of the, as I understand, much of the environmental abuse today has to do with a growing population's demand for more living space, for homes, for living the way we, in the 20th century, know and want to live.*

Say the jungles in Brazil – the environmental abuse there. The destruction of the forest there, the rain forest. The land, it's being defoliated and that results in floods. And these are not unrelated to

the problem of overpopulation.

M: Yes, everything is related to each other, of course, in this world. And the only solution is to solve it from the root, not the branches. And the root is spiritual stability. Understand? (Applause)

So all we have to do is to try to spread the spiritual message; what we know, and keep to the spiritual discipline. That's what people don't have. It's OK to plug yourself in the electric machine and have some lights and some buzzing music and get Samadhi. But if you don't have moral discipline, then you only use the power for bad things sometimes – can't control it.

That's why we in this group, we keep, teach people the guidelines first. Guidelines are important. We have to know where we go and maneuver our Power. Power without love, without compassion, without proper understanding of the moral value, then it's no use. It becomes black magic – abuse. Yeah. That's where black magic comes from.

So it's easy to get enlightenment, it's hard to keep it. In our path, if you are not truly disciplined and morally equipped, the Master will take away some of your Power so that you cannot abuse it and do bad things to the society. That's the difference. Master has control. The Master Power, the Master Power, OK?

Yes, I am very happy with all of your intelligent questions. Very intelligent.

People do these things because they are not wise enough, like abusing the land that you have said, or doing something just because their lack of wisdom. Yes, so the root is wisdom, spiritual practice. Get enlightened.

I thank you for your attention. All the best.

We Are Already Liberated

Spoken by Supreme Master Ching Hai
November 8, 1992 (Videotape #287)
Taipei, Formosa
(Originally in Chinese)

What impressions did you have after watching the cartoon, “The Ugly Duckling”? Sometimes we are rejected by the world, when people think that we are too odd and different from the others. In reality, it might be that we are the very precious ones! That duckling was not a duck, it was a swan. Swans are the most precious. They live high in the mountains and drink the pure dew drops or the cleanest, uncontaminated water from the lakes on the highest mountain tops. I hear that they eat pearls. Therefore, great spiritual practitioners in India speak of themselves as being like swans. When a swan mingles in a flock of ducks, of course the ducks feel that the swan is ugly. Therefore, sometimes, spiritual practitioners and the ordinary people have different concepts, don’t they?

Mingling with people who are different than we are makes us feel that we are unlike anyone, and we feel sad thinking that people do not like us, etc. The fact might just be that we are more superior than others so they do not like us.

It was also good for those ducks that they did not like that swan, wasn’t it? If they had taken it with them to the south where it was hot, and then quarreled every day, what good would that have

done? It turned out that it was actually good for the swan to be left behind because like other swans, it was not afraid of the snow. It needed to live in places like the snowy mountains and to drink the beautiful water there. They are very clean and beautiful, and they should not live down there together with the ducks. If it had mingled with the ducks, of course the ducks would not like it nor think good of it. Then the swan would not feel comfortable, neither would the ducks. The ducks could not be blamed though, because they know that they are different from the swan, in whatever way they look at it. The swan has such a long neck, and such a pointed beak, it is not the same.

When I stay in the mountains, I do not feel like coming down. It is because it is so busy, crowded and boring down here; and it is difficult to teach people, to teach the disciples, etc. Why do I need to go down the mountain? It is so good staying up there! It feels good to fry chapatis, boil water for hot baths and watch cartoon videos every day. It is a very comfortable way of living.

Last week, there was a little change at Hsihu Center. You knew the meditation hall was being demolished. It is nothing! But some people were heartbroken. That I understand. That was why I phoned to talk to you; and I was touched by you, so I promised to come to Taipei. I was afraid that you might say, "The Center isn't there any more, and Master isn't coming back. She is dropping us!"

Why do you cry? What does it matter that the meditation hall was knocked down? I knew it long ago. You can see that the ground underneath the floor of the hall was not cemented in, because it would have been difficult to deal with now. We can plant trees. It is better without the meditation hall. It is not bad as it is now. We should not be attached to anything.

For the last few days I have wanted to tell the monastic disciples to stop wearing their monk robes. Why? It is because the

special clothes make them feel special. I feel that they should learn to be more humble. You have held them too highly. In what ways? For example: "They alone are the Quan Yin messengers, and we are the 'followers'." It is nonsense. It hurts me hearing that. No one is different from anyone else. Everyone is the same on the outside. The only difference is the inside.

Some of the monastic disciples are not worthy; in fact no one is worthy, but everyone is worthy. If we only consider our original God Nature, or our true Self, then everyone is worthy. If we look at our noisy brains which records and replays everything right or wrong, then no one is worthy. However, it is very difficult to realize this in the depth of our hearts. It is very difficult for us to communicate within, to have self confidence and to know that we are originally very clean. Indeed, it is very difficult! That is why I say not worthy. From Master's standpoint, they are worthy; from some other people's, they are not. So, if anyone leaves home and puts on a monk's robe and thinks he is great, then it is not right! That way they will have many obstacles. If we still feel that we are a "renunciate," then we are finished. It is all right for us to leave home; originally it is very good, but we should feel that there is no difference in leaving home or not.

That is why I wanted to tell them to change their clothes and to dress like the lay people. Mixing together, everyone is the same. It is enough to know that one is cultivating oneself spiritually within. There is no need to show anything, for it creates obstacles for oneself. Why? Because the more we are bound in the frame, the more serious and firm our illusions will become. There should not be anyone who still feels that there are renunciates and lay persons. It is all right for some of the monastic disciples to wear special clothes because they feel the same being a monastic person or a lay person. A monk's robe is what they would put on naturally.

Some people are not like that. They wear the monk's robe in order to show-off.

Some of Master's monastic disciples are not very good either; they do not have the correct concepts. It is best for us to start cleaning our own place. This way, seeing how clean we have swept our home, maybe the neighbor will clean his. By then we can give him some assistance. This is acceptable. We cannot go to sweep other peoples' homes without having cleaned ours first.

Originally there was not one single person in the world. Did you know that? This body is made up of fire, wood, water, metal and earth (Chinese five elements). Sooner or later it will return to the materials it was made up of. What are we, this "person"? All day long, our thoughts develop continuously one after another. Is that the "person"? No! Now "I" am happy, later "I" am sad; then "I" am happy again, and "I" am sad again. Is that "me"? No, they are merely thoughts, like the waves of the ocean, one after another. This is not us, the "person"! Of course waves are from the ocean, yet they are not the ocean. Waves are formed by the wind blowing on the ocean. Therefore if we cling onto that point, we are finished. We should not hold onto anything, let alone clothing!

Originally a "person" did not exist in this world. "He" only knew that "He" was forever a spectator. For example, "He" was there perceiving the situations. One moment "He" perceived the feeling of being happy and the next moment, the feeling of being sad. "He" knows all that, "He" is everlasting. "He" knows that "He" is neither the sadness nor the happiness. But what about us? If we do not meditate daily and check ourselves, we will think that we are the person who is sad.

For example, I eat this apple and find it very sweet. I know it is sweet, but I know the sweet taste is not "I." Or the sour taste is not "I." "I" am merely enjoying that sweet or sour taste. However,

each time we forget, and think that we are the apple. Is this not funny?

Therefore, since there was not any person, we should not put a frame around the illusions, making them more and more solid. So you can wear any kind of clothes. It does not matter. To keep changing clothes is too tiring for me, so I have stopped doing that now. I will remain like this.

We have to understand that there is no "person." No matter how great, no matter how talented, this "person" is, it is merely a phenomenon. This is the quality he possesses, or he merely knows that he has that kind of quality and then uses it. He is not that "person." Therefore, we have neither birth nor death. Only the thoughts are created and perish. If we do not put down these thoughts but keep on thinking, birth, old age, illness, death, happiness, anger, sorrow and joy, and feel that we are those feelings, then of course we will reincarnate. We do not differentiate the apple from the person who eats the apple, and attach ourselves to the apple. We are always looking for the apple, from one place to another. We are constantly searching, so we keep on reincarnating. Sometimes it is for things we like, and sometimes it is to avoid things we dislike, that trouble us, that we reincarnate. Otherwise, the original Self does not reincarnate. "He" is a witness, forever without birth and death, forever there as a spectator only.

It is just the same as going to a movie! Even now I still cry when I see some movies. I watched the "Prince of Stars" in which there are many good philosophical stories. For example, there was a little boy who liked to play the flute. But his father did not allow him to play it, so he cried and wanted to run away from home. Then the Prince of Stars said to him, "Everything will be all right if you put your flute in your heart." The little boy understood the matter and put the flute down. Later he was able to play the flute

because his father realized that although playing the flute could not earn money and food, it could console people's spirits, which is very important. When the little boy stopped playing the flute, everyone was in a mess. When the Prince of Stars played the flute, which he did not know how to do, he caused people to quarrel with each other, the chicken and ducks began to bite each other and everything, the whole village, was in a mess. However, when the little boy played the flute, everyone felt peaceful and comfortable.

Things like that really happen. Sometimes when we listen to some soft music, we feel happy and relaxed. If we listen to some awful kind of music, we feel troubled, and that we are going crazy and want to throw a temper tantrum. It really is so, that certain things cannot be measured materially for they have their own value spiritually.

Similarly, sometimes people ask us why do we practice? They think that by sitting there we cannot earn our daily bread. However, the more we meditate, the more we are able to earn money. Is it not so? We used to be very busy trying to make money. We could not think very clearly, so we did not make very much. However, after we meditate, we reap a lot of benefits. People in India say, "One person who practices spirituality can benefit hundreds or thousands of people materially." His wisdom will emerge, enabling him to accomplish a great deal which will benefit many people.

Therefore, not just being very busy making money is good. Not that we do not make money. We can all make money, even more nowadays. I see that your businesses are doing well. They were not as good before, right?

The other day we had a barbecue on the mountain. Some monastic disciples were with me. So I gave them each a tent, a place to barbecue and a pot. Each person gathered his own dry wood, tidying up the surrounding area at the same time. We had a barbe-

cue, boiled water and cooked food for ourselves. I am not saying this kind of life is the best. Other ways can also be good. It is really so! I mean if we are in that situation, we can enjoy ourselves. Like if you are living in the city, you can also enjoy yourselves. If I am staying in the mountain, I do not want to come down. I want to enjoy the quiet, happy and worry-free life.

We get used to where we live and think nothing of it. I feel that living in the cities like you do is not bad. Everything is convenient. When I stayed in the seven story building which you Taipei people bought for the book circulation center, I thought it was quite ideal for me. I thought if I was to live in the place where they put the computer, the small place, it would be just right for me. A bus stop is just downstairs, no need to walk, it is very convenient! So every place has its good point.

It is no wonder that you are so captivated by the cities that you do not want to go barbecuing in the mountain. There is not one of you who wants to go up the mountain, living on his own and leading a solitary life, is there? (*Audience: Yes.*) It is all right; you can stay wherever you are. I am like that too. I stay up in the mountain when I live there, and I don't want to go back up after I have come down the mountain. I feel that it is good anywhere. It is just that before we reach a place, we would feel a bit scared. But after we get there, we would not be afraid anymore. Right? Maybe you and I are alike, without any differences? I used to think that I was very special, but actually we are all the same, happy wherever we are, feeling one place is just as good as another. It is great!

Now I think I will tell the monastic disciples to return home and live freely. Why set oneself in a frame of a certain image? However, since some of them still want to continue, and they are worthy. It is all right! Only that one must not force oneself. Any place can be good for us. Fish belong in the water, and tigers belong

in the mountains, right? Elephants live in the jungle, and monkeys climb up and down to get fruit to eat. We cannot force everyone to be like us. No! Like the “Ugly Duckling,” he did not belong to the ducks, so he was very unhappy, which in turn made his friends and relatives around him unhappy as well. His different look created pressure for others. By the same token, it is all right for us to live anywhere, as long as it is good for us.

It is not necessarily good for one to live in solitude in the mountain practicing meditation diligently everyday. It is hard to say. It is good for me that way because I like it, not that I am so great. You must not praise me because of this, or praise anyone who does the same and think that he is great, that he has given up everything. He does not like the world, so then what has he given up?

For example, you do not like that woman. No matter how beautiful she is, you do not like her! You like your wife. Then in what way are you so great? It is not that you can put down the desire for beauty; you simply do not like her. You only like your wife. Because you get used to living together, you cannot go on without her. It matters nothing to you going without other beautiful women. Therefore, it is that people have their own different tastes, their own different ways, not who is greater than who. So we do not have to imitate others.

We know in our heart what kind of person we are. Of course, if we have any fault, or character that we dislike, we need to cut it, and make it shorter, smaller. Then we have done it. Right! Otherwise, there is nothing that matters! You have your own living which is good as long as you are comfortable and happy. It is fine feeling that your husband is good looking; it is none of the other person's business.

Sometimes we cannot simply run away as we wish. For example, if we are destined to be married to someone, it is what we

owe from our past lives, and now we think it is a bother and do not want to repay our debt. Taking is nice, and repaying of course is not. Then we say we do not want him or our debts. Therefore, we have to sort out our debts which are destined here, then later we continue to settle the account in the heavenly worlds above.

Settling the account when we are in the worlds above is different. At that time it depends on who meditates more diligently, and the level of one's attainment. We should understand that the place where our true Self belongs, there is neither male nor female, and no love affairs. It is like this in the highest place.

In this world, we are only spectators, like when we go to a movie. Then because sometimes we are moved or excited by the movie, we also cry. Being absorbed in the movie we exclaim, “Hit him, hit him! Kill him, kill him! Go after him, go after him!” At that time we relate to the actor in the movie, right? But at the end of the movie, we know that everything was not real. Some movies are so good, so realistic or so well acted out, that while seeing them, we change our emotions.

Similarly, life after life we are so used to playing the act of a human being that we cannot put it down. We cannot imagine that we are not this act. It is that simple. The act lingers in our mind for such a long time. You can see that after watching a movie, the parts in it which were violent, touching or unfair, stay in our minds and influence us for a very long time. Sometimes after seeing a movie or a play, our lives are changed for a while. Therefore, if we do not wake up at this time, in this life, but continue to play the act, continue to chase after the emotions, the happiness, anger, sadness and joyous living, then we say we have to reincarnate. No! No one has to reincarnate.

Truly no one is not liberated. Truly no one is not free. It is because we are chasing after those emotions, those phenomena,

which are like this today and like that tomorrow, good today and bad tomorrow, that we say we reincarnate.

How does reincarnation come about? It is those thoughts which reincarnate! It is those phenomena which reincarnate! It is those emotions which reincarnate! They keep changing and reincarnating. We, the person, do not reincarnate; that witness does not reincarnate. However, because that “person” is not a “person,” “He” will not be affected by anything. “He” will not die if you chop him. “He” cannot be burned or drowned. Then what “person” is there to reincarnate in the cycle of birth and death? Really there isn’t any person! It is this body which reincarnates, not us.

However, if we do not practice spirituality, do not give it serious thought, and do not calm down to understand, then even after all I have said, you only know this is the case. You still cannot be separated from the feelings which have birth and death and which reincarnate. Then you will say that you cannot be liberated. In fact, we are already liberated!

All of Creation Is One

Spoken by Supreme Master Ching Hai
November 22, 1992 (Videotape #287)
Hsihu Center, Formosa
(Originally in Chinese)

Good afternoon, everyone! (*Audience: Good afternoon, Master.*) It was too cold at Yang Min Mountain, so I came back. I have not changed into my track suit because I need to buy one. They all have their own track suits, except me. I told them to buy one for me, but they didn’t, so I am not wearing one. Forget it! I am still counted as monastic anyhow. (Laughter)

Who actually is that person trying to make the decision to become monastic or not? Do you know who that person is? That person has never left home to become a monk, yet that person is also monastic even without shaving their head. Never born and never dies. That person is our own Self -- forever happy, forever enlightened and forever stupid. We are stupid, intelligent, meaningless and at the same time meaningful. This is our own Self. Do you understand who we are? (*Someone answers: Sentient beings!*) Good grief! You don’t understand at all. You are the Gods!

Look at this electric cord. There is a common current inside it which is being distributed to different outlets. All the outlets are the same, right? Yet, this individual person worships that individual person. This light bulb worships that light bulb, because it is better, it is brighter. You don’t see how bright you yourself are; instead you just notice the brightness of others, and say, “That is rela-

tively bright! Wow! You are great. How can you be so bright? Can you show me the way?” Everyone will then worship the brighter one everyday. The electric cord tries to convince everyone that they could be that bright too. However, no one believes it. They say, “No way, we are all dim and dark. Only you could be so bright. You must show us how...” Day and night, they cling to the bright one, forcing it to teach them how to become brighter. Actually, everyone is equally bright. This is so simple. We are all the same.

You just think, before we were born and had this body, did we notice our own existence? Even after we were born, we still didn't notice our existence. This is really the case. Does anyone ever remember the moment when they were born? Right! Then, someone had to tell us, “You have been born. This is your physical body, and it is you.” Gradually, we recognize this fact and say, “Well! This is ‘me.’ ‘I’ am a little child now. ‘I’ have grown up now.” And then, “‘I’ want this, ‘I’ want that. ‘I’ am a monastic person. ‘I’ am a lay person. ‘I’ am a high official, and ‘I’ am no one.” Actually, you are none of these at all!

For instance, we were virtually unaware of our existence before we were born, right? We were born anyway, but without ourselves knowing why we were born this way. No one ever asked us in what size or what height we want to be born in, or in what personality. Not at all! And then, someone keeps murmuring to us, “This is you. You are this little baby. You are that...” Everyday, they keep calling us something like, “He Bi Wen” (which is a play on words in Chinese. It can be someone's name or it can mean, “Why ask?”) (Laughter) “Why are you behaving so lousy today? Your clothes are filthy. Go and wash your face. Hurry to finish your homework. Hurry to go to school. Hurry to clean the plates. Hurry to...” Everyday, everyone calls our name, and our attention is locked inside our body. Oh! Our omnipresent power is imprisoned inside

a physical body.

Originally, we are omnipresent, we are inside all the old folks, grandpas, little birds, children, pretty girls and handsome boys. We are inside any person and anything. Gradually, we are well trained and bound by the words, “You are this form! You are such and such a person!” then you forget your original state, and begin to ask, “Who am I?”

Ever since our attention was grasped and put inside this body, we became this person. We forgot all the other parts about our own Self, and became separated from everyone else and from all of creation. We were transformed into the way we look today. The worst is yet to come. Since we are used to this body, when we see other bodies, which were also originally ours, we regard them as “his” and “theirs.” We imitate their behavior, and also develop our own individual ones. We learn from others, and at the same time develop our own desires and attachments. Suddenly, this body feels comfortable when someone hugs it. It realizes that it is necessary to put on a blanket if it is cold. It knows that putting on these clothes make this body look more beautiful because then people admire its beauty, “No one would notice me if I wore something else, so I know it is better to wear these clothes and make everyone notice ‘me.’ Ha! Ha! It is not enough that ‘I’ am attractive to ‘me’ alone.” We want to be attractive to others too.

When we know who “that person” is, such an illusion seriously hinders us more and more. Our thoughts and attention also become more firmly rooted. It is like photographing some magnificent scenery with a camera and reproducing it in a small photograph. Finally, we will admit that, “I am this person, I am this rascal, I am merciful, I am all loving...” This is nonsense. In fact, “‘I’ am everything,” understand? We could not be only one person! We are like a light bulb receiving the electric current, and we are iden-

tical with all the other light bulbs. The light bulbs may vary in size, but the electric current they receive inside is the same. Therefore, your internal understanding, awareness and feelings are exactly the same as mine! Without that inner Self, no one could possibly understand, nor exist. No one could ever feel their own existence.

Our physical body is entirely useless after our inner Self, who understands and knows, has gone! It is dead lying over there. When we are dead, we return to the Power Plant. The light bulb outside may have broken but the current is still alive. As soon as we change to a new light bulb, the current would come back again.

So, can you see who we are, after we take away the feelings of joy, anger, sorrow and bliss? Are we these feelings? If there is no wind, how could there be waves in the sea? The waves are part of the sea, yet it is not produced by the sea itself. The waves are produced because of the wind and affinity.

Our inner Self is an existence, an awareness, and an ability of observation. This is why we can observe other things. Are we not the Master when we are observing? For instance, I observe you, you are picking your nose, (Laughter) scratching an itch, or reading a book. It is 'I' who am observing, right? Because 'I' have the ability to see and observe. In the same way, our bodies, our feelings and our minds are also under observation. Thus we say: "My' body, 'my' hands, 'my' eyes." Take note that it is not 'I,' but 'my.' You must distinguish clearly between 'I' and 'my.' It is nothing but 'my' property, 'my' possession.

Who actually is this 'I'? It is another person! He only observes. He observes that we are fond of pretty things. He observes that we are putting on make-up. He observes that this body is wearing different clothing. He observes that this body is not feeling well today, it has a cold. He observes that this brain is more active and calm today. Outer influences make him generate different

thoughts. Like the sea, it has waves because there is wind and gravity. The waves are not the sea, but the waves cannot exist without the sea.

Similarly, we are not these feelings, yet these feelings could not exist without us. Where did the bliss, anger, sorrow and joy come from before you are born?

Also, when you are all alone, you hardly feel your own existence, right? Hardly, until someone comes along, or something happens, then you will suddenly be aware of this 'I,' and then there will be conversations and reactions. Otherwise, we may not feel that we exist when we wake up in the morning. We have not opened our eyes. We have no idea as to what we will drink or eat. All we have is just a kind of feeling, a kind of awareness and action. Sometimes, this awareness will generate actions automatically. Until someone comes, something happens or some situations occur, then we are not aware that there is 'me,' there is 'him,' there are conflicts, and there is our existence.

Therefore, this person does not really exist. We are not this person but that 'awareness' - knowing that we, as well as others, exist. We are separated from all of creation because we think that we only exist in our physical bodies. Otherwise, we are truly omnipresent. We are truly all the same, the same electric current. There may be many different light bulbs, but the current inside the cord is the same. The light bulbs may vary in size, but we cannot say that they are not the same.

In my tent, there is a power cord which I use for many purposes. I use it for my radio, telephone, for my reading lamp, or some brighter lamps. The power consumption may be twenty watts, one hundred watts or only seven watts, but the power source is still the same one. I just plug in whichever apparatus I want to use. The power source which exists in the telephone, small lamp or

big lamps is the same. It is ridiculous if the small lamp tells the big lamp, “Your interior is different from mine.” Of course their brightness is different, but you can’t say that the power inside is different! The difference is only on the outside.

In the same way, all humans and all of creation are different on the outside only. Our interiors are all the same! Therefore, don’t be attached to your outer appearance, and say, “I am different from you.” You are really ignorant if you don’t understand this point. The greatest sin is not knowing who you are. Being separated from others creates a lot of suffering. This is also the cause of transmigration and karma, because you are attached to what you do and what you know: “I am a Ph.D. I am so successful. I am capable of doing this, and they aren’t.” Based on these concepts, you’ll have conflicts, you’ll have competition in business, and incur hostilities. All because you don’t understand that ‘he’ is the same as ‘I.’ (Applause)

Therefore, it is very tiresome for me to teach you. It is so simple, yet you don’t understand! Instead, you keep clinging to who is Master, who is disciple, who is this, who is that. Well, it is all right for you to carry on clinging to your attachments, just bear in mind what I have said today.

You insist that your light bulb is more beautiful than the one next door. It maybe, and this is a fact. Indeed, there are light bulbs which are prettier, bigger or smaller than others. You may be pleased with your outer appearance, but do not forget that we are all one. We use the same “electricity,” the same thing. We are from the same source, without which we wouldn’t be able to exist. Bearing this in mind, you may continue to dance, to sing, to love, to play chess, to go to school, to play piano, to write poems or to paint pictures. You may also choose not to paint pictures or not to write poems. Instead you may recite poems, you may tear (Every-

one laughs because “tear” and “poem” sound alike in Chinese), tear it into pieces. Everything is all right. Just don’t forget, we are truly united as one.

There is really no difference among us. Should you forget this, many problems would happen, many frustrations would arise, and a lot of suffering would emerge; not only to us, but also to others. We even bring suffering to those enlightened persons. We hang on to him, annoy him, ask for something which we are not entitled to, talk to him about meaningless subjects and ask inappropriate questions.

For example, very often people write to me asking, “What should I do if my husband does not want to eat vegetarian?” If he doesn’t want to eat vegetarian, then let him be! This is his personal decision. You just carry on with your vegetarian diet as you wish. Why should you be frustrated because of him? What should we do if a tiger does not want to eat vegetarian? So just regard him as a tiger! (Laughter) Many beings in the universe eat meat, what can we do? Your husband may not look like one, but he behaves like one. Just categorize him as one and you will not be frustrated anymore. The cat in your house is also not vegetarian, it eats meat, catches mice. What can we do? Just ignore it!

Some light bulbs are dazzling, and some are softer. If it offends your eyes, then don’t look at it. Buy another one which suits you. In case it is fixed there and cannot be changed, then turn away from it! It is your own fault for using a light bulb that is so irritating to the eyes. (Applause)

You should know clearly what you want before you buy it. You have to put the blame on your own lousy qualities, which also accounts for the stupid spending and shopping of many housewives. They are a headache to their husbands because they spend all their salary, and sometimes even in advance. In order to keep

the things they bought, an extra room is needed in their house. Most of the things are never used, and they even require cleaning and wiping to prevent rusting. You have to clean them frequently even if you only use them once a year. Sometimes, they are put aside after being used once, and never used again. The so-called store room is actually a garbage room! Because it is so filthy, everything inside is useless, like garbage.

Sometimes, you may have picked the wrong friend, or the wrong mate. Just like buying the wrong thing in the bazaar. You can't blame them, you can only blame yourself. It's your own fault that you have bought the wrong thing. They never asked or suggested that you choose them. You must tolerate them since you have made the wrong decision.

I also have the same problem. I casually accepted anyone who came to join the monastic order. Since my goal to become a monastic practitioner is pure and simple, I assumed that everyone's is the same, so I accepted them all. Oh! I ended up running into a lot of trouble. Now I can only blame myself. However, as all of creation is one, just let it be.

Now you understand why I am scolding God sometimes. Hes is stupid. Sometimes, God is really stupid. You see, Hes is inside even the most stupid person. (Laughter) Yes! Like the small light bulb and the large light bulb, they are all from the same source. The fault does not lie in the light bulbs, it lies in the interior, the one who created humankind. Therefore, you must not blame the light bulb for being too small and then break it. The light bulb has done nothing wrong. It was the fault of the being who created the light bulbs. The situation is truly frustrating. Do you know that I am really frustrated when I think of Hirm - God. Sometimes, I truly want to scold Hirm. However, there is no need to scold Hirm really.

Do you know what Power we are seeking? We are seeking the Power of "knowing." There is a Power superior to this which is the Power of "un-knowing." Therefore, it was said, "The most intelligent person seems like the fool." These two extremes actually have a lot in common. The brightest light, like the light of the Almighty, may obstruct our vision because it is too bright. In a dark place, we also can't see anything. Sometimes, you can see a very bright light in a dark room. Other people cannot see it because they have not developed the special tool needed for this purpose. Just like some stars which are too small to be seen without a telescope. Other people cannot see these stars because they do not have a telescope, not because the stars do not exist. It is because the stars are too small.

Such is the case with our Light. Since it is overwhelmingly bright, we cannot see it with our human eyes, it is not because there is no Light. Therefore, sometimes you may see the whole room filled with light although it is actually a dark room. No one else can see the Light, not even your husband who is sitting beside you. Only we, ourselves can perceive the Light. From this example, you can understand that the two extremes are actually quite similar.

The highest Power is the Power of "un-knowing." We also say that 'not knowing' is the most ignorant. The two extremes are very much alike. This is why the Buddha told us to practice 'the middle way.' Whom shall we pray to when we are in pain and discontented? We should pray to the medial Power, which is the highest one to us. Anyway, we could not pray to the God of "un-knowing" nor to the God of 'not knowing.' "Un-knowing" is different from ignorance.

For instance, we are seldom aware of our existence when we are all alone, unless we hit something and feel pain; someone is scolding us, or when there is some conflict. Otherwise, we don't have anything to relate to, and we don't need to know. People may

not detect the difference of man and woman until a man emerges, and they realize, “Ah ha! There is a difference.”

When we started wanting to know, that Power of ‘un-knowing’ wavers a little, thus we started to exist. When we sleep, we go back to the original state of ‘unconsciousness,’ therefore we are unconscious of anything. When we dream, we become the creator and create a lot of messy things, including ourselves. Right? It’s so real that our eyes are still wet when we wake up. The terror we experienced still exists so vividly just as if it were really happening in this world. This world is also a dream. Therefore you may not be able to find out whether it was Chuang Tzu who dreamt that he was a butterfly, or whether it was the butterfly who dreamt it was Chuang Tzu. There are also moments when I couldn’t tell whether I am dreaming of you, or - right! Sometimes, I see you as if I am not seeing you. Very strange. The feeling is so unreal! I have to force my attention to focus on you, and strive to bring back “reality.” Sometimes, I can’t even tell whether I am dreaming in my sleep, or sleeping in my dream.

Perhaps you may have the same experience occasionally. When you look at the world, it is so misty, like in a dream. It lacks that substantial and stable quality, right? It is because no substance truly exists. We are only using a material external cover for some experiments. It is like when we put on a diver’s suit and venture into the sea. The outer suit is not our body. When we are working, we will put on our working clothes which may become very dirty afterwards. However, after we take off these “clothes” our interior is clean, because the “clothes” are not our bodies. Now, do you understand that we are all one? (Applause)

If you do understand, then do not trouble me anymore with your marital problems. Just do what you are told to do, and your life will be simpler. Therefore, ancient people said, “Obeying

someone is the best and most comfortable way of living. Do not voice any opinion because it will only produce frustration.” Since it doesn’t really matter whether you do it this way or that way, why don’t you do as you are told. Anyway, we are one already! After you get used to it, you will have fewer ‘self’ opinions, and the feelings of your ‘self’ existence will become less. Your ego will diminish, and you will understand more and more. We will be united as one again.

In India, they emphasize obedience towards a Master, if not applicable, then towards your husband, your father or mother, or anyone! As long as your obedience is sincere. However, this is only one of the ways. The best way is to find a Master who can teach us, leads us to enlightenment so we can understand more. Blind obedience is not the best way. However, if someone is truly devoted to obeying and loving a person, he will also have that peaceful feeling. His ego will also be minimized.

What does ego really mean? It is the intense awareness of the existence of an ‘I.’ ‘I’ want this. ‘I’ want to do that - it is really troublesome. Without this ‘I,’ a lot of suffering we experience would just drift away like the wind, and be minimized. Therefore the best way is - to wait for our dying day! (Laughter) Yes, since we have nothing to do! We might just as well lie down and wait for our death.

Since we all come from the same Power source, everything is predestined and cannot be changed, why bother to practice? Do we still need to practice? Why? (*Someone answers: We wouldn’t be able to understand if we didn’t practice.*) Oh! You wouldn’t understand if you didn’t practice. Strange! It is not good if you deliberately practice to get enlightenment. It is also not good if you deliberately avoid enlightenment. It is best to practice the middle path, and just do it in a natural way. For example, we cannot avoid going

to the toilet! If you are able to do everything as naturally as going to the toilet, then less suffering will be inflicted upon the world as well as on you.

You may ask, “Master, then why do You suffer?” It is because you are suffering, and you bring it to me. Otherwise, why would I suffer? For instance, I have a lot of monastic disciples, yet I cannot find anyone when I need them. Usually, when they have nothing to do, they use me as a guinea pig to pass their time. My tent is a good place to clean. My things are good to look at. My place is abundant in blessing power, so they rush over and squeeze in because they have nothing else to do! Even though they are always rushing around, they are still bored, and there happens to be a tent which is suitable for cleaning. They won’t stop even if I tell them to. I don’t want anyone to come and disturb me when I am resting, but someone is still trying to clean my tent. However, when I am really tired and ask someone to clean my tent for me, no one ever comes. It is frustrating. Therefore, I just wash and clean it by myself and there is no more trouble.

At Yang Min Mountain, I cooked my meals, washed my clothes, and cleaned the floor everyday. Oh! I was so happy! (Laughter) Don’t ever think that you will be happy if you have a lot of servants to help you. Oh! Idiot. This is where the frustrations come from. Yes! You may be one with him, but he is not one with you. What can you do? (Laughter)

If everyone could live in an understanding, relaxed and carefree way, then there wouldn’t be any frustrations. You are not free from worldly frustrations after you are enlightened. You get more instead. This is why the police arrest the criminals. The police understand the law very well but the criminals don’t want to understand it. This is truly troublesome. If every robber would understand, there would be no need for the police to arrest them,

and cause a lot of problems. Of course, I am referring to those real criminals, and not those who were wronged. Some criminals are forced into this kind of situation, so their case is different. Not all criminals are bad. Some of them are even more reasonable and cleverer than us. Unfortunately, they have broken the law due to some special circumstances.

If we are attached to certain things, thinking that, “I will do this, I will do that; I want this, I want that; I like this one, I dislike that one; sooner or later, we will have to come back again, reincarnate again, because we have forgotten that all of creation is one. No one can decide this role for themselves, but this is the fact. Everyone just groups together like a performing group in the theater. There is a screenplay, and everyone plays a different role under the supervision of a director. Sometimes, a person is required to play several roles, and then it’s really funny. Acted by the same person, this role would ask that role, “Who are you?” (Laughter) “Why are you behaving like this? Can’t you change a little bit?”

Sometimes we also behave in the same funny way. For example, when we are watching someone act a vicious role and he acts only too well, we will hate him and say, “Oh! Kill him! Beat him! Drag him away and cut off his head” He can’t help it even though we know he is only acting. The director wanted him to act in this way, so he has no choice but to act accordingly. Otherwise the play would be ruined, and other roles could not be properly enacted. We must have an evil person if we are going to have a hero, so that we can compare and appreciate the qualities of the hero. Isn’t that right? How do we know that he is a hero if he didn’t get rid of the villain? If nothing is happening in the world and the hero is sleeping all the time, how do you recognize him? (Laughter) These are all only theatricals - this man is helping that man, that man is helping this man.

I am also playing this role - helping you, shining you up, and making you a hero while I play the bad guy. I will scold you, say bad things to you - while you become brighter and brighter. Everyone knows you as: the most patient, the humblest, very loyal to your Master, passed your tests, being on verge of attaining complete enlightenment very soon. You become even brighter. It's good, because one is able to compare and contrast.

In the same way, if God, or the Almighty Power, or the wisdom, remains dull and quiet and doesn't create anything, there would be no one to realize Hirm. Therefore, Hes creates, which is also a natural response. So there is no need to admire Hirm for Hiers Mercy or universal Love, this is Hiers nature. An apple tree yields apples, while an orange tree yields oranges. This is simply a natural phenomenon which they can't change. So it is the same with the Great Wisdom or God. If Hes wants to rest, Hes would stop and everything would vanish.

Therefore, in chapter one of the Tao Te Ching, it states that, **Any path which can be expressed in words is not the eternal path. Any thing that can be identified is ephemeral.** It continues to say that, **Pre-identification is the origin of the universe. Identification is the mother of all creation.** What is the meaning of "identification"? It means when we begin to identify, begin to think and understand it's the beginning, of our own existence. From that instance, all of creation was born. Therefore, "identification" is the mother of all creation. We were born from that "identification." At the moment we started to identify, we started to exist, the whole world begins to exist for us. Therefore, the world doesn't exist for us when we are sleeping, because we are not aware of its existence. When we die, the world doesn't matter to us anymore. Lao Tzu truly understood it all!

As a rule, inner visions should not be told, however -(Ap-

plause) since we are talking about these things, I wish to remind you again that I have truly experienced that all of creation is one. You are not supposed to have this kind of experience everyday. Sometimes, you are so noisy and annoying that I also forget. However, I have experienced that all of creation is one. I truly know that I am inside the butterfly, inside the mouse, inside the kitten, inside myself, inside you, inside him - I am everything! (Applause) Should anyone tell me, "We are not one," I would not believe it. Experience it yourself, and you will understand. Of course, as long as I am in this world, doing this boring job, I must continue to interact with people. I have understood the Truth, and my possessions I can offer to you. However, I can't give you 'that'! Even though I tell you everyday that "All of creation is one, you and I are the same," you do not believe me. Therefore, I must do some other things to satisfy you. It's not that I want to do it myself, or that I don't understand.

Some of you are teachers, and know a lot of things. Even when you are teaching the children to learn the most elementary things, "A, B, C. How are you?" etc., you must check for their mistakes and correct them! Not that you want to find fault with them intentionally, but that this is your duty as a teacher. You cannot say that you understand everything so you shouldn't mind about the minor mistakes of a child. No! You must correct them immediately for their benefit. You cannot say that whether they pronounce it correctly or not has nothing to do with you. You know how to pronounce accurately and they don't, so they come to learn with you. So you can't help but to tell them. You wouldn't have cared about them if they hadn't been your students.

While we are in this world, we must continue to interact with people. Just bear in mind that all of creation is truly one. If you are not able to believe my words, you need to meditate more, and

pray sincerely. One day, you will have the same experience, and you will have to believe it! At that time, if I tell you that all of creation is not one, you would quarrel with me. You would be very brave then, brave enough to hit me, and say, “You are talking nonsense.” At that moment, I would be most willing to be hit by you because it shows that you are fully enlightened.

However, it is still not the highest level when you understand that all of creation is one. The highest level for us to reach is the point of ‘identification.’ “‘Pre-iden-tification,’ we can do without. Why should we bother to reach it if it is so ignorant?” (Laughter) It is fun enjoying ‘identification’ level, but when we are tired, we like to go back to the place of ‘pre-identification’ for a rest. It is like when we are having a great time with friends. It is fun to play with a lot of people, but when we are exhausted, we like to go home and sleep on our bed alone. We don’t want anyone by our side, nor do we want to feel our own existence. We have a sound and sweet sleep which is very comfortable.

We pursue spiritual practice because we are tired of the world. We don’t want to play anymore because we find it meaningless, and we want to go Home and rest. Only then, can we be considered real practitioners and Truth seekers. Therefore, we must not use any crafty methods to fool people into practicing, and think that we are great. If they feel tired and want to rest, they will naturally come because they want to be connected with the Power source. We cannot help them otherwise.

So it is better to pray to yourself than to others for help. You all have the same life saving Power within you. I just teach you how to use it. I am not saving you at all. Sometimes, we think that it would be great if we could attract a large number of people to come for initiation, like going to a circus. (Laughter) We shouldn’t do this! It is only beneficial if they come out of their own sincerity. They will

crawl asking for it when they are exhausted and can’t take anymore. (Applause) Do you understand that, “It is better to pray to yourself than to others for help?” Truly, you have to pray to yourself!

When you started seeking the Truth, you prayed to yourself, because you possess the wisdom of ‘identification,’ which knows the Truth! When you pray, it means your wisdom understands that, “Oh! I am tired, I don’t want to play anymore.” Your wisdom, your own Self understands, so you are indeed praying to yourself, because I am you! You are praying to yourself when you pray to me. Perhaps you are too exhausted and forgot how to use your wisdom, so I just give you a little guidance and you’ll be on your own again. Your own Self will bless you when you pray and ask. We have our own great wisdom; we have our inner enlightened Master. We are the Mother of all creation! Whom shall you pray to if not to yourself? Master is only a form of illusion. I am the same as you, so I know when you pray! Otherwise, how would I know? How could I know what you are thinking if I am not one with you? How could I know in Formosa when you are praying in America? This proves that we are truly one. (Applause)

The physical proof is so obvious, yet you cannot fully understand. You are still attached to too many things - “How could I be that good? How could I be that Almighty Power? I have no God Nature, I - I am a murderer, a crook! I used to swindle, and I have five or six wives!” It doesn’t matter if you have five or six wives since you are all one! It depends on the situation. Those are things of the past, and now we know it is wrong.

When you were small, you didn’t listen to your mother and urinated and defecated everywhere instead of in the toilet bowl. You might even make a big mess in your bed and smelt it sometimes. (Laughter) That was when you were small. Why should that concern you now? It is good that you are not doing the same now

that you have grown up. You wouldn't do it again even if someone paid you money, so why bother to mention anymore?

You are attached to - "I did this, I did that." In this way, you frustrate yourself, and forget about your own great wisdom, the saving Power. This is the difference.

At the time when you are entirely unaware of the existence of this 'I,' have no more conceptions of, "I did this or that," then you have realized who you are, and all your frustrations and sufferings will no longer exist. You can erase those 'I' impressions by meditating more. Erase and create interference for those past impressions by Sound contemplation. Gradually, we will forget more and more. This is why you may occasionally forget what you have done yesterday. Is that right? (*Audience answers: Yes!*) You tend to forget what you have just said. It's the same thing with me also. I have given so many lectures and there were no scripts. If you ask me what I have said in the lectures, I can't remember a thing. Sometimes, I will laugh when I read the written record of my lectures. I may say, "Well! She speaks so well. Ha! It is really good!" (Applause)

Truly, like when I am monitoring the editing of the videotapes, I am afraid that they might make some mistakes, so I watch them until two or three o'clock in the morning. I cannot relax and go to sleep until I have watched all the tapes. I know that you are waiting - waiting for the news magazine, the videotapes, and the audio tapes. Therefore I must hurry. Occasionally, I also get involved in the story because it is so great! (Laughter) It seems that I am listening to the story or comments of other people, forgetting completely that they are mine.

Therefore, it is really effective, practicing this Quan Yin Method. We forget everything that we should forget, (Laughter and applause) and also forget all the things that we shouldn't. (Laugh-

ter) As a matter of fact, there isn't anything that we shouldn't forget. Everything is an illusion and a dream. I am also a form of illusion, created for you to see, so that you may tune in to the frequency and get the message; that's all. Otherwise, this body is not the Master, and this person is not me! The Master is inside you, inside the so-called 'I.' We are indeed one!

Therefore, all sincere Truth seekers are very precious. You will feel very comfortable by their sides. Since they are already tired of the world, they can understand and devote themselves easily. We must not use any clever tactics plots to grasp them - pretty women tactics, handsome men tactics - never! You are not doing anything good this way, not at all!

Therefore we say, "It is only effective to sincerely pray to the Supreme Master. You must stress the sincerity. Sometimes, they may not realize that they are very sincere, but it will be effective anyway. As a matter of fact, they are truly sincere. Yes! For example, a rich man gave a diamond to a poor man. He didn't realize that this stone was a precious diamond. He just thought that it was a marble that could be used to play games. Therefore, sincerity is not the outer expression, but the inner, although it may be shown on the outside at times.

When you watch someone worshipping a wooden statue, you can see that he is truly sincere. He talks to the statue of the Buddha, and it works! Although he may not know it, he is actually talking to his own inner Self. He just puts his inner Self on the shoulders of the statue and prays, "Nam Mo my own Self Supreme Master." (Laughter) "Nam Mo my own Self Shakyamuni Buddha" - his own. If we are not sincere, it shows that our "own Self" is still not tired of the world; therefore, our own Self wouldn't try to go back to our original place.

This must be the intention of our own Self, and not the

mind. The mind may exclaim a lot of messy things, or say many beautiful words and express statements of seeking the Truth, yet you cannot do anything if your own Self has no such intention. Only the driver is important, not the car. The car may be very good, yet without the driver, it won't move a bit. The car cannot control the driver, and tell him where to drive. Even when the driver is in love with someone, and the car knows about it, still it cannot say, "You must go to see your beloved today." Not if the driver doesn't want to go. Maybe the two of them are having a quarrel. The car is totally helpless. Understand? (Applause)

The Way to Always Be in Nirvana

Spoken by Supreme Master Ching Hai
December 26, 1992 (Videotape #298)
San Di Mun, Ping Tung, Formosa
(Originally in English)

When nothing yet rises, nothing stirs from the consciousness of the Universal Power, and when we stir, then things become created, then it has Vibration and has flashing Lights. So, that's where we come from. We come from Light and Sound, that's when we are created. But beyond that, absolutely nothing.

Therefore when we pray to the Absolute, He doesn't hear. We have to pray through the Light and Sound, through the Master. The Master is in the between state. The Master is also with the Absolute, but the Master has to be in the between state and also under the between state, so that to guide us to the Absolute. (Applause)

In my early days - you know I had other kinds of experiences, so many, and really nothing to say. And now I don't have any experiences. You are the ones who experience me. I become the experiences for everyone. It's not "I." I haven't any more "I" to experience the experience. (*You are the medium.*) Not even medium - nothing anymore. I became ignorant. Maybe that's why they say the sage, the wise, look like the ignorant.

You say I help you in this and that. I know nothing about it. I tell you the truth. Do you understand what I mean?

We are the Absolute. We are the greatest of the universe but because of our attention is attached to one corner or the other of somewhere, so we cannot return to the Source. That's why most people who are too intellectual, too successful in business or in life, or in too high a position in society - very difficult to calm their minds and to go into samadhi. They try very hard maybe, but they only try with the mind. They don't even go beyond the mind yet. They think, "I am sincere," but only the mind is thinking. It's the devil's trick. Understand? (*Audience: Yes*) Yes!

Just like they tell you to kneel in the temple, worship this and that, just to... kind of a cheap substitute for the real Buddha Nature, for the real Almighty Power. And then the mind is satisfied. It thinks, "Oh! I am worshipping the Buddha. I am busy. I am building temples. I am practicing, virtues." All the tricks of Maya, of the mind, make you busy and then satisfy the mind alone. You haven't gone beyond that. Beyond the mind there is not even satisfaction of any kind. You feel nothing. You are absolutely satisfied, that you don't even know there is such thing as satisfaction.

Only when you think or when you compare, you are in the dual world of yes and no, good and bad, then you know you have satisfaction or dissatisfaction. When you are in one with satisfaction, do you know you have satisfaction? No, the eye cannot see itself. The sun cannot know that it's hot or bright. It is the quality of sun. So the quality of Absolute is Absolute. (*Applause*)

Absolute means no comparison. You cannot say the Absolute is good, or the Absolute is supreme even. When you say Absolute it's already relative. It's already comparative. But because in human language we talk nonsense all the time, we always have to blah, blah, blah about everything. We have to compare, we have to

value, we have to identify, we have to give a name to everything. But the Absolute, if it is the true Absolute, you couldn't even speak about it. Don't talk about it. Cannot even think about it. Cannot imagine. There is nothing.

It's my own experience. So, now you know why I am not proud when you say I am a living Buddha (a fully realized being). I couldn't care whether people say I am egotistic, or full of ego when I accept the title of Supreme Master. These are nothing to me. I am above all of this. (*Applause*) These names are only garbage. But because in this world we have nothing better, so we accept it. We accept it or not accept it, it makes no difference at all. The sun could not care whether you blame it or praise it. It is the way it is. It doesn't even feel proud of its own greatness or brilliance. It's just like that. Right? (*Audience: Right.*) So, we praise it or we blame it, it doesn't move one inch. No question. It doesn't shine brighter, or it doesn't shine less. You cannot affect the sun by your praise or blame.

Similarly, you cannot, we cannot judge the Master, or praise the Master. We can only recognize in our own way, in our different level, of understanding, and then slowly we understand the Master and I are one. I and Master are not different. We are in the same source, we're from the same source. We have same treasure. It's just that our ability to use the treasure is different by now. Maybe later we know how to use it better.

Just like a child, he is born in a very rich family. He has same rights and same inheritance like other children. But he is too young now. He doesn't know. The same family, the same rights, the same treasure but the brother knows better - who is grown up - knows better, and knows how to use it better. That's all. Right? (*Audience: Right.*) That's the difference between the two children, nothing else.

So, I know, and you do not know yet. Maybe you know but

you think you don't know. Or maybe you're too humble, to accept your greatness. Never mind. You do whatever you want. You accept it or not accept it, you use it or not use it, you can be proud of the treasure or you don't care about it. This is your right.

Therefore I am never hurried to go around, and preach to people, or try to convert the whole world into this "business," because it's all their right. If they are longing for it, they'll find their way to search it. They'll try all their might to do it. If they feel it's nothing, that is all right. It's their treasure. Understand? (*Audience: Yes.*) Either way is okay.

So, therefore even though sometimes you, some of you, they come talk to me and say, "We are very low, compared to You."

I say, "It's only your feeling." You cheat yourself. But as long as you enjoy your cheating game, I have nothing to say. But if you truly want to know your wisdom, your greatness, then listen inside. Listen to your intuition. Listen to what to do at right moments. And do not be cheated and clouded by your preconceived ideas or by the social customs and judgment. Listen inside. Try to be always inward and know what's going on and know what you should do.

Because many times you know it, but you do it the other way. And then you say, "Oh, I wish I would have done that!" Right? (*Audience: Right.*) That is when you are a little bit out of touch with the reality, with the Truth inside, with silent Voice that tells you what to do.

So the more you're quiet, the more inwards you withdraw, the wiser you become, because you know what to do. And if you don't know it, you're clumsy. You'll still have to do it in the end, but you don't do it successfully. So you have to transmigrate and redo it. That's the difference between understanding yourself or not understanding yourself. That's why we transmigrate. That's why we have to be reborn again and again, because we have not listened

to what we should do, and we have not completed the task that we have come to learn, or have come to do. So, that's where comes the transmigration. And the soul has to transmigrate with it in order to learn.

You understand everything, I guess. Or maybe I understand everything. As I speak to you, I am so clear. Understand? (*Audience: Yes.*) There is absolutely no argument about it.

But it comes spontaneously, because it comes according to your level of understanding. Sometimes I can; I can speak like this to you, and it's very clear. The other times I cannot, because at the moment you cannot accept it. Therefore you block also my flow. Therefore I also don't want to speak to you. Not that at that moment, I cannot speak like that. Just like the children when they grow up, you give them all kinds of jewelry or good food, but when they were young, only milk.

Therefore when you come to the retreat or you come to see me, you are not only sitting, but you have sweets, candies, stories, singing and all kinds of comforts, goodies. So, just like the children when they come to see the mother, both of them love each other, but by the way, they will have good things from mother also. But these are just by the way, whether these things exist or not they both still love each other. That is true. Understand? (*Audience: Yes.*) That's all.

So, whether or not you have experiences, you enjoyed these days; you were in Nirvana and that is the purpose. If you keep this memory with you all the time till the end of your life, then you are always in Nirvana or at least when you die. Our last moment's thought is very important. If all you think about is misery, you will go to hell. (Laughter) If all you think about is Master, happiness and bliss when you are with the Master, you will be in Nirvana in no time. So that's the secret, understand? (*Audience: Yes.*) That's

the benefit of being with the Master, whether inside or outside, together physically or mentally.

So, keep the Master with you all the time, keep the retreat with you all the time, and you will be in no trouble. You'll rise above everything, and then all the problems will look small. You rise above all the trouble, look at them as toys. You'll fly above everything. You'll pass with all flying colors through all the tests of life, because you remember this happiness. It will last very long time, maybe last forever.

Lao Tzu, Chuang Tzu and the Music of Heaven

Spoken by Supreme Master Ching Hai
February 28, 1993 (Videotape #320)
The Sun Yet Sen Memorial Hall, Taipei
(Originally in Chinese)

Everyone has infinite blessings. If you say I have infinite blessings, then you have the same. Because you forget to use it, that's why there is a Master and disciples. Otherwise, we are equal - no difference. That's why we have to meditate and practice. There are many ways to meditate. Why do we recommend the Quan Yin Method? It's because this is the only method, since ancient times, that can take us to the highest level and let us understand our greatest Power. Shakyamuni Buddha once said that you might use other methods just for convenience, meaning that it's temporary, not permanent.

The past few days I have been reading up on the literature of Tao, like Chuang Tzu and Confucius. I used to read them when I was young, but now I feel different. They also mentioned the inner Light and Sound. Last night, I was reading all night. I was afraid that I might have forgotten. I will read some excerpts for you. Do you want to hear them? (Applause)

The Quan Yin Method is not new. There have been Masters, since ancient times all over the world, and people who practice

the Quan Yin Method. Since we are in Chinese country, Formosa, I would like to give you some proof of the Chinese practitioners of old times.

For example, it is written in the book by Chuang Tzu, there was someone by the name of Nie-gei, who asked someone by the name of Pei-yi, "What is Tao?"

Pei-yi said, "If you sit in a truly correct posture and you concentrate your mind on 'one,' meaning, heaven or Tao, then peace from heaven will descend upon you. At that time you must keep your concentration so that you can be one with the Tao, and God will be inside you. You will know that God lives in you and you are inside Tao. It means we have become one with Tao. When you have reached this level, you will be filled with bliss inside - very happy. You will become like a new born calf - very innocent - looking at the surroundings, but no demanding for anything." This teaches us about meditation. We also teach people about meditating like this during initiation.

But reading books cannot give you enlightenment because they don't have the power of lineage. This you all know. A book written about the love of a mother cannot satisfy the yearning of a child for his mother's love because one cannot acquire the mother's love from a book. We need a real mother or a substitute mother to love us, so we can feel that thing which cannot be grasped or written down. Do you understand? (Applause)

Let's continue to talk about Chuang Tzu. Chuang Tzu said, **When one practices very diligently, the Light from God or heaven will appear. If anyone has this Light, when you see this Light, you are seeing your inner Self. Anyone who cultivate inwardly, the Real Nature, will attain the highest Power. When one gets the highest inner Power, the human qualities will leave him and the heavenly quality will descend upon**

him and help him, and replace the human qualities.

I remember Chuang Tzu once described Lao Tzu as a dragon. Didn't He? He said, Lao Tzu just sat there like a corpse without the slightest movement, but we could feel that He was like a dragon; and at the divine and serene level would discharge an enormous Sound like thunder. This Sound seems to be coming from heaven, or emerging deep within the ground, or a combination of both.

Those who practice the Quan Yin Method should know what He was talking about. Right? (*Disciples: Yes.*) It talks about the inner Lights and the heavenly Sounds. Chuang Tzu also talked about the heavenly Music. If we do not practice the Quan Yin Method, it would be difficult to understand what He meant because we don't have the personal experience.

What is the so-called "heavenly Music"? Those who practice the Quan Yin Method do not need to read any books, we can experience the heavenly Music personally and know they really exist and so do the heavenly Lights. Heaven doesn't need us to go up there to see, but we can see it everywhere when we meditate because we are originally one with all creation and one with Tao. If we do not personally hear the inner Sounds and see the inner Lights, we wouldn't know that we are really one with Tao.

In one of the chapters, it said someone asked Tsu-chi, "What is the heavenly Music?"

He replied, "The heavenly Music seems to be produced from ten thousand instruments and comes from ten thousand directions, but without using any material instruments."

When we hear this description, we may be puzzled. How can we make music without using any instrument? If we practice the Quan Yin Method, we wouldn't be puzzled because we hear the heavenly Music all the time and no one is playing any instrument.

There are many other instances where He mentions heavenly Music. You go home and read about them. I mention it just to let you know there are records from the ancient spiritual practitioners.

There is an example about Lie Tzu, who lived about the same time as Chuang Tzu. Maybe he is the Master who reached the same spiritual level as Chuang Tzu. He said, "After I had practiced for nine years, my body and soul became totally free. If I had something to say, I would say it freely without any obstruction. I don't know what is good or what is bad; what is success or what is failure; what is mine or what is his."

What he meant was that he had no differentiation. He had already attained a level of liberation. He also said his inner and outer selves had changed, unlike before. It's strange that his eyes became his ears and they can hear things, can hear sound. His ears seems to become his nose. His ears can smell fragrances. His nose is like his mouth. His faculties have no more differences. He said that his bones and muscles had totally disappeared, meaning he felt his body no longer existed. He also said that he didn't know how he walked, what he was walking on; whether the wind was blowing on him, or he was on the wind.

What kind of state was he in? The Quan Yin practitioners often have such experiences, in which we do not feel our physical existence. As we practice better, we experience it more often. Even if we have not practiced well yet, we can even get it during initiation. Not everyone has this kind of experience. Different people have different awareness, but some will have the same experiences like Lie Tzu has described.

Therefore, if we do not practice or meditate, without personal experience, these books would be foreign to us. Right? These books are in Chinese and we are Chinese, and we have studied

them since we were young, even in college, but we still do not understand their true meaning. Many people misunderstand them. They wonder how come there is inner Music, Light, and the heavenly Music, etc. Maybe they would take it as the outer music, then they might go to listen karaoke, etc. But the outer music does also have its merits. I also like to play piano or harp sometimes. I feel comfortable, too. If I am very tired from work or under too much pressure, I will play piano and feel much better. This, of course, cannot compare with the inner Music, but we don't need to throw away the outside world just because we have our inner heaven. We still live a normal life. Now, do you believe that the Quan Yin Method has been practiced since the old times? Fine, if you still don't believe it, I will read you another one.

A man named Tse-kwei, asked Nu-yu. He said, "You are very old. How come your skin is like that of a child, so pretty? Why is it that so?"

Nu-yu answered, "It's because I have attained Tao."

He is so conceited. Can one who has attained Tao speak in such a manner? (*Audience: No.*) No? What do you say when someone asks you if you have attained Tao? If someone asks you, then you should tell the truth. If no one asks you, then don't say anything. If someone already asked, it will be impolite not to answer. Right? If someone asks you and you say no, you are telling lies. Just give a straight answer as usual. We are not conceited. We just tell the truth, nothing but the truth.

Fine, so Nu-yu said he had attained Tao. It was a simple straight forward answer. Then he continued to explain to Tse-kwei, "There was a man called Pu Liang Yi. He was quite a genius. But because he had not attained Tao, he could not achieve perfection, he still can't be a perfect person. I taught him a method. Because of this method, he could become a perfect person. Three days after

I taught him, he was able to renounce this world. And seven more days later, he could not be disturbed by the outside world. He had transcended all of the outside worries and interference. After nine more days, he could no longer feel his own existence. At that time, he saw a level of sun.” You see, he saw the sun.

Our Quan Yin disciples, do you know the level of the sun? (*Disciples: Yes, we know.*) You know, where? (*Disciples: We see it inside.*) You see it inside! Right! Right! If you see it, then you don’t need to do “Tsan Gung Ahn” (contemplating on Zen questions.)

“After he reached the level of the sun, he continued to practice, and then he reached the level of one with the universe. Then, there was not any differentiation among past, present, and future. Then, he reached a level where there is no birth or death. At that time, he realized that this physical body does not really die, our life doesn’t really vanish. He also realized that one does not really live when one is born. This means that living is not really living and dying is not really dying. At that time, he treated everything in an ordinary way. He accepted anything God has arranged for him naturally. All creation will come to end, thus new ones can be born. This means living in peace amongst chaos. When we can live peacefully in a world of turmoil, we have attained Tao.”

What he meant was that the world was not as chaotic as it seemed and the suffering and destruction in the world are not as real as they might appear to be.

When I make a speech, I don’t normally write down any draft, but last night I couldn’t sleep and I studied some of your books. I was afraid that you Chinese like to read books and would not trust me, a foreigner, speaking. So I had to borrow from some of the ancient Chinese. Now, do you believe there were others who practiced the Quan Yin Method? (*Audience: Yes.*) Good, at least you believe in the merit of practicing and meditation. Your Ch-

uang Tzu and Lao Tzu all practiced this method.

Fine, we haven’t talked about the ancient Zen masters, who also practiced meditation. What is meditation? Yesterday, I seemed to have received some of your vibrations, asking questions, so I wrote down a lot. What do we mean by meditation? It’s not just sitting there. We have to know a method to get hold of our inner wisdom. Generally, we, the ordinary people all know how to meditate. Don’t you feel you have meditated? Right? (*Audience: Yes.*) We meditate everyday! Meditation is not just sitting there, it’s when we concentrate our thoughts on something or on some problems.

That’s why some people do “Tsan Gung Ahn” in order to gather the whole concentration on one point and make use of it. When you meditate - I shouldn’t say meditate, I should say investigate, inquire into, or examine something. When we investigate something we focus our attention on that. When we have problems or difficulties in our daily life, we focus all our attention on those problems to solve them. At that time, we can also call meditation. As we inquire deeply into something, we would suddenly find a solution.

So we continue our quest to solve more problems, one by one. We may spend a lifetime, using different methods to examine many matters. This, we may also call meditation. Each time we only meditate at one spot, one after another. We are not meditating on the main point. If we meditate at the center, we can control many spots. We don’t have to deal with each spot separately.

Most people in the world only meditate or investigate on one thing or one problem at a time. Therefore, their achievement is limited to just one thing or solving one problem. Now, if we focus all our attention on our wisdom center, we can easily get answers to all the questions. Solutions to all problems would come naturally. Before, we would concentrate our attention only on a problem. So

we find a solution only to that problem, and we may not even find any answers because we fix the wrong spot. Like we water a plant, we give water to the roots, thus it can get the water and the tree would grow up. The roots naturally would absorb the water and in turn distribute it to the branches and the leaves. If we give water to the leaves one by one, is it useful? (*Audience: No.*) Fine, fine, fine. Now you understand.

By the same token, why must we meditate and practice? It's because we should start from the roots to solve our problems of the world from ten directions. Our bodies or our lives are like a tree. If we give water to the roots, the entire tree will be healthy. No need to water one leaf and one branch like this, it's a waste of time without getting good results.

Since ancient times, people of this world have been very busy, you all know, working ten to twenty hours a day, sometimes even forgetting meals and sleep. But, our world is just like this. Oh, it's better than before in science and technology, but not so good in some other areas. When one aspect is good, another aspect is bad. When technology advances, yet morality is lacking. Morality's aspect is fine yet it is more backward. This country is good while another country is no good. This country is peaceful while another country is at war.

Our world has not reached the standard we like. Not entirely peaceful. The world is full of unhappy people, and full of stealing, robbing, violence and a lot of unhappy and painful things. This is because most of the people are watering the leaves and not watering the roots. That's why we need to practice.

Inside, each one of us has a center of wisdom. From there we can send out any commands to control the world; to control our lives and to handle the problems around us. If we know where the center is, and concentrate there, we would be able to see through

any place, like looking from a main station. Like the main switch in our house; if we turn it on, the whole house would have electricity. If the main switch is not turned on, but we turn each of the minor switches on, one by one, it is also useful. It is useful because one day that minor switch will break down, then we buy a new one and the switch factory would earn some money. Thus it is useful, otherwise it is not. Similarly there is a "main switch" inside us. If we turn on the "main switch" the other "switches" could be more easily handled.

Someone asked me if we were to meditate like this all day long and did not care about the world, is it all right? (*Audience: No.*) Yes, why not! Yes! Shakyamuni Buddha was just sitting there. Did He do anything? He was supposed to become a king! He put down the whole country, then He went to sit under the Bodhi tree for a long time not caring about anything. This way you said it is not all right? You are libeling Buddha? Ha! Ha! Very courageous! Yes or no? (*Audience: Yes.*) No! (Master and everyone laugh) No. Sitting like He did is not all right. At that time He had not been enlightened, thus He did that. We should not be sitting there all day long. It is better that we practice the middle path, understand? Else if everyone were to put down the whole world, throw away all the jobs and sit under the Bodhi tree, the whole world would be also peaceful, (Laughter) meaning everyone would be dead sooner or later - dying of hunger and there would be no child being born and we would all be finished and it would be peaceful. No one to fight with. It is also fine! But I suggest that this way is not very ideal.

Since our world has already existed, our Earth is so beautiful and wonderful. It takes hundreds of millions of eons to find such a planet which is very prolific with plants. Also the plants are growing and the place is inhabitable for humans. This is the result of a very long process to become such a beautiful planet. Since we

have already been residing here, we should not commit suicide. We can beautify our world. We can work and also we can practice.

Why do we need to practice? It is because if we don't practice, don't find the "main switch," then a lot of problems we will not know how to solve, or solve them without perfection.

Our world is now better than before. It is because there are a lot of practitioners in many eras. If we do not have any real Master in China then we would have a real Master in India, in Germany or in Greece. Then, more or less, the corners of the world would shine through with the Lights of heaven. Thus our world has not plunged into total darkness. But our world has not become entirely ideal either. This is all because not everyone is practicing spirituality. Only some people are practicing, others are not. People who practice can help others a lot. People who do not practice cannot help even themselves! Yet they even disturb others and trouble the world. We know that our world is an illusion, but before we are awakened from the illusion, I think we still need to realize this, else we would be in much pain. It is not someone who compels us to practice or that we practice for someone.

In this world, we all know that there are a lot of talented people. A lot of people specialized in different fields, yet at times they are not successful. Thus we see that sometimes the airplanes would explode or that the trains would break down or that the cars are no good, etc. This is because, no matter how good we are; no matter how intelligent we are or how talented we are, we only use part of our wisdom. If we use it from our "headquarters" and the whole wisdom is ours, then anything we do will be good.

I have this experience myself. I had the so-called intelligence when I was young. Heard from the teacher that I was very intelligent. Every month I took the first or second prize home. If I got the third prize my father would frown because he thought

that I should not be third-prize material. But it was not because of this that everything I did was good. I feel that even though I was so-called intelligent when I was young, I did not do things that well.

After practicing the Quan Yin Method, anything done that was good, was much better, with greater perception and with much more understanding - speedier, very decisive and truly understanding what should be done. Every thing is done very quickly and very clearly. It is also the same with Master's disciples. Whoever practices very well with higher levels, he would do things more suited to my taste and more beneficial to the public. If he does not practice well enough with lower levels and slower rates of vibration, he would often do things with damage. He is very sincere in helping, but would inevitably damage the important matters of the public or would interfere with Master's job.

At times we see someone who sometimes does things well and sometimes badly. It is because perhaps that person did practice for a while in his previous life, or he has not practiced to perfection. Then when he has the wisdom he would do things very well. When he drops to the world, or realms below, he will not do things well. It is because his wisdom is not stable and he has not fully grasped the "main switch" within himself. Or perhaps at times, he by chance touches the "main switch" and turns it on without his knowing. Later on he does not know how to turn it on. Thus sometimes good, sometimes no good.

It's the same with our disciples. I have this experience. If after practicing for a while, he suddenly does some things with great perception and discrimination, then you trust him very much and give him some other jobs, and suddenly he does not do well. It is because he has not enough wisdom. We say his concentration is not stable - sometimes good, sometimes not good. Thus

we, the practitioners, have to continue practicing. When we grasp the whole wisdom, then things we do will often be good - everyday good and all the time good, no problem whatsoever.

But still there will be problems. Will there be any problems with someone who has practiced perfectly well? Yes? You tell me! Yes or no? (*Audience: Yes*) Why yes? Say? (*Someone replies: Influenced by others.*) Right! Thus when Shakyamuni Buddha was alive and going out to preach He was being disturbed and was being assassinated. Jesus Christ was crucified. Also a lot of the real Masters were also harmed because they were disturbed by the world. Practitioners are few and non-practitioners are abundant. Non-practitioners - I did not say that they are no good. No, no. I did not say you are no good. It is just that if we do not practice, we are in more pain, and we do not understand why we are in such pain. Thus if you wish to loosen the painful condition, I suggest that you practice. That is all. If you think you could stand the pain, then no need to practice. The difference is just there.

It is not that after practicing we would feel we are great. It is just because that before we practice, we are in much struggles, in much pain, with many problems and could not find the answers. Thus we are looking for a method to answer these problems. Then we found a method to be able to practice this way and then we feel better and better. Thus we would like to introduce this method to others. We know that surely in this world there are many people who are just like we were before - in pain and struggling. That is all.

But there are people who still do not want to practice. Of course, he feels that life is still quite good and struggling a bit is no problem, and staying a few thousand more years longer in this world is fine, etc. In fact, whether we practice or not, it is still the same that we have Tao and the supreme Force within us.

You said Master's merits are boundless. Your merits are

even more boundless, because inside we have exactly the same treasure. I do not know how I can convince you, but this I know and realize it is so. But we use it in a different way, thus everyone is different. We do not intend to advertise this Quan Yin Method. It is just that our fellow practitioners have obtained incredible benefits and we all think that perhaps other people might also like it. Thus we provide it. Else, in the olden days, if you wanted to obtain this method you had to go through a lot of troubles: climb mountains and cross rivers, and have to work in hard labor for many years with a real Master, and perhaps then he would teach you. Our time is different, so it should not be like that.

Thus I just said that practicing like Shakyamuni Buddha is not okay. It was fine for Him alone. But we are different, we could not follow His way. We could not leave our children and our wives. When He left them, He had the whole country taking care of them. He was the prince! If we leave our families who would take care of them? Thus it is still not okay. We could not follow His example.

We are just like everyone in the world except that our wisdom is not the same. It is better this way. If we practiced very strangely and let people feel that we are quite different, people would be afraid.

At this time who would be able to renounce everything and sit under the Bodhi tree? Also in Formosa, there are very few Bodhi trees. (Laughter) If everyone looks for a Bodhi tree, there would be wars. Fine, then we do not have to sit under the Bodhi tree. We just sit in our house under the roofs - definitely we will be enlightened, our disciples can vouch for that.

Our disciples are mostly lay persons and there are some monks too. But I do not regard the monks as important. A lay person or a monk, to me it is the same. The most important thing is the level inside. It's only important which kinds of levels we have

reached. It is not what you wear on the outside, makes you different from others. Practice depends on merits, diligence and wisdom. It does not depend on the outside.

Since the ancient times, many real Masters have mentioned it already. If you read the Lotus Sutra it mentions the Quan Yin Method. Inside it introduces the Sound of Brahman, the Sound of sea waves, the Sound of extraordinary worlds, the Sound of thunder, Music and other Sounds. Also many kinds of Lights: golden color golden Light, yellow color yellow Light, white color white Light, etc. Have already been introduced? Just now Chuang Tzu also introduced some. The Holy Bible has also mentioned that God's Voice was like the Sound of thunder and like the Sound of sea water, etc. When God appeared, He was huge and bright like fire, etc. Have already been introduced?

Thus the most important point is what I have told you; when we practice this Quan Yin Method we could really obtain benefits. It is not only just the self benefits but also it would help the whole country and would purify our world. There has not been a time when so many people are practicing the Quan Yin Method, like our time now. Thus you can see that our world is getting better and better. Even a lot of the very extreme and very tough ideologies have fallen. We do not have to go to war. Before we were most fearful of these ideologies confronting each other. Those strong countries, with different ideologies, would destroy each other and our world; with their central intelligence agencies pressing a few buttons and our whole world would disappear. We were very fearful, right? A few years ago, we were very fearful. But now we feel safer, right? It looks as if the world is getting closer and closer to the peace line. We need not look very far. (Applause)

Let us look at Formosa. It is very comfortable - much better than when I first came! I have this feeling. Is it not so? (*Audi-*

ence: Yes.) I do not read the newspapers and I do not watch the television, but I have the feeling so. Right? Yes, then it is good. And Mainland China seems to get better and better, right? (*Audience: Yes.*) It is not as good as we would like it to be, but it is very good that it is better than before.

The pace of this world is very slow, thus you sometimes do not have the patience. It is so. It is not because you do not have good temperaments. It is because this world is too troublesome. Whatever we do will always have a lot of setbacks and disagreeable places. And the result is very, very slow. Now it is much faster and yet it is still very slow.

Sometimes we are a very clever boss or a manager, but faced with our subordinates or workers who are not clever enough or uncooperative, we have headaches everyday and yet they say that person is bad tempered. In fact it is not so. Perhaps he is a bit more clever or perhaps he does things more decisively and a bit faster, and yet the people around him all could not match him and could not catch up with him. Thus he feels very much defeated, wasting a lot of his energy and time. The time wasted could have been used in doing some other things. The energy wasted could have been used in helping other places. Thus in this world, carrying on a living truly requires a lot of courage and patience. Thus I also understand your feelings. Except that if you are a boss or in a position which should take some responsibilities in the society then you would meet with a lot of setbacks.

Before there was a female official in Formosa, who came to see me and was there shedding tears. She held quite a high post. No need to mention her name: "Master, why? I do not know what wrongs I have done in my previous life. In this life whatever I do I am always obstructed and disturbed. Doing anything is always very difficult."

I said: "Because it is very difficult, it needs you to do it. If it is very simple then anyone would be able to do it." She probably understood.

Although she had talents and moralities that were trusted by the government and also by the people, she also had a lot of pain and suffering. Things may not be that smooth. Being a high official with a position that looks glamorous is not always what it seems. A lot of suffering goes on behind the scene. We do not understand.

If we are an ordinary person, we do not have that much pressure as long as we can make enough money for ourselves and our families. But there are dangers in this way too. Because we are not under much pressure and under much pain, we are not thinking of practicing and don't want to know better realms - "our world is too peaceful, and our life is too ordinary." We do not think of raising our standards; thus it is dangerous. Some people are very rich, their lives are very smooth and comfortable. They would not think that there are better realms; thus these two styles are not very good.

Even though it looks as if we have a lot of blessed rewards, it is not good enough for us in the eternal time. If we are rich and at the same time can think of practicing, then it is considered that we had a lot of wisdom before. Because if we think of going on a longer trip, money may not be there forever. No matter how comfortable, how rich we are, one day we will have to leave, or one day this property and comfortable life style will leave us. We do not know when such a day will come.

Quan Yin Method or the method of meditation is for understanding what other kinds of incredible forces are within us; what talents we have that we still have not made use of; knowing, within the universe, what level there is that is more beautiful, more comfortable or more eternal; thus we need to practice. Those

who are fond of this world and who think that this world is good enough, will not be interested. But Master has to remind you that this world is not eternal. If there are no wars, no natural disasters, no other pain, no pain of illnesses, we would one day surely die.

Just now, we read that Lie Tzu (ancient Chinese master) talked about the non-life and non-death realm. Then why do we need to practice? He said, "Living is not living, death is not death." Then why should we practice? That was his level, his experience. We have not reached that level. To us living is living and death is death, and we are still suffering. If we practice the Quan Yin Method and liberate ourselves, then to us life and death are different. If we want to live then we live. If we want to die then we die. If we want to stay in any corner of the universe then we will stay there. If we think of not staying there, we will go elsewhere. We are more free.

Even if we stay in this world we are not free enough. If we want to go to the USA or other places, it will not be that easy. Like if I intend to stay in Formosa is also not that easy. I am leaving tomorrow. I hereby thank everyone for having been very good to me these few years. Those who have been good to me, I thank them. To those who have misunderstood me or who have had any bad impressions, I feel sorry for them. Communication in this world is very difficult, that is why.

Every time I leave Formosa I do not know whether I will be coming back. I also do not know when I will be able to talk about these matters of spiritual practice in public. Thus I hereby thank you all. (Applause)

It is not that I intend to stay in Formosa. It is just that it seems that I have an affinity with Formosa. But I like the people of Formosa very much, very, very much! (Applause) Because you have very pure feelings and also you work very hard and very dili-

gently. That is if we increase our inner wisdom a little more, I think we would not be second to anyone, meaning anyone would not be able to beat you, the people of Formosa.

Thus we practice the Quan Yin Method not just for Self liberation. When we are in this world, we can also use this wisdom to help beautify a little of our Earth. If Formosan people practice, ah, it's more remarkable, oh, remarkable. I would like Formosa even more. But then, it is more troublesome - I'll have to come back more often. (Applause)

Forgive Yourself

Spoken by Supreme Master Ching Hai
November 25, 1993 (DVD #396)
Fremont Hindu Temple, CA, USA
(Originally in English)

Thank you that we have the opportunity to see each other and also to have a devotional day to God, in whatever form and name we may call this Supreme Godhead. I have to thank you and all of the people who have made the effort to push me here, because otherwise I wouldn't do anything. So every time I have a chance to give a lecture or to be in a gathering, I will be again thankful and thankful, because then I feel that I am doing something right. If no one demands or requests or pushes me into this kind of work, then I won't do anything. Yes. And I also don't feel anything about it. I mean I don't feel regret or I don't feel remorseful that I don't do the job.

I don't know why such a beautiful job I never desire to do. I don't know why. But every time I do it, I feel it's good. It's good that I should do it, but then I never desire to do it again. Then someone pushes me out to give a lecture, then I am grateful again that I will do it. Do you know what that is? Must be laziness, I think. (Laughter) I really don't understand myself. People just say that, "When you are enlightened; you are Master, you are supposedly to know yourself." But I must confess that I don't know! I don't know. I can just equally be happy stay home and sleep. So I really don't know. But when I am here, I am very happy and grateful that I am

here. When I am in bed and sleeping, I am happy and grateful that I sleep. But I truly am grateful that you have pushed me to come here and you know, I feel just good, very good, that probably I become a little bit useful.

Also a temple is useful, that we can gather together and have a nice devotional day to the Supreme God. Or did you just come for lunch? (Laughter) No? I didn't make a mistake, no? You came for God, right? (*Audience: Yes.*) Okay, good, then you are entitled to lunch later. (Laughter)

Surely if we don't have spiritual food, it doesn't matter what we eat; it will never satisfy us, mentally and physically. Therefore, we keep getting hungrier and hungrier, again and again, and even we eat a lot of nice food and vitamins we still get sick and sometimes distressed and indigestion.

In the Bhagavad Gita, it is mentioned that the food which was prepared for offering to God first and then we eat it, should be very nutritious and full of blessings for us. If, however, we prepare the food just for personal satisfaction then we truly make mistake. And that will give us a lot of dissatisfaction, and sometimes trouble - indigestion and all that. Actually, in the Bhagavad Gita it says stronger than this, very strongly, like: **You eat in sin if you don't offer first to God.** So it's not me who spoke like that; it's Krishna.

Now, everything is the same; it's not only food. All of you know the Bhagavad Gita or not? That is the book of wisdom of ancient India. It is about five thousand years old. It was spoken by the Supreme Master of that time, Krishna, the beloved black beauty. His complexion was dark, like many Indian people, but He was so beautiful and handsome that people called Him "heart-breaker." It's also because He breaks everyone's heart when He leaves. And wherever He goes, people love Him, adore Him and make offerings to Him, just following Him madly.

I hear that He had about sixteen thousand wives. Well, the Indian people, sometimes they exaggerate things, but He must have a lot of followers. It's not really wives, you know, disciples. Probably mostly were women, because probably He was very handsome - I hear! I wasn't there. Maybe I was there but I forgot.

So the Bhagavad Gita is the record of the teachings of the Master, Krishna. You can find much wisdom and guidance in this book. I still look at it from time to time. I still do, because it is very beautiful, concentrated and wise. Sometimes you get solace and calmness by reading that book. If you truly understand and digest it, it is a wonderful masterpiece of wisdom.

Many of the Masters of the past have connection with the Indian law, therefore we could not, not to mention India and the Bhagavad Gita. Even Milarepa, do you know? The great yogi of Tibet. Even that great yogi of Tibet, his possessions consisted of a pot and the Bhagavad Gita.

Now, in that book it is mentioned that not only the food that we should first prepare in the spirit of offering to God before we take it, but also everything else we do in life must be an offering, must be a sacrifice, to the Supreme Spirit. In that case we will never reap any bad or any good results out of that, because bad results or good results bind us to this material world.

Even if sometimes we cannot help ourselves, we lose our temper; we get angry, and we know we shouldn't. And then sometimes we feel very, very sorry for a long time, after our anger has already subsided. But, I tell you, forgive yourself. Forgive yourself anytime. Whatever you do, just make offering to God and let it be - whatever the outcome, because we are not the body anyhow. We are not the action. We are not the doers of anything in this world. Even if we are - suppose we are the doers - we still have to forgive ourselves. Forgive ourselves when we make mistakes or when we

cannot help with our habits, like anger or sometimes greed and sometimes lustful thoughts, because these things also arise from circumstances. It's not truly the Self; it's not truly the soul that desires all these things.

So we always have to try again and again, and forgive ourselves after all - I mean, above all. Because the inside is God, the Supreme Wisdom, we can't scold it; we can't abuse it; we can't be rude to it. So if we are angry with ourselves, we should be angry only with our habits, our accumulated habits. Or we should blame the situation also, not to blame the Supreme Wisdom, the real Self, because the real Self never errs, never make any mistakes.

Suppose we are even the doers and we are in society like this, sometimes we get angry. It's not always our fault. Most of the time it is not. Sometimes everything can make us angry. For example, you work in a company and you work with the wrong person. Whatever you tell him, he just doesn't understand. Or he understands but he does the other way around. He just makes you angrier and angrier. Even you forgive him again and again, he repeatedly does that. A very small thing, even a small thing irritates our minds and makes us feel miserable. So it is good that we know that there is something else above the mind and above the body.

The body is composed of only material substances, like earth, water, iron. Well, our iron inside is much enough to make a few nails. Do you know? And water, earth and maybe fire, the vital fire, so that the body would be warm and all that.

The mind is consisting of what? It's just a collection of all kinds of information - bad and good. It is just like a computer - whatever you program it, and when you push the button, it comes out the same. One of our fellow practitioners, he has an electric organ, and he programs it into different musical rhythms, and he can play it again from the cassette. So the same thing with our brains.

It would be empty; it would be absolutely blank, just like a brand new computer, until we start to record things and information, and sometimes good, sometimes bad. If we happened to record the good information and when we want to make use of it, then the good information comes out. If we happened to record the bad information, then of course the bad information comes out.

So now, to meditate, to pray to God or to study the holy Scriptures is just a way to reprogram our thinking, our way of life. Because we reprogram it in a good way, the result that comes out is always good, or at least not as bad as before, or at least not all bad. Even though we can't help to record some more bad information daily, the number will be less than before. It's because we keep recording good things, like we meditate; we meditate on God name, we meditate on God Power and we get the God Power coming through us, filling us with joy, virtues and goodness. Then even the bad information comes in, it has no room, and also maybe minimized. And because of the goodness and the powerful energy from God, through meditation each day, we will be able to dilute or maybe digest completely any information that is harmful to our minds and our souls. That's why we cannot not to meditate! We cannot not to study the holy Scriptures.

Many people don't like to study holy Scriptures. Why? Because they don't understand. So I hear that many of the holy men from churches, or from temples, they complain that the young people or the people of today do not like to study Scriptures; do not like to study holy books. It is because most of the holy Scriptures are too profound, too sophisticated, too deep, sometimes too difficult for the modern man, for the layman to understand.

But we have one solution. First, we have to open the understanding power, then we can understand the Bible or the Scriptures. Anything you get into your hands, any book, you will be able to understand. I also could not understand much of what is said in

the Bible or in the Bhagavad Gita or in the Buddhist Scriptures or in the Lao Tzu books and all that - Confucius and Lao Tzu books I read. I understood somehow but not as profound, not as deep, as I do now. After our power of understanding is open, the wisdom is made to be useful again, then we can understand many things. So if we do not understand the Scriptures, and the best thing is first to get enlightenment. Enlighten means you open the power of understanding, and then the heavenly Light, Godly Light, will shed all understanding upon any object that we wish to study.

So that's why even now in college, people teach the students many kinds of meditation, at least to calm their turbulent minds. And if they have a better meditation, the good kind of meditation, which can even open the seat, the door of wisdom, the power of understanding, then so much better for them. Therefore many of the students who study in college but at the same time meditate, they find it easier to master any subject that they want to study. And they are always very good at school. This is a fact that everyone knows by now.

Why is there reincarnation? It is because we do not know the real Self and we chase after the container of the Self. Therefore we chase after one to another. For example, the water in the sea is all one. If we happened to put it in a cup, or we put a cup into the sea like this and then we seal it, then the water in the cup is separated from the ocean. But as soon as the cup is broken, it becomes one with the ocean again. And if the water inside the cup is attached to the container and then after it's broken, it goes to seek another cup, then it will forever be separated with the ocean.

Similarly, our real Self is not contained in this body, never! It's because it's all-pervading, and this is just one of the stations, one of the things, that contain a little bit of ourselves. Therefore, when we break this limitation, we will be one with the whole. We don't

have to break the body to go out; there is a way to go out. For example, we don't need to break the cup to free the water in the cup; we can just, you know, where it is leaking or there is a hole somewhere; and so even the cup is still there and the water is still inside, but at the same time the water is in and out all the time and connected with the whole ocean.

Similarly, our cup here, the body, has a hole, and it is blocked. It's made blocked so as to keep the soul, the water of life inside, but we can open it. Similarly some of the cups are all made like this (Master picks up a cup) but there is a hole at the bottom and then they use a plastic cover to cover it. Or sometimes medicine bottles also. We just take a little cap, plastic cap or something, and then we can connect with the contents inside. So there is a place where we can be connected with the whole universe while still keeping this instrument, the body. That is the third eye center, the seat of wisdom, the seat of the soul. If it is opened, by any means at all, by our own perseverance, power of desire for liberation or through a Master, then we will be connected right away with the whole universe, with the Most High, which is all over the place.

The power of the Most High is not only contained in this body but it's in the air right now. It's everywhere. It's in every blade of grass and the leaves of the trees, in all creation. It is easier to open it if we have an experienced guide who has already been connected with the whole universal Power. Then he is very powerful because he doesn't use individual power anymore. He uses the whole universal Power, because he is already connected. Just like the water in the cup, even though it's still in the cup but it's always connected with the ocean water through the hole; and there is always fresh water coming in and out, even though it is still contained in the cup. Therefore a Master, or an enlightened person, is like that. The initiated person is the one who has this connection, has the "button

open,” and the Master is the one who realizes the universal Power.

Even though we all have it, the Master is the one who realizes it. It's just like if two persons have the same amount of money inherited from the father, but the one who knows it, who knows where it is, can use it. The other one, even though he has it but he puts it somewhere or he never knows where it is, can he use it? He cannot! Similarly, we are all the same, but if we know where to use our universal Power, then we will become masters of ourselves, masters of our destinies, and we can lead many others to become masters of their own destinies as well. Otherwise, even though we are equally great, we don't know our greatness and that's a waste of time. Therefore, we have to come back again, again and again in search for this treasure, until we find it, then our journey ends. Very simple!

We are here to search for this forgotten treasure and we never give up until we find it. That's why our lives are never satisfactory because we always know there is something else, something greater than what we have right now. We always somehow know that we are not this container, the flesh, because after we so-called die, the body is still there but we cannot move; we cannot do anything; we cannot love any person; we cannot open our mouths; we cannot do anything at all! That means we are not the body. Something in the body is there to make the body move and work while we are living. Something in the body left when we die, so we cannot move any of our bodily instruments. So somehow we know; very deep in our hearts we know. Well, I know! I don't know if you know. Do you know? You must know.

That's why sometimes when you have time, when you are in trouble especially, you sit down and you don't want to be with anyone; just want to be alone. Then you think, and then you feel better and better, because you thought there is something there,

something that sometimes comforts us in silence. I used to be like that before I knew the Quan Yin Method. I used to pray a lot. I prayed to Buddha and I prayed to Jesus. I was afraid that one of Them could not hear, so I prayed to anyone I knew. Sometimes I prayed to Krishna - the Hindu God.

There is no Hindu God; there is only God, actually. Just sometimes God assumes an Indian form or a Chinese form, so we call this Hindu God or Chinese God - actually there is no such thing.

So sometimes when I was in deep sorrow, before I knew the Quan Yin Method, I prayed very deeply, just to be alone; not to pray very loud, but to truly lament inside. Then I felt like something lifted me up, and I felt so soothed and so smooth, and I felt that there was nothing to worry about. That is the time when we realize that something is greater than life; something is always there to listen to us.

Most people pray, and they say they don't have any response. It's because they don't pray deeply enough. That is why we have more response when we are in deep sorrow because we are truly sincere at that time. We pierce through all the layers of pretense, of hypocrisy and we pierce through our false self and we get in touch, somehow, even briefly, with the true Self. That is when we get the response. But I suggest that we don't have to wait until we are in deep sorrow to do this. That would be too traumatic. We have a better way to do it. We practice it even when we are not in sorrow; that would be better. We practice before we die; that would be better. So when we die, it is just like walking from one room to the next. No problem! And we can walk out forever. We can break the whole cup and be united with the whole ocean, or we can keep it; we can seek another cup in order to satisfy someone else's longing or to help someone else.

It's like the Master, sometimes the Master reincarnates again and again, into different bodies, in order to help humankind. Some Masters just like to enjoy heaven, enjoy Nirvana and never want to go back again. Some Masters never, never ever incarnated on this Earth, with no intention to do so. Some Masters incarnate again and again in order to help the children who are suffering, who have the great treasure but don't know how to use it; therefore, being very poor, poor and miserable.

In India people appreciate the Masters very much. They worship the Master even more than God because of this reason. They say, "Oh, if both the Master and God appear right now, I would only worship the Master. I don't care about God." It's just a kind of adoration and gratefulness to the Master. Actually, they worship the Master because of God; they worship God because of the Master. Without the Master, they don't know that true God exists or not. Yes. Without God Power, the Master is also nothing.

So we all come from God, whether Masters or not Masters. The Master is the one who knows God, and the "non-Master" is the one who doesn't know God yet, but they still have God; they are still from the same.

I told you about the story of the cup, the ocean water in the cup. So at the time of initiation, you know already, the "button" is pushed open so that we can get in touch, somewhat, to God, at least for some moments. Then we continue to do that everyday, until we completely realize that we are one with God; there is no separation.

There are many things that the initiated persons understand and know, but it's difficult to put them into words. Me also. If no one demands anything from me, I would not even think of God. Do you know what I mean? Hes is just kind of always standing around or Hes is just inside me. So I don't even think of Hirm. I don't talk about Hirm. I don't miss Hirm. I don't seek Hirm anymore. Just for other people's sake I talk about God, I talk about

these things. Sometimes it's difficult for me to talk about God. Maybe that's the reason why I don't desire to go for lectures or anything like that, because I am just satisfied wherever I am and whatever I do.

The initiated people are mostly like that. Many of them have this satisfaction right away at the time of initiation and continue forever. Some of them have to wait sometime to realize that they have found the treasure. Why is it so? Some people's "curtains" are thicker than the others, because we are obstructed by intellectual understanding and by much of the knowledge that we have accumulated during our lifetime, and we are proud of it and cling to that. That's why we have forgotten that we are greater than this knowledge, greater than the Ph.D. certificate, greater than the name that we are proud to have, like Doctor so-and-so, or such and such position. We are greater than this, greater than any king on this Earth.

Sometimes we don't even realize that we have this ego and that we are trapped into this ego - the Maya net. We don't even realize it until we practice more and more. And the more we practice, the more we realize that we are obstructed by our own habits, by our own collections of garbage, of a lot of nonsense thinking.

Similarly, everyday we are busy with our daily work and we busy with our worldly knowledge and we think we know that much, this much, and then we forgot that we are the greatest ones. We know more than that. We know above all these things, including these things. Now, the greatest Power, the greatest wisdom, is so big like that, for example; so great, so pervasive, and then we use that great wisdom just to understand a little bit of the worldly knowledge, for example, the medical knowledge or the lawyer knowledge or anything, and then we cling to that. The whole wisdom we use just to pay attention to this corner of the knowledge.

Therefore we forget the whole. Do you understand what I mean? That's it. And we thought that we are very great already, we are this doctor and that Ph.D. I don't mean to talk about you. I said "we" meaning including myself. Sorry!

So now we think we know that much. We are beautiful. We have this and this certificate, and that. In fact, we've lost the whole 99.9999 percent of our great wisdom just to pay for that much worldly knowledge. In the end we have nothing because this is ephemeral; this knowledge will change. We know many medical definitions or many medicines have been proved outdated and then replaced by another. Or scientific facts have always been changed, removed and replaced by another idea, and then it would be replaced again and again, as humankind progresses into a higher consciousness.

Therefore, it doesn't matter how much knowledge we gain from this world or from the brain power of research; we will never have the whole thing, just one little point in the universe. Just like the water in the cup is proud that he is so big and he doesn't know that he is the whole ocean. When he is connected with the whole ocean, he becomes the ocean. I guess you understand what I say.

Question and Answer Session after the Lecture

Q: Master, why Krishnamurti said, "Gurus and religion are crutches." So he refused to be the crutch for his students.

M: Why didn't you ask him? I am not responsible for anyone else's teachings. Everyone has his own independent thinking and philosophy, provided he keeps it for himself.

Probably what he meant is that if you are too attached to religious dogma or to any teacher at all, then you will be handi-

capped. In that sense he is correct. The teacher or the Master is not the one on which you lean, but from which you gain experience and wisdom and then you walk yourself. Most of the time if a teacher is worth his salt he should teach the student this way.

But never mind! Even then, if a student of any Master should feel that he is not yet able to develop himself, then he can pray to the Master, in the initial stage of his spiritual practice. Later when he grows up, he just automatically drops the Master.

It's just like a person; not everyone can walk straight. I need an umbrella to walk; my legs are weak sometimes. But when my legs are okay, I don't need it. Someone, sometimes they are naturally born handicapped or accidentally handicapped, and then they need the crutches. It's okay with him. Can you just kick him out, and say, "You don't need the crutches. It will make you dependent!" Understand? (*Reply: Yes.*)

So we cannot just say like this - black and white - to say that the Master, the Guru or the religion is no good absolutely for people. It's good to someone. If you don't need it, it's fine. If you need it, stay a while until you don't.

So I don't preach anything extreme. In my opinion, religions are also very good for many people. At least they learn the virtuous way of life. They fear God; they fear the law of cause and retribution, and many people become good. I tell you the truth. But, as long as we know that this is not the ultimate. For example, the Master, in the physical body is not the ultimate. The ultimate is inside the Master, and inside you! Through the Master you will find the ultimate. That's fine! If you have not found it yet, you can rely on the Master, to help and carry you for a while, and then you can walk. It's fine. But there is no such thing as extreme as to throw everything altogether. Is it not so? (Applause)

Q: Master, how long have human beings been on this Earth?

M: Wow! I have to count with my fingers. (Laughter) Do you know how long? What for do we know how long? It's enough to work everyday! It's been a long, long, long time. Some have reincarnated. Some have been liberated. Some come back again and again. So if you want to count this, it's difficult. You can say, eons has past.

Q: Does one have to give up all other teachings, Gurus, etc, when initiated by Master Ching Hai? If one doesn't become initiated, can one still pray to Master Ching Hai and receive Her blessing?

M: You don't have to give up your teachings and your teacher; I told you already; nor religion, you don't have to give up religion neither. For example, I am initiated; I still talk about Bhagavad Gita. I still talk about the Bible, the Buddhism and all the things, all the Masters, even past Masters. So I didn't give up anything! I just enriched myself with more wisdom, more knowledge from different Masters, past, present and maybe future.

The future Masters, you can meet in the higher sphere because they have not yet descended on Earth, but while in meditation, you can see the future Masters as well and learn from them. So you lose nothing; you only gain.

If you are not initiated and you pray to the so-called Master Ching Hai, I don't know if She helps you or not? You have to ask Her at that time. Maybe She does; maybe She doesn't. It depends on how sincere you are and your karma.

Q: Master, when I meditate, I cannot keep my mind concentrated at here. It runs all over the place and it talks about all kinds of different subjects. How do I concentrate and meditate better?

M: Is that the initiated or not? (*MC: Are you an initiate?*) Be-

cause I would answer differently. Who asked that question? (*Someone answers: Yes.*) That's why we have to go to group meditation. Because the concentrated power will help us, and we have to take time. Some people can concentrate right away; some people take a longer time. I have mentioned previously in the lecture. Also forgive yourself. The situation in this world is not conducive to our tranquil meditation and calm thinking, but try again and again. In this world, we have an advantage, that because this world is so difficult for us to practice, God's blessing is with us many folds. So we walk one step and the Master Power will walk a hundred steps to help us.

If we are in heaven and practice, it's not that lucrative. Therefore, in heaven, if you want to practice, it takes a longer time. For example, here we practice one day, it is equal to one hundred days in heaven. That's why many devas, heavenly beings, they like to be incarnated into human bodies, in order to practice faster. It's because here we have all kinds of "rubbing" forces, like karma and situations and disasters and wars and suffering and happiness, all these mixing. It's a kind of a high degree fire to forge us. These fires will forge us into a strong, useful tool for ourselves and for the world.

While we are practicing here, we have also the opportunity to help our fellow beings and, therefore, we gain more merit as well. For example, you meditate alone at your home, so you have only one personal merit. But, if you, through your effort or through your eloquence, you offer your place, for example, for a hundred persons to meditate, then you have a hundred more merits to add up to your personal merit. So you have a hundred times more quicker. Or you get another hundred persons to come in to get initiation, these merits are also yours. Because after all, we are one; the more we connect with more people, the more we expand

and the greater we become, in terms of merit. Mathematically wise speaking, it is like that.

So it is better than in heaven. In heaven everyone is having a good time and so they take it easy. They don't have the motivation behind them to push them to concentrate. That is why I say when you are in deep sorrow or when you are despair, you pray better, and sometimes you meditate even better. At that time you remember the Master more; you say, "Oh, Master, please, please, please..." (Laughter) And then you get better experiences that day - bigger Light, stronger Sound or feel more elated, more near to God. So it is good to practice in this world even though it is difficult.

I am happy that many of our fellow initiates practice very diligently. Some come to the Center just to look around but later - well, they don't look around that long because everyone closes their eyes. So they feel embarrassed after sometime and they also close their eyes, and then they see something inside, instead of looking at pretty girls outside. So there is a very good advantage of having a temple or having a Center, where people come together and do the same thing - concentrate and one-pointedness thinking of God. That helps very much.

So you take your time. You can look around for a while, and then when you are fed up with it, you close your eyes and meditate with all the people. The mind is always having trouble to be controlled; that's why we have to practice everyday. Otherwise, I would tell you, "Get initiation and you are the Buddha. No more work!" Right? It is because our habit is long term. It has been many thousands of years of time, maybe more! So to take one lifetime to clear all these is hard work, but it's worth it. Or you want to stay here a thousand more years to continue to do that? Well, it's fun!

So that is why I tell you to have to meditate longer times, two and half hours or three hours, because the first twenty minutes

is struggling. Just go on, go on with it and after about twenty minutes, it begins to settle down. After half an hour, you begin to enjoy; and forty minutes, you are gone. (Laughter)

Q: For what purpose has humankind been created in this life form? Is there any human-like life on another planet in the universe?

M: Yes. There are human lives in other universes, in other planets. And for what purpose? I don't know. That you have to ask the Creator when you go up there. I never ask Hirm why, because I don't ask many questions. I am kind of a quiet person.

Q: How do we know to liberate ourselves from suffering, painful emotions, at the right time when we want so bad to let go of the lives, the circumstances around us? But it's so hard to see through because of the people we are attached to, and know that there is more to life itself than just ourselves and love of someone else we couldn't let go.

M: I told you, just forgive yourself and try again. Sometimes in some circumstances we are able to control ourselves, but with some great effort, and some other times we don't want to control ourselves or we can't control ourselves. In either way you just do what is good for you at that moment. Don't worry much about the emotion. It is only the waves on the surface of the ocean. It is not the ocean's fault. It is the wind. It is the rotation of the Earth that makes the waves. So the ocean cannot blame itself all the time, and say that he makes waves, he makes troubles for the boats and he makes trouble for the people, etc. He cannot help himself. The ocean cannot help herself or himself. Is it him ocean or she ocean? (MC: *Whatever You want to call it.*) We never know. Well, let's make it a she because I am Ching Hai. "Ching Hai" means pure ocean.

Actually in India they name it Vishudananda. I think I have to change my name into Indian name now to attract more Americans. The other day one of the American disciples said to me, "Oh, all the Americans like Indian teachers only, so that's why You don't attract so many of them. You attract only the Au Lacesse people and the Asian."

I said, "Okay! Why don't I change my name?"

He said, "Do You have an Indian name, by the way?"

I said, "Yes, I do - Vishudananda." (Master and everyone laugh)

That's the translation of my name. Anything "Ananda," "Da, Da, Da," will do. (Laughter) Sounds very much Indian. (Applause) Now you may call me, Ananda, Vishudananda. It sounds very Indian, right?

Q: How do we attain inner peace or happiness in everyday life?

M: Slowly. After initiation, the more wisdom, the more this peace and grace from God we receive, the more peaceful our lives will be, but only if you don't become a Master. I can't promise you a peaceful life if you want to be a Master. But if you are a disciple, everything perfect. (Applause)

Q: Dear Master, I always make the same mistakes that I don't want to make. I feel there are two of me inside, one good and one bad. How can I stop this?

M: Well, maybe that's the balance proportion in your life that you need to learn. Actually we can't be too good all the time. You will break! You see the man in the circus, when he walks the rope, he has to walk this side, that side. One time he dips on this side, the other time he is siding to this side. Otherwise, if he walks just like

this, he will fall down. This life has two sides anyhow: one is positive, and the other is negative; one is happiness, and the other one is misery. Sometimes we can't help ourselves to dip from one side to another. It's okay! Forgive yourself. Try if you can; if not, forgive yourself.

Do other things in contradiction to that, to counter attack this habit if you think it's bad. For example, if you are normally very stingy - don't want to give to people - now force yourself to give. Every time you want to take, you give instead! So next time you dare not want to take any more, because every time you want to take, you lose the business! (Laughter)

For example, if you want to take one dollar, then force yourself to give two dollars. So next time you dare not to want any more! Or if you normally like to look at other women besides your wife, so every time you want to do like that, just go home and look at your wife. So next time you are fed up, and you don't want any more. Maybe you try it. (Applause)

Q: Some religions are saying the end of the world is coming. What is the true meaning of this saying?

M: No religion ever says that!

Q: Only the Christian religion, right?

M: What? Christian religion says so?

Q: I mean, the Bible.

M: The Bible doesn't say that we end at 2000. The Bible just has some revelations about some kind of destruction of the world, but that is one man's experience only. And we, some of the people, sometimes have this kind of experience. When you enter into some kind of destructive past, when you have seen it before in your previous life, and now you saw it and you thought it would be this time for this Earth. It is not true. Maybe you see the end of the oth-

er galaxy, the other planet, and you mistaken that for this world. Or sometimes you see it in the past, mistaken for the present time. Sometimes you see it in the very, very, very remote future and you miscalculate the time; you think that it is now. That is why many prophecies never come true.

Just recently someone in Keeth has predicted the end of the world and she shifted three or four times. Supposedly it should be on Friday, then Friday was holiday, so it became Sunday, then on Sunday it never came. (Applause)

But never mind, the end of the world comes when we die anyhow, so make preparations for that day. Be prepared so that when we leave this world, we go with God, instead of going with the angel of death. That would be the end of our world.

Q: What is the relationship between compassion and mindfulness?

M: Mindfulness means you concentrate well. Compassion means you love other people. Compassion - you have mercy, you love other beings, love animals, love people. You don't want to harm them. You want to help them when they're in need. That is compassion. Mindfulness is the concentration degree you get when you meditate.

Q: Earlier You said that if, when, you open your mind to the universe, then you can gain the wisdom, knowledge and will be able to understand any book. My question to You is: what if you were born with not so bright a mind? How could you be able to learn the knowledge from the universe once you open your mind?" Learning new knowledge would take time and hard work. For me, in the past I had tried to learn to become a professional person. I failed because I am dumb. Can You show me the way?

M: Not being able to learn in school doesn't mean you are dumb. Maybe you lack courage, maybe you lack good teachers, good friends or good circumstances, or maybe you lack patience. Some people learn quicker; some people learn it a little bit slower, but that doesn't mean you are dumb; doesn't mean you are stupid. Not to know your own great wisdom is the true stupidity. (Applause)

So I invite you to come for the initiation and get to know your greatness, then you will understand many things. It is because everything I say is just a big mouth, talk too much. Anything without experience is just advertising. It doesn't matter how much I tell you the orange juice in my cup is very good and is very nutritious and good for you, and a lot of vitamin C, and you drink it, it quenches your thirst. But if you don't ever come and drink it, it doesn't matter how much I say, it is all big mouth. It's nonsense! Talk too much. So the best thing is just to drink it. Get enlightenment! (Applause)

Q: I feel lost. I have searched and searched but have not found Home; that is what I am supposed to be and what I am supposed to do. How does one find Home here on Earth?

M: Get enlightenment. Home is very near. It is next to you. It is nearer than your skin. But if you don't have the Light, you can't see it. You can't see things in the dark; it doesn't matter how near. You might have a feeling about what it is, but you don't see it - have to have the Light. The Light of God will shine on everything you want to search for, including Home. But this is all abstract speaking, really you have to have experience, and that comes only with diligent practice after initiation. You know how to practice and you do it and then you realize day by day.

Q: Why is it that after so many years of religious teachings and past Masters that the world has not gotten better but much

worse?

M: It is because the past Masters cannot teach you. You have to look for a present Master, who can answer your questions, help you when you are in doubt and take you by the hand back to the Kingdom of God. We need a person to person contact, not the past lives. Just like it doesn't matter how great the beauties of the past; you cannot marry her! She cannot produce any children for you; cannot produce the loving feeling that you have with a living wife.

Q: I was taught in my fundamental Christian church that we were to pray only to God, not to Jesus, not to virgin Mary, not to the angels, not to anyone or anything but only to God, the Father of Jesus, the Creator of the universe. Why then are people praying to You as a Master, or to any Master?

M: I don't know. That's their problem. Just like before, someone asked me if he doesn't want to get initiation, that means he doesn't want to get direct contact with God, can he pray to Master Ching Hai? What can I do about that? Well, if she prays, she gets the response, so she continues to pray. But I always advise that you go for initiation, and get contact directly with God and pray directly to God. That's the best way. But if someone doesn't want to choose that way and wants to choose the second way, easier way - no vegan, no two and half hours meditation, no rules, nothing, just wants the benefits - then she will pray to whoever gives her something. And it happened that probably she prayed to Jesus or Buddha and didn't get any help, so she prayed to Ching Hai. When she gets help, she keeps praying again. People are like that; they like profit. (Applause)

You know, the truth is that any living Master will respond to our prayers. But then when that Master passes away, people continue to pray because they learned that from their parents, from

their ancestors. They continue to pray and they forget the difference between a living Master and the past Masters. So they continue to pray to the past Masters and sometimes they blame, that they don't help them.

But, actually, when you pray to any Master that means you pray to God anyhow. Because the Master is connected with God, you just pray to God. What is there inside except God? You think you pray to Ching Hai? Who is Ching Hai? When you think of Her, who is She? What is that? Only God resides in Her body; nothing else there! So you pray to Her and She is connected with God, then it's the God that you pray to. (Applause)

MC: He would like to know if it is so wrong that he separates his parents for a good cause, because one of his parents does not allow the other one to practice meditation. And he would like to know if his action is related to karma? And if he practices this meditation, will that correct the wrong action of separating them?

M: Never mind, you should let time take its course. And whatever concerns your parents, you don't worry. You don't worry because the time will come when things will change. If you try to force the issue before time is right, you incur some trouble and sometimes you incur, of course, the karma.

Q: Master said that water in the cup is the same with water in the ocean, but because of our egos, it separates water of the cup from the ocean. Is it right that meditation means making a hole at bottom of the cup to have the water merge with the ocean?

M: Initiation means that. Yes! Opens the connected hole and so the water can come in and out all the time. So the water in the cup is the water in the ocean, and the water in the ocean is the water in the cup. Everyday when you meditate, it's just like water flow-

ing in and out all the time, making it fresh so that the water in the cup does not become rotten.

Q: How should one meditate?

M: You meditate the way you want. If you don't know, you come for initiation and we help you. Actually you should not ask me any questions at all! Because it doesn't matter how many answers you have, what's the use? The best way is that we get enlightenment and know all the answers, or we get to the state where we don't care for any answers at all. And then we set ourselves free, forever, from any inquisitiveness, from every desire to know things. That is the time when we know everything. Whatever we need to know we will know right away, and whatever we don't need to know we still know it, but inside, we don't use it.

Q: My husband has a terrible skin disease - for eight years already. I love him very much and I have tried many ways, doctors, medicines, religion, meditation and hope to cure his disease. Now every time I look at him, my tears fall. And even worse, I began to dream about other men when I am so sad. Am I bad and disloyal? How can I cure my mind and my sadness?

M: No! You are not bad. Just the situation is bad. Now, everyone when we have sickness, we should try to first accept it; secondly, try to find a way to cure it. There must be some way to cure things. Above all, we have to pray to the Supreme Power to help us. We pray, but pray deeply. Sometimes the diseases are caused by past karma, past reactions, past retribution, that we have done something wrong or harmed someone else's appearance, therefore now we have to reap this result. But after sometimes, if the karma wears off, then it begins to get better.

There are many ways to cure skin diseases. I have seen

many people with a lot of very bad looking skin, but they still have a cure for it. So maybe you didn't search enough. You have to ask for many more ways to do it, or tell your husband to pray himself, or meditate.

I cannot guarantee you that initiation will cure your disease, or your husband's disease, because I don't want to attract people to come to our group just because of the physical condition. That is not enough to liberate you, because we are still clinging to the material instead of wanting God, the giver of all things. Once we truly want God, He will give. If we only want things, you know what I mean, sometimes He gives, sometimes He doesn't. That's the trouble.

In India there was a story about a king who liked to give all his things to his subjects. So he arrayed all his treasure around and told everyone to come and take whatever they like. And people took diamonds, took gold or took treasures, took antique cups and all that, and then everyone was happy and went home. One girl only, she didn't want anything. She just walked straight up to the king and she said, "Are you also a gift? (Laughter) I only want this gift." So, of course, the king was very surprised and happy that someone wanted him for his sake, not the things that he gave. Of course, the king married her and then everything belonged to her. No? (Laughter) Yes. (Applause)

The story is like that. Do you know the story? And there is another story to prove it.

There is a story about Shiva. Do you know Shiva? The god Shiva, is he here, by the way? (Master turns and looks at the altar behind Her.) Yeah, that's it, with a half moon and the trident. Shiva was one of the past Masters. He was supposed to be the god of destruction. He destroyed negativity, actually, not people. Some people misunderstand, so they worry that he'd destroy them so they

always keep black-mailing him with all kinds of fruit and cakes. (Laughter) In the past he meditated very deeply in the Himalayas. He never woke up from the meditation, never ever. Nothing stirred him. This is a legend from India. I don't know if it is true. I just tell you the Power of God.

He meditated all the time in the Himalayas, deep in the meditation, never stirred. But some of the gods in heaven were afraid that he didn't have a wife, so he would not pass down, other generations, the holy seed or something like that, the sacred blood-line. So they worried very much, because he was so holy and they wanted to have another generation of this kind. So they sent out a beautiful, beautiful fairy. Her name was Parvati. She was very beautiful and her figure was enough to make all the men fall down. But she couldn't stir him. She tried all her best, dancing around him or making all kinds of things, but he never stirred out of meditation.

Finally she was fed up, so she went to the other side of the mountain, a little bit longer away, selected a mountain range and she sat there and meditated. She said, "Now, all this is nonsense! I will meditate on God and get liberation and eternal bliss. That's better than chasing a man who is like a stone, and has no feelings, nothing! (Laughter) And me, so beautiful like this and he never stirs!"

She was fed up, angry and frustrated, so she went to the other mountain, Mountain Kailash, which is the most famous and holy mountain according to Indian belief. It is very high and it has also a very beautiful lake in the vicinity, called Mansarouar. So she stayed there and meditated, and after sometime she attained the blissful state.

So Shiva, suddenly, during his deep meditation, he felt something stirring him. There was some very strong, powerful feminine energy. It was kind of disturbing him. Not disturb - also disturb but made him feel good and still excited somehow. So he

opened his third eye, had a look and said, "Wow! There's a beauty over there." So that was how the romance started. You know the rest.

So that's the power of meditation, the Power of God. It even makes the gods stir. Do you know what I mean? It made the most ascetic yogi excited. Well, if you want to get a husband, it maybe a good advice. (Laughter) Actually, when you don't want it, you get it.

Parvati was trying her best to charm him but she did not succeed because she tried with the ego, with the limited power of possessiveness and mundane thinking. But when she became holy, her attraction became different. Why? Because his vibration was very holy, his standard was very high. If she used her mundane vibration and energy to attract him, how could he come down? You have to be at least equal in order to attract the opponent.

Actually it's like that. Many people have no attraction before, then suddenly after initiation and meditating for some time, they begin to attract people, not necessarily physically, just attract them. They just love them and they just want to be near them. It is because of your vibration, your Loving God energy. You cannot conceal it. It just radiates out and then attracts people like magnets, because the souls in themselves are also God-like. So they just feel attracted to you, the same that people are attracted to the Masters, but that is by no means a crutch. It is just a Self attracted to a higher Self. So after sometime they just realize that both of them are one. Therefore, who is there to get the crutch? Who is there to rely on whom?

So actually that is also the answer to that question about Master and religion are crutch. It depends. Okay? So, have lunch! (Applause)

Coloring Our Lives

Spoken by Supreme Master Ching Hai
September 29, 1994 (Videotape #446)
Singapore
(Originally in English)

I read in the newspapers today that life a hundred years ago was very terrible for people. They didn't have it so clean like today. And they didn't have it so convenient like this, really! At that time, I think the cars were drawn by horses. Sometimes in the winter, it was very cold and they kept the horses next to their houses, or in the buildings. All the smell, they had to share together. Because of the factory smoke and environmental contamination, the people's health was a little bit endangered. That's why in the old times, people died younger than now, because the environment was so filthy and contaminated by all kinds of hazardous substances from the factories and the chemical waste from all these big companies.

Actually only one hundred years, and we, humanity, have made a big step of progress in all kinds of aspects. But they said even before we had cars, they had a lot of road accidents, more road accidents than we have now with cars. I could hardly believe it. But it could be true, because they said sometimes the horses, they broke loose and then they killed thousands. And sometimes they just ran around on the road and kicked people also. Today we have car accidents also, but even at that time, they did have road accidents with horses. That is one of the main reasons.

But even then nowadays still many sicknesses kill people, kill about eighteen million a year - different diseases. Because some of us also do not take precautions to guard our precious bodies which have been given by God to do some mission on Earth, for some purpose, also to realize our Almighty Power. Some things like we smoke too much, we drink too much, we eat too much flesh and invite all these bacteria from the flesh into our systems, etc. All these killing factors make our lives miserable - a miserable time.

Actually we could live a better life if we organized more, if we appreciated our bodies more. If we ate just nutritious food for our bodies, and not ate because of the taste, and ate just a reasonable amount, then of course, our health would not be so much endangered. You see, most of the vegan people, they become healthier. Is that not so? (*Audience: Yes.*) Many of you became healthier after taking initiation and switching onto a vegan diet. Is that not so? (*Audience: Yes.*) Actually, the hospitals are full of meat-eating people. (Laughter)

No problem, we can see the proof there. Not because the vegan diet is healthy in itself only, but because the vibration is very harmonious to our bodies. Whereby the vibrations of the animals are not that harmonious, not so peaceful.

Actually, it is very easy, not difficult to live a simple and healthy life. There is no need so much for medicines, no need so much injections. Many of us harm ourselves because we bring poisonous substances into our bodies. Otherwise, if we know how to live a simple, nutritious, healthy life, we really don't need doctors so much. And the doctors can have more holidays and both of us stay healthy.

You see, I work hard, I am very small, and I don't really take so much nutrition or I don't have time to consider so much. But still being a vegan saves me a lot of sickness, saves a lot of money for the doctors. Otherwise, if I have to keep going to the doctor

all the time, it would be troublesome. I go to the doctor sometimes, but minor things. Compared to you, I go very little. Compared to the people outside, for my size. (Laughter) You have to consider my size also. Yes, I am blessed by God and Buddha to do my job.

And sometimes, if I don't do my job, I also will get sick, because the energy is built up inside and not let out. Therefore, you don't worry about hard work. You should work and spend your energy, because in our bodies, there are about seven chakras which can draw in the energy from the universe. They are just like a battery, automatically charged by universal Power. That's why we can run our "machines" all the time. And when we meditate, this Power is even in more abundant. So the more we give, the more it comes in. It will never stop. So we don't worry. Don't worry about karma and helping people, or taking karma and all that. If people need help, you help.

It's only when we try to interfere with the people's mind, like trying to control them, or trying to tell them to do what we want them to do for a selfish purpose, then we create karma. Otherwise, if we love people and we want to help them in their time of need, even if we truly get karma from them, it doesn't matter. It doesn't matter at all, because we should sacrifice for each other. We should live with each other in love and don't mind the karma.

Just like today, occasionally you have a buffet like this, it's also very good. You can eat different foods, and you see how tasty it is, and maybe you try to ask them how to cook it. Or you buy some books, cookbooks: Indian cookbook, Chinese cookbook, vegan, and then you can cook tasty dishes for your family, keep them healthy, and also introduce them to a vegan diet.

Most of the people like to eat vegan. It's just that they cannot find tasty food, and then they cannot eat it. They cannot survive if every day they eat salad and soya sauce. (Laughter) So if some-

times our family members don't want to eat vegan food, we have to check-up whether our cooking talent is up-to-date. If something is wrong with our cooking technique, we can improve it by asking a neighbor, learning from the big restaurant, or learning from the people giving courses, dish courses. It's very easy.

Always try to live your life with the most fulfilling program. Never idle your lifetime. Just do everything you want. Try to learn new things. Be outgoing. Be sociable. Be friendly, be loving to all the people and learn everything from each other. There is no need to sit there and feel miserable about your life, about your misfortune. There is no such misfortune in this life. We always must keep positive energy because even if you think positive, even just thinking positive, if you can see your body, you will see each positive thinking will change the pattern of your aura, change your outlook, and change your energy inside. It becomes more overflowing and healthy. But if you think negative, just think anything negative or bad or miserable, and then your pattern changes immediately. Any psychic person can see this.

That's why some people can read your mind because when you come in, they can see your aura. They can see the pattern change in your energy counterpart of your body. Energy counterpart is the shape of energy which looks like the shape of your real organ. For example, your heart is like this. Suppose someone took your heart away, and that heart place is empty. But still it has the shape of your heart in it - something there. That is the energy counterpart of the heart. Sometimes this energy counterpart has problems, not the real heart; and so they have to fix it. So you are the best doctor for yourself if you think positive.

Live a healthy life, and simply. Simple living and high thinking. Always think positive. Even just thinking, changes your pattern of living, changes your day, and changes your fortune. So

always try to keep being positive. Then a lot of accidents, a lot of illness can be avoided.

It's very difficult if you are a kind of doctor or nurse, or sometimes social worker to be positive all the time, because people will come to you with their sicknesses, their problems, their very low thinking and depressive energy. But for ordinary people, you can always keep up your positive energy. Always think that God is around you, Masters from the ten directions are always protecting you. Because it is true. It is true.

We are not left alone in this world to do all things ourselves. We are always protected by angels, everyone of us, and always guarded by Master's spirit, even though we don't see them. Even if you don't believe in angels and spirits, you must believe there is a God who exists. Otherwise, we wouldn't exist. We cannot run away from this God. So don't worry. Every problem will solve itself in time. Even if it doesn't, we live in this world for only a very short span, we can bear it. Okay? Because we have real hope in heaven which we'll go back to later. Each one of us will go back again sooner or later, when we leave this world. This is not really a real problem.

Most of the problems are our own making, because we think negative, we act negative, and we let the negative influence from people affect us. Sometimes if you go to see the doctor, they will tell you that some of the diseases are self-made. Not because you want the disease only, but you are run down in resistance. For example, like allergies. Sometimes you never get them. But only when you're run down, you are depressed, you are overworked, you are exhausted, then the allergies will come. You eat the same food every day, have no allergies. But one day, you have them. It's because at that time, probably your resistance is very low. Your defense system broke down temporarily or something like that.

Whereas if you think positively, the disease also will go quickly. Because sometimes the defense system is so run down already, it's like broken down, it's very difficult to fix it. At that time, then it's too bad. Either we live or we die.

So try to take care of your system and don't let it break down. Try to take care of your system by acting positive, thinking positive, talking positive. That is very simple. Even just thinking positively is already a tremendous help to you. Some people think, if you think and you don't do it, then it's all right. But it's really not all right. When you think of killing someone, you actually also do it.

In India, there was a king who tried it. One day he came out and approached a man on the street. And he was thinking that he was going to kill that man. He was thinking only that. Then he asked that man to come up and to tell the king what he felt at that moment about the king. And he told him that he could speak honestly, because it was only an experiment. Also he should not be afraid that the king would kill him if he told his honest feelings. So the king encouraged the man to think, to tell him what he thought of the king when he first saw the king. Because at that time, the king was thinking he wanted to kill the man, the man said, "I just want to strangle you." Yes, exactly the same moment that the king wanted to kill him, the man also felt he wanted to come and strangle the king. Probably self-defense system.

Because the soul is omnipresent, the soul is part of God, it has the omnipresent quality. Therefore, if we think about someone, they know it; we talk about someone, they know it, whether they are present or not. That's why we should not talk bad about people behind their backs; we should not run down people behind their backs; we should not do anything bad behind someone's back; because they will know. Normally people say God knows, but that

person will also know, even though you don't tell him. That's why many crimes, sometimes, they do them in the dark; but they will surface sooner or later. It's because of the omnipresent quality of the soul. Even if that person doesn't know, many invisible beings will know. The ghosts will know and sometimes the ghosts will tell.

Sometimes you read in the newspaper or see on the TV that ghosts manifested themselves occasionally and made trouble. It is because they have seen something, they know something that we don't know, we don't see. If they don't have the body, they have more intelligence, more freedom. When we have the body, we have also an advantage, that the body protects us from many of the negative effects and a lot of negative knowing. If we don't have this body, then we will know too much, know too much through the brain, like we will know who is going to kill us; that person thinks very bad about us and that person is going to do something bad. We will know too much all day long and then our mind will be bombarded with all kinds of negative seeing, feelings and knowing of the world. Even though our soul knows, but if our brain doesn't know, then we don't suffer so much. Therefore, we have this body to protect us from this negative atmosphere of the world. But nevertheless when we have this body, we also have the disadvantage of not knowing many things that the angels know and the other people who don't have the body know. So we have good and bad.

But nevertheless, we can have both. We can make use of this physical body to shield ourselves from the negative influence. But we can also learn to leave it when we want to, through the process, the technique of meditation. We can go out of this physical "prison" and then learn something of the paranature qualities; like we go to heaven, go to different dimensions to learn a higher wisdom. And then when we come back, we can make use of that to serve ourselves, our families, our nation and our world. So the

people who don't have the body have less advantages than us. But only if we can make use of this life, make use of both the physical dimension and the "beyond-physical" dimension, then we have both advantages.

We are above the angels and better than all those disembodied spirits. We have more advantages. So try to take care of your life. Make use of your physical greatness. Even though the body is a very troublesome instrument, it is also excellent. Excellent. Actually when you practice very hard, sometimes you don't feel the body. Is that not so? You have this experience? Yeah, you feel very light, right? Yes. Like you are driving but it's not you who's driving, someone else. No effort. That's how we achieve the effortlessness in the physical dimension. Then we can do many things in a lighter way, and we don't feel so exhausted any more. The more we meditate, the better we feel, and the faster we work, and no problem.

And you must also try to pass on the news to our fellow beings to rescue them from their misery. Try to comfort them and bring them the good news that they could be lighter, greater, happier in their lives if they practice the age-old wisdom, getting in contact with the Kingdom of God within themselves, with the Buddha Nature within themselves. Then they won't feel so miserable and worn-out, or blocked and lonely in this world. That's the only cure for humanity. Otherwise, everyone will tell you that the end of the world is coming. (Laughter) But so what? Even if the end of the world comes, we have security. We already know where we are going so then we don't fear. We will have many other worlds to live on.

It looks like so many disasters are coming to the world. But I don't feel like the world is going to end so quickly. Maybe it will end in some parts, maybe have a great destruction for different people. But the virtuous people, the blameless persons will be

preserved for the next generation. And with the help of the positive energy from you during your meditation, during the group gatherings, during your silent prayer time, our world is preserved to a greater degree than we might have hoped for. And that's why I hope that you'll spread more good news to people. Adding more water into the pool so that many people can swim in it.

Even if you have to sacrifice a little bit of personal taste or maybe your vegetarian wife cooks so lousy, but try to swallow it, (Laughter) for the sake of humanity. But the wife should improve the cooking, or maybe the husband. Why not? Why should the wife always be the one who cooks? You don't know men have more cooking talent than women? (Laughter) (*Audience: Yes.*) Yes, only they don't try. (Applause) I have eaten food from many men. They cooked very, very well. And you know all the biggest chefs in the biggest hotels are men, hah? Right? (*Audience: Yes.*) Very rarely we hear of a big woman chef.

So maybe men should have a try. Surprise your wife, and don't complain to me that, "My wife won't cook for me, so I cannot meditate." (Laughter) It's nonsense. There is nothing we should say we cannot do. Is that not so? If it's a big thing, maybe you have an excuse. But cooking, washing, you try, you learn and have fun with it.

And we should make use of every minute of our lives to live a fulfilling, positive, happy and learning life. There is nothing boring about this life, really. Nothing is boring. You try to look for books. There are many books you can read. Read anything that you like as long as it doesn't damage your spirit, doesn't pull you out of the righteous path, doesn't make you stray away from the righteous life, doesn't make you become evil. Then every book you can read. Newspapers, everything can give you information. You select what you read, of course. You can read anything to enhance your

worldly knowledge. And then meditate to deepen your knowledge in heaven, so you have both knowledge in the world and knowledge in heaven. How can you get bored?

I sometimes don't have even enough time. Of course, I am busy doing spiritual work. But then I am also busy doing some charitable work. And then for that I am very busy. But still I have to make time. I read books and things like that. How can you get bored? There are so many things in this world you can amuse yourself with, I mean, intellectually.

Also you can do sports if you need. Go swimming, or learn something. Make your life happy, healthy and very useful. There is no need to sit there and say, "My life is boring, my life is miserable." This is nonsense. You do it to yourself. Is that right? (*Audience: Yes.*)

Before I came here, I was reading, and I struggled for every minute. (Laughter) I kept reading and looking at the watch, because I wanted to read until the last minute before I came here. Of course, my duty I have to do. I have to fulfill my duty as a teacher, as a good friend. But I also make my life not miserable, by not only working. I also go swimming sometimes, if I have time. It doesn't take half an hour. Instead of sitting there idling and thinking something negative, you go swimming. Also good for your work, for example; or go walking, or take the children go out and play. Teach them to swim or teach them something that you like. Share with them your life and teach them to be intelligent.

The children - you should not leave them to play with children. Children should learn with adults. That's how they grow up. And actually we should not have too many children if we cannot individually take care of them. You should devote your life to children, one child at a time. You should always be there for them and with them. Then they will grow up very quickly, become very intel-

ligent, and become very useful persons in the society. Then they will save you a lot of headaches. They will be very good, very brave. So, of course, it's very tiring to play with children, but you will learn to play with them. And they will learn from you. You learn patience and love from them - unconditional love. And then they will learn from your wisdom, your intelligence, your way of life.

So make yourself a shining example by learning yourself. Read books, learn new hobbies, be healthy, sportive; live a simple life, be truthful, be virtuous. Then the children cannot help but grow up the same way as you are.

So there are a lot of things to do in this world, really. Also hobby-wise. Don't come to me and tell me that you are bored, you are miserable. I don't accept this. You know I don't accept it. You should not be irritable. You should not be miserable. You should not be bored. There is no such thing in the practitioners' dictionary. Because you should be more intelligent, have more energy, and then you have more ideas. You should even be more active and more energetic. Is that not so? You don't feel better afterwards? (*Audience: Yes.*)

So if any person comes to you and tells that they are miserable, you know they don't meditate either, for sure. And you can tell them, "Go and sit more and then you will feel better." Meditate more and then outwardly we can be more sociable. Learn from each and everyone.

Sometimes the questions you ask in your mind are answered by the neighbor or by the one who sits next to you. You have to feel. Sometimes you ask a question, and if you are not sure the Master has answered for you inside, you have to look for sometimes the answer outside. Sometimes suddenly you feel the person next door wants to talk to you. If it is so clear, then it is an indication that you should listen. And that is the answer for you. And some-

times you suddenly borrow a book, and then the answer is there. Or sometimes you listen to the tape, and then it just comes out that sentence for you. If you can't be so intuitively clear about what the Master answers you inside, you try to look for answers outside. But it's all right if you make mistakes. It's okay. Don't do them again next time. Don't worry. All right?

So I hope you enjoy the food. And then try to remember the taste also, and go home and cook the same for the husband or wife, and children. In that way they won't complain that the vegan diet is so difficult. If everyone eats the food like today, they would never complain. Is that not so? (*Audience: Yes.*)

I told you already the time when I was still married to the German doctor, all my neighbors came to eat vegetarian food. One day, my ex-husband felt sorry for the neighbors, that I was always cooking vegetarian. So that day, he bought some cold fish, already cooked, ready-made. He also bought some cold meat or something like that; and he put a lot there, a lot on one side. And I as usual cooked vegetarian food for both of us, the German doctor and myself. But all the people came to the vegetarian side to eat. So all of us were hungry because I didn't cook enough. I only cooked for two.

I believed that the German doctor was right, (Laughter) and so I thought all the neighbors would come and eat all the food that he bought. So I only cooked a little bit for two. But everyone came to eat vegetarian food because it was so tasty. And they are engineers, lawyers, doctors, because we had similar neighbors. We lived in a very posh area, where only these kinds of rich people, so-called rich people live. They are not kind of average citizens; they are a little bit higher class. So, even they said to me, "Wow, if vegetarian food is so good like this, we'd eat everyday." That's why they didn't want meat.

I said, "Why don't you go and eat the fish and meat over

there? The doctor bought it for you."

They said, "No, we don't come for meat and fish. We have them everyday. We want your vegetarian food."

So from then on, I cooked only vegetarian food whenever I invited the neighbors. And when they invited me, they also cooked vegetarian food. So because we ate vegetarian food, all the neighbors became vegetarian. At least partially. And when I went to my in-laws, they also cooked vegetarian food for me, and gave me opportunities to try different dishes. They also thought they were very delicious.

So one person makes a lot of difference. If you truly believe in your goodness, in what you are doing, you will influence other people. But if you don't believe, they will influence you. They'll try to make a strong person out of your personality. Whatever you believe is good, stick to it and don't let other people make you waver, because the good example in this world is rare.

So make yourself a good example. Try your best in everything so that people will know that because you practice, you become better. Then you really are being useful, being useful for society. That's how you prove. That's how you help other people. That's how we rescue the world from the great destruction that may be coming.

For what I see, I don't need to be a prophet. I don't need to cast prophecies. I don't need to be a clairvoyant to see the future. None of us have to be. We can see that our world can encounter great destruction because of a lot of self-destructive drugs and weapons; the way we live our lives, and the way we infect each other. It could be the end of the world. There is no doubt about it. Or we can see our neighbor, how we affect their life, how one person who has AIDS can affect hundreds of thousands of people just by contact or by careless actions somewhere.

Just like in France, some doctor just gave a patient an infected blood transfusion. And hundreds of people caught this disease, innocently by doing nothing. Even though they were all careful, they didn't go anywhere, and they didn't do any bad things themselves, they just caught the disease. This is not fair. So in that case it is terrible. And then those hundred people might spread out to a hundred more. And then hundreds become thousands, thousands become millions. Every year, millions of people die of all kinds of nonsense. So we don't need to ask the prophet whether the world will end. If we continue the life-style that most people live today, we might have to believe that the world will end.

So it's our duty to rescue people if we love this planet, if we think it's a beautiful place, which it is. Takes billions, trillions of years to make one until it is beautiful like today, so beautiful like this. So we have to also make a contribution. If we can, we fix it. Of course, after all we've tried our best and still the end of the world comes, then let it be. But if we can fix it, we do it. All right?

So spread the good news and let the people go back to the natural way of life, the righteous way of life; that is, being vegan, being virtuous, keeping the precepts, and living a simple life and positive thinking. Then our world will be no problem, and we will probably live a few more thousand years in a better condition.

There are two choices now: one is total destruction, another is go ahead with progress in all ways of life, including spiritual. And the future is in our hands, really. There are no aliens who can do anything about it. There is no God who punishes us. There is no Buddha who blesses us. It's only ourselves. We have to make a choice, because that's how we grow - by making good choices.

Actually, in the future, if we get over this year 2000 apocalypse crisis, we will be able to develop further in the future. And I can probably imagine that the people in the future, after year 2000,

won't have to work so hard. We will have a different system, a wiser system, and people will probably work for hobby only. And we probably won't need money. Everyone will produce what we have and then we share with each other. Will be better. But that is what I imagine. I hope it will come true. I think it might.

At the moment, we work a lot for nothing. We work a lot, we earn little, and waste a lot of our time which we could use for more intelligent practices. Because actually if a man has more time, he can contribute more also. In his relaxed time, he can produce, he can learn, he can train himself in another way of work, and he can use his intelligence for his hobby developing. And sometimes people put more energy into their hobby and then it produces better results.

I think everyone should work only half a day. That should be enough. And the other half day should be used for hobbies - whatever they like to develop or their own inventions, their own research. Hobbies don't always mean useless speaking or football, or anything like that. Anything done voluntarily under their own will and intelligence is called a hobby. But a hobby can be very productive and helpful to society.

Maybe in the future, we can go to that.

A King with a Lot of Desire

Spoken by Supreme Master Ching Hai
July 11, 1995 (Videotape #488)
Hsihu Center, Formosa
(Originally in English)

This story is called, “A King with a Lot of Desire, Lust.” A very, very, very, long time ago, there was a king who ruled a very great kingdom, and for a very, very, very long time, in India. During that time, he was always victorious. He never lost anything. He always won. So he became very, very, very greedy and very arrogant, because everything he did brought victory to him.

This King was a kind of practitioner. He had magical power. There were many kings in the old times that were called “Golden Wheel Saint Kings” or something like that, because they had a kind of golden carriage which could carry them anywhere they wanted. Perhaps it was a UFO.

When you read many stories from India, like Rama, it seems like in the old times people got in touch with the UFOs, extra-terrestrial people, that flew with a chariot in the sky. So what else then? They didn’t have any airplanes at that time, did they? I don’t think so. Or perhaps they did. And besides, with all these magical powers it must have been the extra-terrestrial people that they had encountered - you know, Rama, his wife and company.

And of course he had so many beautiful and precious things in his life. The first one was a very beautiful, strong magical horse which could carry him one thousand miles an hour. It must

have been an airplane. What kind of horse would that have been? But it was a red one. Then he had a beautiful white like snow elephant. He had a precious stone that in the evening emitted beautiful light like the moon light. They didn't have electricity, they didn't need to. He had a "car," like a golden carriage. This one could fly him up into the sky. What could that have been? Airplane or UFO? Do we have a car that can go a thousand miles an hour? Oh, a day, a day, a thousand miles a day. That must have been the car. He had a car and an airplane.

And also he had a queen who was very, very beautiful, as well as very, very faithful. So what else could he want? He had a very good prime minister to help him, and a very, very powerful army general. So, he had everything. No wonder he was always victorious. Besides, he had thousands of princes - big, tall, strong, intelligent, educated, courageous, all like grand kings.

All these things actually should have made him very, very happy and satisfied. But he was not. Everyday he felt empty, felt like he was missing something.

One day, he was fed up. He felt that he didn't have enough money, with all that, so he sat there and meditated on money. As he meditated on money, and he recited the mantra for money, he said: "Dollars, dollars, dollars... Americans dollars, French dollars, Italian dollars, not Taiwan NT., (Laughter) German Deutschmarks," etc. He recited all these mantras. And then all the money came down, all the Deutschmarks, all the American dollars, French francs, and all that; you know all the best - oh, yen, Japanese yen. Instead of "Zen, Zen," he said, "Yen, yen." (Master and everyone laugh)

Anyway, his meditation was powerful. He was very, very concentrated, very sincere, and very devoted to money. The God of money was very moved, and rained down the money for him. Then

he saw that the whole palace, outside, all over the tree tops, and everywhere was money. Even next to the toilet, there was money too. He looked and then he told people to pick it up and count it for him. He said, "Not enough."

He meditated again. Now he wanted something else, so he recited a different mantra. I can teach you right now. (Laughter) "Gold, gold, gold, gold, silver, silver, gold, gold, silver..." (Laughter) And then again, as he was absolutely a hundred percent devoted, the God of gold and silver was very moved, and rained down all the gold and silver as he desired. This time the gold and silver covered all of Miaoli and the surrounding area. All he had to do was tell his people to go out and pick it up and bring it to the store room.

He was satisfied for a while. Maybe a few days, a few months. Actually in the old times people lived a very long, long life. Perhaps that's why he was bored. So make sure you don't live too long.

So, many, many years had passed now since the incident of silver and gold. The king happened to be bored again, dissatisfied with life. So, he looked to the south and he saw that it was a very prosperous country, and very big and beautiful. So he said, "Ah... I wish I also could rule over that southern kingdom, then I would be happy and satisfied." Suddenly, as he wished like that, his chariot flew up into the sky and brought him to the southern kingdom. He won immediately, because when everyone saw him come with such a beautiful golden and bright chariot from the sky, they all knelt down on the ground and said, "Hallo." They surrendered to him, no problem. They treated him very, very well; very, very respectfully, and did everything he wanted.

He stayed there for a thousand more years. And then he was bored, so he went up to the high tower and looked again. Perhaps he looked to the north, and he saw that the north was a very

nice kingdom - very prosperous, and had very good-looking people. "Now I want that kingdom! Then I will be happy and satisfied." As soon as he had spoken, because he had the power of, perhaps magic, so whatever he wished came true. Perhaps he had merit for a long time and had not spent it.

So he wished and the chariot flew him up into the sky and delivered him to the north. As soon as he came, all the people in the northern kingdom also knelt on the streets and gave him incense, flowers, fruit, cakes, candies, mineral water, beer and everything; and offered the kingdom to him - surrendered, so no problem. He had not wasted one drop of blood, and he obtained the kingdom. I think that the people who are fighting right now should come and learn his strategy of how to invade another nation without spending any blood or human lives.

So now, he was very happy, satisfied for another thousand years. It did not take much for him to be satisfied!!!

Ah, so, one thousand years passed now, and the dissatisfied king looked over, perhaps to the east. He used his binoculars, perhaps. And then he looked over there and said, "Oh, oh, how come there's a kingdom there I did not know about? And it's very beautiful, very prosperous - a lot of durian fruit. I can smell it from there to here." (Master and everyone laugh)

So he said, "I have to have that kingdom. I have to rule over that kingdom also, so that I will be satisfied." Said and done, he won without bloodshed or without any resistance. Perhaps because God had favored him. Perhaps because he had acquired a great deal of merit in the last life. Perhaps because those people in the north, the south, and the east were very peaceful, loving people. Whoever ruled the kingdom, it didn't matter. They didn't want bloodshed. They just surrendered. Perhaps it's the best way. I don't know. Perhaps it is the best way in every situation, because one cannot fight

without resistance. Perhaps, we shouldn't fight at all anywhere.

Truly if we understand the Kingdom of God is within us, and if we have already tasted the nectar of this Kingdom of God, then probably we do not want to resist anything. If we can live here longer to serve God and fellow beings, let it be so. If we have to go because our time has come, or because someone else wants to terminate our life, let it be, because we have other kingdoms to continue to live in. Perhaps, therefore, surrendering to God's will is the best. Sooner or later, each one of us must leave this world anyhow. So why complicate things?

I see resistance in different countries. Sometimes it just makes more and more and more bloodshed without having any concrete and finished result. Just costs a lot of lives, time, building construction power, and financial benefit - costs a lot from the people. Besides, as you have seen, every system will collapse itself. Like the communists in Eastern Europe. They collapsed by themselves. Nothing lasts forever if it doesn't suit the plan of God.

So, I don't know whether all this physical resistance is truly good or not. I still think, I dare not say too much. People will think I'm a pessimist and passive, and things like that. But I think everything will take care of itself. Sometimes, in the course of life, you have experienced that yourselves. Sometimes you try to demand this and that, and you end up the same; sometimes worse than before.

So now, another thousand years came. Ah, he was happy. He swallowed up one nation and was very happy. One more thousand years, and he was fed up again, was bored. So he went up to the top of the mountain, used his binoculars, or whatever, telescope, and then he looked over to the west. Now he said, "America." Perhaps, before Columbus discovered it, he had seen it. He said, "That land is very big and beautiful - California beach." Oh, no, no,

“Miami beach, California earthquake.” Oh no. (Laughter) “Good weather. West Virginia, snow. Oh, we have everything. I must have that land.” So said, wished, and accomplished as usual, as many times before. A thousand years more, and he was bored, unhappy.

I told you, he should have come to Supreme Master Ching Hai, and She would have told him nothing in this world would satisfy him! (Master and everyone laugh) You see the problem with having no Master? If you don’t have a living teacher, it’s very difficult. Every Guru will tell you that. He didn’t have a Master like Supreme Master Ching Hai who would have taught him the ephemeral nature of human life.

Doesn’t matter how many thousand years you live, still one day you must end, and there’s nothing here you can take with you. And nothing physical will ever, ever satisfy you forever, every day of your life. Satisfaction comes only from inside. If you seek anything else except satisfaction from inside, you will always end up frustrated and miserable. Every time you try, every time like you knock the wall, you have to return and reshape your actions again. Even love, children, husband, wife, anything that you think that will bring you the most beautiful feelings of human life, still it never lasts. Today it is good. Tomorrow it brings you heartache, problems, consequences, and all kinds of sorrow and worries.

It takes a lot of effort to keep someone you love. And it takes a lot of effort to keep someone who loves you. Any little so-called wrong or insensitive move may break the relationship immediately, and sometimes it’s irreparable. So every effort we spend in this world to repair our friendships, to build up the kingdom on Earth, everything always brings us trouble, even though we are successful in the end, or sometimes in between. Still it takes us all the energy, time, youth, and attention in order to keep that alive. It doesn’t matter what kind of relationship, or what kind of

treasure that it is. You have experienced that? If you have not, you may try. Go and fall in love somewhere and then tell me what happens.

All right, so let’s go back to India, to our greedy king. All right, so now he was bored after running around the world. The king was bored after four thousand years of invading the four corners of the Earth. Now, he was bored to death because he had nothing to play with anymore. All the things, all the countries that he had conquered, he knew by name. All the games in the country, all the beautiful women, he had seen, everything he knew. Now, he was bored with the Earth - nothing to do. One day he sat there. He couldn’t meditate on money either because he was fed up. He had enough. He couldn’t meditate on anything else because everything in the world belonged to him. So he sat there. Instead of going to the Himalayas to find Supreme Master Ching Hai, he just thought of God and meditated on God.

Ah, haaah, hah, finally, my God. Can you believe that? He actually did meditate on God, finally. Then, he was thinking: “Oh, I wish I could see God. How I long to see God. If I could just see God, it would be good, beautiful. Oh, God! How can I see God?” (Laughter) As he wished, his dream came true. God, moved by his sincere desire, perhaps materialistic desire, invited him to the Kingdom. Perhaps, the god of the Astral world, Vishnu god or Shiva god, we don’t know what kind of god that was.

Well, by the way he was thinking, perhaps he ended up in the Astral kingdom, because he was so materialistic. Not that he wanted to see God for reverence or longing in his heart, but he wanted to see God because he desired to see the Kingdom of God. He wanted to see whether the Kingdom of God had any differences from his kingdom, and anything else he could learn, he could look at, he could play with, etc. It was just pure materialistic curiosity.

God was very generous and loving. Anyone who meditated on him attained his attention. So, that was God. He was compassionate, loving, even though he was only an Astral god. An Astral god is also the representative of the highest God. He has some qualities of the Almighty.

Now, very lovingly, cautiously, hospitably, he invited the king to come to the Kingdom of God. Then his UFO, airplane, or whatever, chariot, took him into the sky and up to the Kingdom of God, to the throne of the deity. Then, the God, whatever kingdom that may have been, Astral, intellectual, or akashic Buddhi god, I don't know, invited him to sit next to him. He had a very long sofa made of gold, studded with diamonds and precious stones glittering like the sun in the morning. So he invited him to sit next to him even - very, very cautious God. Very, very politely, very hospitably, he offered him all kinds of biscuits, candies, grapes, apples. Anything that was available in the Kingdom of God, was offered to him, as well as to his accompanying horses, elephants, queen, chariots, managers, soldiers, generals, ministers and everything that he brought up. Then god talked, chatted to him in a very friendly way.

The king, the one who was never satisfied, sat there talking to God, but at same time, looked around. Wow! The lamp is made of diamonds. (Laughter) Wow! And that lamp is made of rubies, and the other one is made of pearls. And everything here is more precious and beautiful than anything we have on Earth. Even the diamonds are different; gold is different; silver is different. It seemed to be a thousand times more beautiful, more real, more precious, more pleasing to the eyes and, of course, to the heart of the king.

Now he sat there, (Quiet laughter) and thought. When he was looking, he thought with the sole. Later, he thought with the knees, then he tried to think with the solar plexus, and then he

tried to reason with the heart. That didn't work either. And then he tried to reason with the throat. But that was all he could come up with. It didn't work either, because he wanted to swallow everything. So the most concentrated chakra for him was the throat center. He wanted to eat anything that he saw. He wanted to swallow, possess everything that he ever laid eyes on.

He was thinking, when it comes up to the throat, he wants to swallow the Kingdom of God. Now, he said, "Wow! This is very beautiful. What if I get rid of this old man (Master and everyone laugh) and then become the king." Ah, hah! So he was sitting there and thinking like that with his throat.

The god king is god. Didn't matter lower god or higher god, he was still god. The King was thinking with his throat center; his Adam's apple kept coming up and down, and the god saw it. (Master and everyone laugh) When he saw his throat center activated, then he knew. He kept looking with his wisdom eye into the throat center, and he saw the black market going on there, (Master and everyone laugh) Mafia organization going on there, ah, all kinds of criminal records written there. So, god knew what was going on in this King's mind, but pretended not to know anything. He didn't say anything. He tried to be even more pleasant, more friendly, and offered more things.

After that, god was just in the front mountain and tried to tell the King, "Okay, I'm busy. I have initiation going on in the back mountain, five hundred foreign disciples in the meditation hall, and five or six sites of construction going on. So, would you please excuse me?" (Master and everyone laugh) And "Sayonara."

The king was very, very desirous to stay in the Kingdom of God. But then the god king made sure that he knew that he must go. When he tried to stay there longer, many of the "hufa" (guards), god's guardian angels, with the eyes as big as the sun, shining like

atom bombs, stared at him, and said nothing. (Laughter) He said to him, “Either you go voluntarily and soon, or you go involuntarily and soon.” (Master and everyone laugh) The king saw that he had only a handful of generals, soldiers, and a small chariot; and with all these guardian angels with very big umbrellas, powerful eyes and arms; he had better move. So he had to move. He went back to Earth again.

Since that day, god didn’t favor him anymore. So he began to be ill, suffered a lot, and then started to die. Before he died, he called his ministers and other officers to his deathbed and said that he was very sorry now. Very sorry because he knew why he was dying. He knew God was punishing him. God withdrew eternal happiness or the eternal life-force from him, and now granted him a big favor which was the death sentence. He was very sorry and very repentant. He also said, “After I die, if anyone asks you why I died, you tell them it was because of greed.” And that was it. He closed his eyes and meditated forever in the grave. Good-bye. Finished! (Applause)

See, we could be materialistic practitioners as well. This story serves to remind us that even though we follow a so-called spiritual practicing path, we must check ourselves all the time. We must be sure that we don’t follow materialistic spiritualism. Yes it is called that. Because we follow a path in order to gain more power, then we can control others or we can take things from the universe, from other people without ever knowing. Sometimes you don’t know it, but you do follow materialistic spiritualism. For example, you come here or you go to a Master anywhere expecting that she or he will heal you of your sickness because you don’t want to go see a doctor. You think you have the right to demand such things. You come here with a very grave illness and throw yourself, throw the responsibility onto the ashram, wanting to be healed overnight;

or you want to be richer, more powerful in some way and then you expect the Master to fulfill your wish in such a way. This is no good.

Even if you practice the Quan Yin Method, you follow the spiritual discipline and meditate, if your mind is not pure of material need, then it’s no good. Of course, when you are in trouble, you are bound to ask for help. Like I don’t have a job now and I need to pay the rent and all that, Master can you help me to find a job. That is different. When you need, you may ask, if it is not necessary.....

Also if the people come to initiation, expecting that after that, she will have this and that material gain or more position in the society, etc. This is disgusting. We should not come to any Master expecting such things, because we are bound to feel very disappointed. Or even if we are not disappointed, the Master might grant us our wish. But then, the more we want, the less we are satisfied and then we keep wanting, wanting, wanting, to no end. And then our attention, our energy is always focused on these material aims and we forget the Almighty Power inside.

After we attain the Almighty Power, anything will come to us when necessary without asking. But we don’t come for that, we don’t come for material fulfillment, or any other magical power. These are astral desires. Also material in other senses, not only that you wish for money, then it materializes, but if you wish for magical power or any kind of control over other people, the weather, or the surroundings, these are also material wishes. These are even worse. Like business people, we go to do business and we want to gain money and all these kinds of things. We should practice for the sake of wisdom alone, for the sake of knowing ourselves, for the sake of knowing the origin of our Home and to be free, loving and happy. That’s all there is. And everything else comes or does not come; it is just by the way.

Everything I told you, you know or not? You do? But sometimes

you know but your practice is different. It's funny. So we have to always check up. We are bound to make mistakes, but we have to check and correct it.

The Benevolence of the Saintly King

Spoken by Supreme Master Ching Hai
July 12, 1995 (Videotape #489)
Hsihu Center, Formosa
(Originally in English)

A long, long time ago there was a king who was very, very, very good; very compassionate, very loving and he was supposed to be one of Shakyamuni Buddha's incarnations in the ancient times. Everyone in that country felt that he was a Bodhisattva, so they called him the saintly king. In India, there are many Maharajas; they are saintly kings too. Anyone who had a problem or who was in need of some help came to him, and he always tried his best to help that person. Therefore in his country, everyone enjoyed a beautiful life and was very happy and prosperous; no one ever had need of anything. Also his ministers were very kind to the people. And his people were never oppressed in any way.

Now let's see what this king did that made him worthy of the name of saintly king. So, apart from making all the subjects in his country happy, what else did he do? In the court of the king, he never organized any kind of costly and complicated festivals. You know, a kind of ceremony for the court, like for the king. Mostly in the old times when the king came out to greet people or when he

did some ceremony, there were a lot of problems: a lot of incense, flowers, all kinds of guards, and maybe shooting of some cannons or something like that - “cost-a-bomb.” Shooting some bombs “cost-a-bomb,” cost many bombs, so he never did these kinds of things. All the money that he earned or the revenue of the kingdom was spent in building schools, hospitals, roads and all kinds of necessities for the people of his nation. He had a lot of ministers, not because he wanted to have a very aristocratic system, but because he needed a lot of ministers in order to help people with necessities, more quickly, more efficiently.

Ceremonies of any kind were very simple. Other kings, if a minister came to that king, he would have to prostrate himself on the floor perhaps three times, or at least one time, and kneel there until the king said, “Oh, please, be at ease.” Or things like that. But this king, he didn’t do that nonsense. When you came to him, you just went and sat down and said, “Oh, I have something to report.” Or you telephoned him or used a walkie-talkie, (Master and everyone laugh) and said, “Hallo king. Are you home? I have something to report.” Something like that.

Most of the money was spent on necessities for the people of his nation. And he himself lived a very frugal life. Just enough to keep his dignity and comfort, but nothing extravagant. Besides, he himself went out and worked to earn some money too. He designed some clothes, some jewelry, and all that, and sold it. Everyone was very satisfied in this nation.

So, it happened that many of the neighboring countries closed their neighboring frontiers because they didn’t want their people to immigrate to that peaceful, prosperous, and happy nation. Hah. Hah. See that? It wasn’t the nation who closed the door. It was the neighboring nations, who closed their own doors. Isn’t that funny? Because if the doors of the frontiers were not closed,

many people would keep migrating, migrating, migrating to that land, where the king was so benevolent, the ministers were so efficient and loving, and the people were so happy and contented.

Now, one of the neighboring kings was a very bad one. Everywhere the Buddha reincarnated, there was a bad one next to him to make trouble. There’s always the Yin and the Yang, the positive and the negative. Now, this neighboring king was very upset, very envious, very jealous of the good king, the saintly king because he had so much praise, so much respect and there were so many good stories about how compassionate, how loving, how wise, and how considerate the neighboring saintly king was. So he was mad with jealousy. And besides, many people always compared the good king’s actions with his own actions, and always there was a very vast difference. So, he couldn’t bear it.

If it were you, maybe you also couldn’t. If it were me, maybe I couldn’t bear it also. I’m joking. Do we want a kingdom at all? No. You’re right. Very wise.

So that’s why he was very hurt; his ego was hurt. This was the reason why later the good king had to endure a lot of suffering, due to the neighbor’s jealousy. We will hear later. Because this neighboring bad king was so jealous he lost his logic and his reasoning, and decided to make war with the good king.

One day the bad king sent the messenger of war, to the good saintly king, saying that he wanted to start a war. The saintly king was very shocked when he received the war decree. He kept asking, “But what is the reason why your majesty wants to make war with us? If it’s our fault in any way, oh, please accept our apology. Tell us how we can mend our ways, so that we don’t incur the wrath of war from your majesty, the king.”

But the messenger said, “Nah. Nah. We don’t accept any apology. (Master and everyone laugh) We just want war. That’s it.”

So some time later, the great, strong army from the neighboring country came to his country. Just like that. No reason. No excuse. He didn't need to. Perhaps he had a lot of excuses. "You're better than me." That was an excuse. "People praise you and don't praise me," and that was a good excuse.

The same with many so-called teachers of yoga and many other fields of science. If a person is very famous, intelligent, and many people agree with him or her, then that person will be somewhat in trouble most of the time.

Now the saintly king felt like he was being forced to fight. He didn't want to, and when he asked his ministers and everyone else, "Should we fight them? Anyone want to fight?" No one wanted to fight. Even the people in the country. No one liked to fight at all because they didn't feel that there was any just reason and logic for this war, for killing other people. They couldn't find any logical reason for it.

So the bad king came to the capital without any resistance and told everyone that they should just drop their weapons, and surrender. Otherwise, he would kill everyone and not even a child would survive. That was what he said.

The king sent a decree into the palace again, and told them that he was going to kill everyone if they didn't surrender, if the good king didn't surrender. Everyone at that time felt very hurt. Their national pride was hurt and they told the king, "We should go out and fight until the last one."

Anyhow, after some time of thinking, here in the wisdom eye, the saintly king stood up and said, "Please tell your king I surrender. Please tell him to come and take over my kingdom, take over my throne. I do not want the people of the two nations to have to shed blood and sacrifice their lives just for no reason, and just for this particular golden throne of mine." Anyhow, that was

it. Then the good king told everyone to put down their weapons. If they wanted to stay with the new king, they could do so. If they wanted to retire to go back home, it was all right. And then he said, "We pray that the new king will be even better in virtue and wisdom than I, to rule this nation." Then he just took off his kingly garments, vestments, put his crown down on the table, and left.

When he passed by the horse stable, his horse saw him. The horse was very happy and was kind of singing, you know, "Ehh, ehh, ehh, ehh." (Laughter) You know how the horse sings. Maybe I don't sing as well as the horse, but the horse really did sing to the king and looked at him as if to say, "Oh, please, take me with you."

But the king shook his head and said, "No, you don't belong to me anymore. I gave up everything to the new owner, so you also belong to him. I have no right over you anymore. You stay here and serve your new lord. Bye-bye."

So he walked along like an ordinary person without any possessions at all. All the people in the land knew the story and were so touched that they knelt on both sides of the streets, and cried. The saintly king was very, very kind. He was in agony because he saw the love, good intentions, and friendship of his people, but he could not do anything anymore. He just kept going, and he was crying himself.

At that time, the bad king came in and took over the kingdom and the throne. Outside on the road, the good king was walking very fast, like running because he could not bear hearing the people, his subjects keep begging him to stay with them. He kept walking very fast. He didn't feel very sorry that he had lost his power and his throne, his majesty. He felt rather happy that his good decision had spared many lives, especially his own people. He knew, whether he had won or lost the war, many people's

lives would have been sacrificed and there would have been a lot of widows, orphans, disabled persons afterwards who would have lost their arms, legs, maybe their mental capacities; lost their sight, their homes, their hopes, or their futures, everything.

He was walking along the road when suddenly someone stopped him, knelt on the road, and begged him to help, to protect his family and himself. And the saintly king, smiling painfully, told him, "You're asking at the wrong moment now."

And the person asked, "But why?"

The saintly king said, "I have already given up all the kingdom, the throne, everything, and now it's the new owner that possesses everything."

And the person asked, "But your possessions? How about your possessions, are they still there?"

The king said, "Nothing left. Nothing. Everything belongs to someone else."

Then that person asked, "Where are you staying? Where will you live?"

The king said, "Well, somewhere here." And he said, "You should be courageous and don't cry anymore. You have to accept the situation and try to make it better." The person was still crying. The king asked him, "Why? Why are you crying? Now both of us are the same. You should be happy. I'm no better than you."

And the person said, "Well, you gave up everything; you wanted it. You're willing to be homeless and an empty-handed person. But I, I want to be rich. I want money. I want you to help but I can't get it. That's why I'm miserable." (Laughter)

Both wanted different things. Well, he should have chosen an easier way out. If he wanted to think like the king, he would have had it there already, but he wanted something else. That's why it was difficult.

The man kept lamenting about his fate and said the king had now become so useless and couldn't help him with anything at all even though he had hope in the king, because he had lost all his position because of the natural disasters and things like that. And then he cried and cried his heart out. He was thinking that he didn't know what to do, so he put his head down like this (Master demonstrates) and did not look at anyone.

Then suddenly that person became very angry. He said, "You are the king and you cannot do anything! You are useless! You don't have the right to refuse me. I'm your subject. I have the right to demand your help and you do nothing. Ah, if you still sat on the throne, I wouldn't be in so terrible a condition like this! No? No?"

The king was very embarrassed and said, "Ah, my friend, do you know why I had to leave the throne? Because of the lives of many people. But I did that because of the will of God, because God is always wanting to protect people and never wants to harm anyone. Therefore, I did that according to the compassionate, merciful law of the universe."

The person was very, very stubborn. He was still complaining, "You help everyone in this land and now you don't help me. That's all I know."

I don't know if there is such a person like this. Have you ever known anyone like this? Yeah, you have? No logic, no reason, doesn't accept any logical explanation. Okay, I know some, yes. And now he keeps blaming the king because he's miserable, he's poor, and he has nothing.

The king was kind of surprised and thought, "Ah, maybe it's my fault. Did I make a mistake in my rule, my duty to the people? All right, even if I made a mistake, now it's too late. So, please forgive me. You try to be courageous and try to start a new life."

He continued again to ramble, "No, I can't be courageous.

I can't stand my life. If you don't help me - I put all my hope in you, now, I don't know of anything else to do. If you don't help me, I'll die. That's it."

The king apologized and said, "If it is my fault, if I disappointed you, then please forgive me," and things like that.

The man continued accusing him again and said, "Look here, now, you just go alone, you have nothing to worry about, so you're happy. And me, I will remain miserable, poor, I will be a nothing forever. I think you have no compassion for me. You do not consider me at all. You're just free. You're very unjust."

He kept blaming the king all the time. Suddenly, the king said, "Well, I have an idea. I can help you. I was mistaken. I was thinking that I have nothing to give you, but I still do. I have something to give you. I still have my freedom. This freedom I can give you for a price, because anyone who catches me and brings me to the new king will be rewarded very handsomely. So please, take me as your prisoner, present me to the new king, then you will have everything you need."

Suddenly, the bad man became good and he said, "Nay, Nay, No, I can't do that. If I take you with me, who knows what they will do to you. I think they will put you in a prison and treat you very badly, maybe torture and kill you in the end. I have no heart to do this to you."

The saintly king was very determined in his offer said, "No, you must do it. You have to take some string and bind my hands and then take me over there. Now I'm your prisoner. You have to believe me. The new king will be very, very generous in this matter. If you bring me to him, you'll have everything you ever wanted and more. Maybe you will even become an officer of the court. Maybe you will become the prime minister of the king. Maybe you'll have everything, richness and noble position, that you ever wanted. I

will be grateful to you, because then, I will have fulfilled my duty as you have demanded, then I will feel that I have done something for you as you requested, and I will be very happy too."

Only the Buddha reincarnated can do that. It's no wonder he became Buddha.

Now the man was very touched. Full of sorrow, he knelt in front of the king, held and kissed his feet, and said, "Please forgive me for what I said before. I would not do anything to harm you. I will not demand anything of you again. Oh please go and take care of yourself."

But now, it was too late. The king had already decided that he would give himself up for a price for that person. So, anyhow, after many hours arguing back and forth, the person had to take the saintly king to the court of the new one.

Of course, the new king was very, very, very happy. He said, "Ah, hah, hah. Too, too, good. Too good. It's very good now. I'm going to have a very, very justified revenge on you. From today, no one will ever, ever praise how good you are, how good you have been, and how good you will be again. Whoever has caught you, I will give him billions of dollars - American. Anyhow, are you from my side?" he asked the person who took the saintly king to him. "Are you from my side?"

And the person knelt down and said, "No. I'm one of his subjects. I was one of his subjects. You know, the one, the king down there."

The new king was a little bit upset. So he knitted his eyebrows together after he heard that the one who took the saintly king prisoner was one of his own subjects before. He was trying to be a puritan, and he said, "What? The betrayer? You betrayed your boss? Looks like he was a very good, very moral king and all that. Even though you are a betrayer, I will still reward you because of

my promise. Besides, it doesn't matter. As long as you caught this enemy of mine, it's okay with me. Now, put down your weapon and go over there. I will give you one million dollars."

The person started very softly and said, "Your majesty, I, I, don't have any weapon."

The new king was very, very surprised and said, "What!? You don't have any weapon? Really? Then how did you catch this king? How did you catch him?"

So, the saintly king, because the person who caught him was kind of embarrassed and he didn't know what to explain, he now interfered and said, "Ah, no need, no need asking about this. He has brought me here to you and I'm your prisoner; just give him the reward. That's all there is." He was worried that the person would talk too much and the king would not give him the reward. So he said, "Just give him the reward. That's all there is. All right?"

The new king looked at the old king and then looked at the person who caught him and felt something was very strange. Then he looked at the one who caught the king and asked, "How did you get him?"

And the person who caught the king said, "Oh me, not, not I. I did not catch him. It...was...uh...he, he...ah...he told me... but I didn't want and... he, he...he..." You know what I mean?

So the saintly king kept telling him, "Shush. Recite the Holy Names. Don't talk." (Master and everyone laugh)

But the bad king kept on pressing him, "So, you have to tell me the truth. Otherwise, you get no reward."

So the man, sobbing, crying, tears falling, kneeling there, you know, crawling on the floor, told the new king everything that happened in the field, you know, between the saintly king and himself before they both came to his court.

After hearing the story, the neighboring king was so

shocked. He opened his eyes very wide - the normal eyes, not the wisdom eye. The wisdom eye had not yet opened. Just the normal eyes and his mouth opened, (Master demonstrates and everyone laughs) for a very long time, because he couldn't believe that in this world such a person ever existed - so good-hearted, so unconditional, so compassionate and so selfless, like the saintly king. After a while, he compared him to himself, the one who is so selfish, so greedy, so brutal, violent and jealous. There was nothing that could compare to this saintly king at all. So, after a moment of silence, maybe he was enlightened.

He stood up, came down to the saintly king, helped him up to his feet, took his own clothes off, his crown off and put them back on the saintly King and said, "Please forgive me. Everything belongs to you now. You are more worthy than I." He felt very sorry. (Applause)

Very good story. Every day if you can read one like this, I think you will change. Do you have some books like this at home? No? Try to find some. In the Buddhist Scriptures and treasure stories, there are a lot of things like this. So, if you want to become such a saintly person, a reincarnation of the Buddha, then you may read them everyday - some of them, when you need, then you read them. It helps. It might help. It even helped such a bad king, so, how about us? We're so good, it must help even more.

So you see, most of the Masters always tell us: forsake everything and then you will have everything. Like in the Bible, it also says: **Whoever holds onto life dearly, will lose it; but whoever forsakes it will attain eternal life.** Likewise, if we do not really feel attached or attach ourselves to any possession, fame, name in this world, then everything really comes to us. But once we are enslaved to anything in this world at all, then we will be forever running after it; be exhausted, taxing our mental ability; and all kinds

of trouble will come our way, not necessarily attaining anything. It is truly like that. I speak from my own experience too. Once we only seek the Kingdom of God, we truly have everything. Even when we don't want it, it just comes from nowhere; it forces its way to us. Sometimes, we don't want to but we just have to accept it. It is very difficult also, very difficult to reject sometimes.

Sometimes, as you know, we are very strict here. It is good for me. Otherwise, presents, gifts, and all that would be laying all over everywhere. Before I said that I don't accept gifts, then people would throw them there and run away. Things like that. Poor me. I would have to collect them and give them to someone else. So what is the use? Because I don't really need anything. It's funny, like the Bible says: **The one who has, will have more. The one who does not have anything will have less.** But that doesn't mean that if you have nothing, you'll have less. It's just that when you don't have anything, mostly, you keep on wanting and the wanting energy is acting just like a wall, stopping everything coming to you.

Similarly, we have to be sincere in our spiritual practice, not be greedy and not be like a materialistic spiritualist. Like what I said yesterday, everything will come naturally. We may pray, but with sincerity, not with greed and demand. Yes, there is a very, very slight difference. If you can know the difference between desire and yearning, longing for liberation, longing for wisdom, longing to know the Truth; between yearning to know the Truth and the greedy desire, there is a very slight difference. And if we don't balance ourselves well, we will step to one side or another. It's good when we step on the other side - more spiritual yearning. Then, that day, we will meditate very well. But we don't have to pray everyday like that. Only when we can't make it. Sometimes when it is black or when things look dark and gray, you pray earnestly to the Master and then it happens. It always happens.

Before I took over this "business," very rarely did I see the Master not answer. The inner Master, rarely, rarely, refuses your prayer. When the Master refused, that meant that request was not good for me. That's all. Later I found out.

Sometimes, the Master takes away something from us and then we feel very miserable. We think Master doesn't care, "Master knows I like it, so why does the Master take it away?" But it's not true. Later, you'll be so happy that he got rid of it for you. Yes, it is like that.

Sometimes, we love someone; you fall in love or something like that. And then, the Master suddenly sends someone else, prettier, more beautiful, more clever. We think, "Oh my God, it is very rare that I catch a good fish and the Master told someone else to snatch it away from me." Then we cry a river over these things. And maybe some time later, we meet someone better, and then we look back and say, "Oh! This one is much better." At this time, we may pray to the Master, "Master it's okay if you want to take this one away too, (Master and everyone laugh) because maybe in the future, you'll give me a better one and it's all right."

We never know what is truly good for us. We must always be open and accepting. Then we will find our life is terrific, is completely in harmony and beautiful, and is a blessing everyday, twenty-four hours. No problems. That is the time when we know true love; love without preconditions, demands; love without expecting anything because everything will be a blessing, everything will be good for us. And then, sometimes, even though God takes away the things, or the person we love, later we find out - "Wow! So much better. I'm free, liberated."

It doesn't matter what kind of love the other person offers to us, there's always some trouble, some binding, because we have to tend to that person, we have to be kind, be good, be friendly

to him or her. Otherwise, just one sentence wrong or sometimes we do something it's not wrong but the other person misunderstands and then we're finished. Then we always have to worry, "He will leave me because of this and that. He came because of that...;" "Why is she gone?" You must make her happy, buy her more jewelry, for example like that, or she will go away.

Of course, every treasure, every precious thing takes a lot, demands a lot of attention and takes our energy in order to keep it, to polish it, to keep it always shining. Even love and marriage take a lot of effort and work. Is that not so? Have you had that experience? You did? It doesn't always work. Then we have so much headaches and troubles that we wished we never began. But then it has already begun and it's difficult to be away from it without feeling guilty and blaming ourselves, blaming others and making a bad atmosphere, and having a very miserable experience over a period of our time. Sometimes we look back and we feel very sorrowful because of that too.

Sometimes, our relationships, our normal relationships with everyone else are also affected by this bad love-sick experience and then we withdraw. We are scared of other people and we become anti-social, or anti-opposite-sex, something like that, because of this. It takes a long time to heal such a heartache. So, nothing is really good for us in this world, I don't think.

So they run away and become monks and nuns and do some volunteer work, putting their time, youth, and energy into some more meaningful purpose in life. Then that also will level the karma away. These are people who are stronger, who do not need support beside them or behind them. They can do it all alone. But many of the people find life very lonely and meaningless so they need someone to share their ups and downs and, ins and outs, troubles of life. That is all right. Both are all right.

The ones who live alone strengthen himself or herself with work, with sacrifice, with other pursuits in life; and the ones who live together with company strengthen each other's strengths too. So both will be strengthened somewhat in different ways.

Anyhow, God will always make up for the short supply, so life will never really be too miserable or unbearable for us if we have the inner supply or the Master Power. We meditate and we really do not desire much of this life. Life is easier, days go by easier. Then we do everything with less attachment, we look at each other with less desire, and that is the very good thing about practicing inner Power.

One day the desire is lost completely. We feel so happy inside, so fulfilled, that unless other people need us, we don't even go looking for trouble. We don't even go looking for help, you know, saying, "You look miserable, I'll help you." No, no, no. We are just okay. Whether we help or not help, we talk or not talk, we teach or not teach, we are okay. Because we have become completely whole and fulfilled within ourselves, we don't need any external stimulation, or have any motive or goal to reach, no compassion to boast about, or love to carry on the shoulders, etc. - nothing.

Initiation: The Quan Yin Method

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

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

The inner Light, the Light of God, is the same Light referred to in the word “enlightenment.” Its intensity can range from a subtle

glow to the brilliance of many millions of suns. It is through the inner Light and Sound that we come to know God.

The initiation into the Quan Yin Method is not an esoteric ritual or a ceremony for entering a new religion. During the initiation, specific instruction in meditation on the inner Light and inner Sound is given, and Master Ching Hai provides the “Spiritual Transmission.” This first taste of Divine Presence is given in silence. Master Ching Hai need not be physically present in order to open this “door” for you. The Transmission is an essential part of the Method. The technique themselves will bring little benefit without the Grace of the Master.

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

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

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

The initiation is offered free of charge.

Daily practice of the Quan Yin Method of meditation and the keeping of the Five Guidelines are your only requirements after initiation. Keeping the guidelines prevents you from harming either yourself or any other living being. These practices will deepen and strengthen your initial enlightenment experience, and allow you to eventually attain the highest levels of awakening

or Godhood for yourself. Without daily practice, you will almost certainly forget your enlightenment and return to a normal level of consciousness.

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

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

The Five Guidelines

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

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

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

Publications

To elevate our spirits and provide inspiration for our daily lives, a rich collection of The Supreme Master Ching Hai's teachings are available in the form of books, videotapes, audiotapes, music cassettes, DVDs, MP3, and CDs.

In addition to the published books and tapes, a diverse array of Master's teachings can also be accessed quickly and free of charge from the Internet. For example, several web sites feature the most frequently published News magazine (see the "Quan Yin Web Sites" section below). Other featured online publications include Master's poetry and inspirational aphorisms, as well as lectures in the form of video and audio files.

Books

Picking up one of Master's books in the middle of a busy day can be a lifesaver. Her words are a clear reminder of our own true Nature. Whether reading Her spiritually informative lectures in The Key of Immediate Enlightenment series or the deeply compassionate poetry contained in Silent Tears, gems of wisdom are always revealed.

In the list of books that follow, available volume numbers for each language are indicated in parentheses. For more information about obtaining these and other books, please see the "Obtaining Publications" section.

The Key of Immediate Enlightenment:

Aulacese(1-15), Chinese(1-10), English(1-5), French(1-2), Finnish(1), German(1-2), Hungarian(1), Indonesian(1-5), Japanese(1-4), Korean(1-11), Mongolian(1,6), Portuguese(1-2), Polish(1-2), Spanish(1-3), Swedish(1), Thai(1-6) and Tibetan(1).

The Key of Immediate Enlightenment – Questions and Answers:

Aulacese(1-4), Chinese(1-3), Bulgarian, Czech, English(1-2), French, German, Hungarian, Indonesian(1-3), Japanese, Korean(1-4), Portuguese, Polish and Russian(1).

Special Edition/Seven-Day retreat in 1992: English and Aulacese.

The Key of Immediate Enlightenment – Special Edition/1993 World Lecture Tour: English(1-6) and Chinese (1-6).

Special Edition/Seven-Day retreat in 1992: English and Aulacese.

The Key of Immediate Enlightenment – Special Edition/1993 World Lecture Tour:
English(1-6) and Chinese (1-6).

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

My Wondrous Experiences with Master:Aulacese (1-2), Chinese (1-2)

Master Tells Stories:
English, Chinese, Spanish, Aulacese, Korean, Japanese and Thai.

Coloring Our Lives: Chinese and English, Aulacese.

God Takes Care of Everything — Illustrated Tales of Wisdom from The Supreme Master Ching Hai: Aulacese, Chinese, English, French, Japanese and Korean.

The Supreme Master Ching Hai's Enlightening Humor –Your Halo Is Too Tight!
Chinese and English.

Secrets to Effortless Spiritual Practice: Chinese and English, Aulacese.

God's Direct Contact – The Way to Reach Peace: Chinese and English.
Of God and Humans – Insights from Bible Stories: Chinese and English.
The Realization of Health – Returning to the Natural and Righteous Way of Living:
Chinese, English.

I Have Come to Take You Home: Arabic, Aulacese, Bulgarian, Czech, Chinese, English, French, German, Greek, Hungarian, Indonesian, Italian, Korean, Mongolian, Polish, Spanish, Turkish, Romanian and Russian.

Aphorisms:
Combined volume of Aulacese/ English/ Chinese, Spanish/Portuguese, French/
German , Japanese/ English, Korean/English, Chinese and English .

The Supreme Kitchen(1) – International Vegetarian Cuisine:
Combined volume of English/Chinese, Aulacese and Japanese.

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

One World... of Peace through Music:Combined volume of English/Aulacese/
Chinese.

A Collection of The Art Creation by The Supreme Master Ching Hai–Painting Series:English and Chinese.

S.M.Celestial Clothes: Combined volume of English/Chinese.

The Dogs in My Life:Aulacese, Chinese, English, Japanese, Korean, Spanish, Polish and German.

The Birds in My Life: Aulacese, Chinese, English, French, German, Mongolian, Russian, Korean and Indonesian.

The Noble Wilds: Aulacese, Chinese, English, French and German.

Celestial Art:Chinese, English

From Crisis to Peace: Available in English, Chinese, Korean, French, Indonesian, Spanish, Portuguese, Polish, Russian and Romanian.

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

Poetry Collections

- **Silent Tears:** A book of poems written by Master.
Available in German/French, English/Chinese, and Aulacese, English, Spanish, Portuguese, Korean and Filipino.
- **Wu Tzu Poems:** A book of poems written by Master.
Available in Aulacese, Chinese, English
- **The Dream of a Butterfly:** A book of poems written by Master.
Available in Aulacese, Chinese and English.
- **Traces of Previous Lives:** A book of poems written by Master.
Available in Aulacese, Chinese and English.
- **The Old Time:** A book of poems written by Master.
Available in Aulacese, Chinese and English.
- **Pebbles and Gold:** A book of poems written by Master.
Available in Aulacese, Chinese and English.
- **The Lost Memories:** A book of poems written by Master.
Available in Aulacese, Chinese and English.
- **The love of Centuries.** A book of poems written by Master.
Available in Aulacese, Chinese, English, French, German, Mongolian, Korean and Spanish.

Audio tapes, video tapes, MP3s, CDs and DVDs of The Supreme Master Ching Hai's lectures, music and concerts are available in Arabic, Armenian, Aulacese, Bulgarian, Cambodian, Cantonese, Chinese, Croatian, Czech, Danish, Dutch, English, Finnish, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Malay, Mandarin, Mongolian, Nepali, Norwegian, Persian, Polish, Portuguese, Russian, Sinhalese, Slovenian, Spanish, Swedish, Thai, Turkish and Zulu. Catalogs will be sent upon request. All direct inquiries are welcome.

Obtaining Publications

All publications are offered at near-cost prices. If you want to purchase or order a publication, please check first with your local Center or contact person for availability. To obtain a listing of available publications, you can check with your local Center, or visit the following web site:

<http://smchbooks.com/new-c/cover/cover.htm>

Celestial :<http://www.thecelestialshop.com>

Eden Rules: <http://www.edenrules.com/>

In addition, many of the online News magazine issues provide listings of recently released books and tapes. The exhibit area at retreats is also an excellent place to get a firsthand view of Master's books, tapes, pictures, paintings and jewelry.

If necessary, you may order directly from the headquarters in Formosa, address: P.O. Box 9, Hsihu, Miaoli, Formosa, ROC (36899). A detailed catalog is also available upon request.

Quan Yin WWW Sites

God's direct contact — The Supreme Master Ching Hai International Association's global Internet: <http://www.Godsdirectcontact.org.tw/eng/links/links.htm>

Access a directory of Quan Yin web sites worldwide, available to browse in many languages, as well as 24-hour access to the TV program, A Journey through Aesthetic Realms. You can download or subscribe to The Supreme Master Ching Hai News, available in eBook or printable format. Multilingual editions of The Key of Immediate Enlightenment sample booklet are also available.

The Key of immediate enlightenment – Free Sample Booklet

The Key of Immediate Enlightenment Sample Booklet presents an introduction to the teachings of Supreme Master Ching Hai. The availability of the Booklet in electronic form allows readers around the world to download it completely free of charge, or read it online wherever the Internet is accessible. From Afrikaans to Zulu, from Bengali to Urdu, in Macedonian, Malay and many others, this gem has been translated into over 80 languages.

In the Booklet, Supreme Master Ching Hai emphasizes the importance of meditation in daily life. The text also includes Her discourses on the higher spiritual dimensions and the benefits of the vegan diet, as well as information on initiation into the Quan Yin Method of meditation, the ultimate and highest path. Supreme Master Ching Hai's uplifting insights in The Key of Immediate Enlightenment offer a bright ray of hope to those in quest of the Truth.

As Supreme Master Ching Hai states, "By attaining inner peace we will attain everything else. All the satisfaction, all the fulfillment of worldly and Heavenly desires comes from the Kingdom of God, the inner realization of our eternal harmony, our eternal wisdom and our almighty power. If we do not get these we never find satisfaction no matter how much money or power, or how high a position we have."

For direct access to the Sample Booklet, please visit:

<http://sb.godsdirectcontact.net/>

This website offers versions of Master's Sample Booklet in many languages. Join us in bringing the best gift to the world through sharing God's message and elevating human consciousness. If you find that your native or first language is not on our list and you would like to translate the Booklet into a language of your choice, please contact us at: divine@Godsdirectcontact.org.

Free Sample Booklet Download:

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