



Dedication

Most Beautiful, Loving and Artistic Master,

Thank You very much for bringing Celestial Art to beautify the world
Thank You very much for elevating the consciousness of this planet
Thank You very much for teaching us the Divine Truth
Our gratitude is beyond words.

This year is the 20th year since You acquired the Hsihu Center for us. It is the best place for practicing: a high vibration, pure and peaceful. We all appreciate and cherish it very much. We, all the residents and initiates, pay our deepest heartfelt thanks to our Best Teacher in the universe. Thank You! Thank You!

This book is a gift to You. We have collected most of Your artistic creations along with Your own comments on their origins, or the meaning of Your creations. It's to let You know how we adore, love, marvel at and appreciate Your artistic creations, which reflect Truth, Virtue and Beauty. We hope You like it.

You, Yourself are Truth, Virtue and Beauty
You, Yourself are Art
Under Your magical touch, everything becomes alive...
A pebble, a blade of grass, a flower, a sketch, earth, paint, canvas, cloth...
all glitter with the joy of bliss.
How wonderful to vibrate with You!
Life is glory and honor itself
Through Your eyes (the photos that You took),
all scenery becomes Heaven-like
Thank You for bringing the celestial creations to enrich the world
Thank You for Your presence, which is Truth, Virtue and Beauty,
Which color our lives.

Your Blessed Disciples



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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 "Âu Lac" and Taiwan as "Formosa." Âu 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.



taught us to be careful about environmental protection, so every area is ecologically friendly. Every blade of grass, pebble and joyful plant at Hsihu is full of Master's loving vibration. Every corner is an artistically imbued, three-dimensional picture. It is indeed Eden on Earth!













Supreme Mommy's Heart-Warming Gifts

Originally designed and supervised by Supreme Master Ching Hai

Constructed by the resident carpenter team

Decorated by the residents

Hsihu residents received another special gift from their Supreme Mommy: Wooden interior decoration for the concrete cave, consisting of a retaining wall with rocks. Each child of the Supreme Mommy had about 2m x 2m to explore his or her creative talents with the interior design. Wood is more natural than concrete, absorbs humidity well and keeps the cave cool in summer and warm in winter. This wooden interior design project was really just one thoughtful gift among many from our Supreme Mom. Master's universal Love expressed through such gifts provides an example of caring for other beings. May we glorify You by following in Your footsteps and sharing Your Love with all.



Master's Simple Way of Living Although She is our Master, She did not enjoy more worldly comforts than others, and had just 2m x 2m to live in like all

Although She is our Master, She did not enjoy more worldly comforts than others, and had just 2m x 2m to live in like all the residents. Simplicity is Master's way of living.

Master's work cave





Master's home cave









Preface

Celestial Jewelry: The Paramhansa

Supreme Master Ching Hai's limitless talent and tireless creativity in a wide range of media and styles advance beyond traditional art, and Her works are truly awe-inspiring. Yet She humbly says, "Everything I do is inspired from Heaven. I don't think that I, as a mortal, am capable of creating such beautiful things. So we call them 'The Celestial Collection of Beauty.'" Supreme Master Ching Hai's painted stones and fans, oil paintings, Celestial Clothes, Celestial Jewelry, Longevity Lamps, songs, culinary art, poetry, architecture and landscape designs are all masterpieces rich in spiritual essence, created with exceptional wisdom and skill.

This book, an elegant blend of text and illustrations, is a collection of excerpts from Master Ching Hai's talks, along with beautiful photographs of Her artistic creations. In the talks She speaks eloquently of the motives and process behind Her creativity, and Her source of inspiration, leading readers to an appreciation of the true, profound meaning of Her works. She also shares ways to inspire and develop one's own creative talents. Surprisingly, Supreme Master Ching Hai never received training in the arts, yet She is gifted with superb creative ability. Many of Her works, inspired by spontaneous intuition, are natural, expressive and full of divine love.

Thus, *Celestial Art* is an extraordinary book in which the author interprets artistic creation from a spiritual perspective to portray the Truth, Virtues, and Beauty of Heaven. When readers roam the boundless world of Supreme Master Ching Hai's art and bask in its resplendent spiritual realms, they will be profoundly touched by the deep emotions of a poet, the subtle, refined touches of a painter, the exquisite and unique ideas of a designer, the romantic gentleness of a musician, and the wisdom and compassion of a spiritual teacher.

Introduction — Live in Harmony with All Beings



Spoken by Supreme Master Ching Hai Hsihu, Formosa February 19, 1996 (Originally in Chinese)

When we pursue spiritual practice, all of our potential talents blossom. If these talents can benefit sentient beings, I will certainly use them. I don't need these artistic talents or whatever talents; however, some people do. A person came for initiation after listening to my music, and this was because he was a musician and he liked my music. Another person, after seeing the clothes I designed, began to eat vegan and practice the Convenient Method of meditation, and then came for initiation. He also brought many people in his profession to receive initiation. This is because like attracts like. When he saw that I also designed clothes as he did, he felt very close to me and had trust in me. After reading my poems, some people changed. Originally, they still criticized me, but after reading my poems, they understood my ideals. Thus, the people who initially criticized and attacked me softened; they in turn had trust in me and respected me. They later switched to a vegan diet and prepared to meditate.



Someone also saw me dance and was delighted, saying, "Well, this person doesn't look too serious; She is probably very enlightened." Well, he loves dancing! So it doesn't matter how I dance, even if I danced like a child, he would be happy. If I danced worse than him, he would be even happier.

That's why I don't need to explain anything. When he sees that I do the same thing as he does, he naturally feels happy. We human beings are all like this. In Bodhisattvahood, this is called *Tong Shih*, meaning doing the same thing as sentient beings do; this is a practice in Bodhisattvahood. If we want to deliver sentient beings, we should do the same thing as they do, walk the same road as they walk and behave the same way they behave. They will then feel close to us and have trust in us.

We are like friends to them, so they will not feel very isolated, afraid or estranged. We like people whom we are more familiar with. Who likes strangers? Is that right? For example, we have a few friends that we like, and we often chat and have dinner with them. If we need help, we ask them for help. Is that right? (*A: Yes!*) We don't go to ask for help from strangers.



This is because we're used to our friends; we trust them, we're close to them and we get along well with each other. It looks like they are the same as we are and we feel that our magnetic fields are compatible. If our magnetic fields are not the same, clashes will arise, and we are most afraid of conflicts. Once there's conflict, we immediately withdraw and don't want to keep in touch any more. In this world, the more similar we are to sentient beings, the better. Gradually, they'll know in what way you're different from them. It's just like you are a big jewelry businessman, but you live with robbers and beggars, or walk the same road as they do. However, you do not dress the same way as they dress; you wear beautiful clothes, put on a crown and diamonds, shiny and sparkling; this way, are you not finding trouble for yourself? Not only could you not integrate with them, your own safety would also be threatened.

Whatever we are, it doesn't matter, as long as we know it very clearly inside. A very rich businessman has jewels all over himself. His bag is also filled with jewels. Doesn't he know he has jewels? Even if he wore rags like a beggar, or dressed as special as a robber in appearance, he would never be a robber! He would only dress like one. Would he ever forget that he's a businessman who sells jewels? This is impossible. He dresses the same as beggars and robbers only to guard his jewels; he walks the same path as they do only to be more convenient, because he does not want to attract attention. If you are at the same level as they are, then

Supreme Master Ching Hai (in a Dance Performance with the Residents) October 25, 1995, Hsihu, Formosa The Supreme Master Ching Hai Day Celebration and International Seven-day Retreat





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and International Seven-day Retreat



I was mostly an introvert when I was young. I didn't talk too much the way I do now -- only rarely. I also didn't know what to talk about. Remember I told you how my husband's friends talked to each other about everything for so long and how I always wished I could talk about half that much to my husband? Things would have been livelier that way. But normally I didn't talk. I didn't know what to talk about. I've really changed. I've really changed into a different person. I don't know how, but things have changed.

Even many people who knew me before, from the times when I ran around Indian ashrams, were surprised that I can talk so much. When these people read my lectures that you print in the magazines, or when they got my tapes from someone, they were surprised. They said, "Oh, Jesus! This girl -- she talks?" Because when I ran around the Himalayas or different ashrams in India or elsewhere, I rarely talked to people. I didn't even have close friends. I was always very quiet, and very shy toward people, shy toward the public. God has changed me, really. Hes has changed me completely into a different person. I never talked like this before. I never knew how. I really couldn't talk. I never did. I am surprised myself.

So this is how God can change us if we just let it be, just put complete trust in the name of Christ, the name of God or the name of the Buddha. Then everything will be arranged the way it should be. We should just become like kids. Don't forget the child inside you. It is always there, and whenever we call, he comes out. He peeps out. That is the God nature. That is the nature of purity. We shouldn't worry so much. We shouldn't calculate so much -- "If we do this, what will we get in return?" A child doesn't do that. A child never worries about tomorrow.









Do Without Doing

It is true that for people who have wisdom, who meditate, who become childlike and entrust everything to God; things go just the way the wind blows, just the way the sun rises and sets. There is really no need for effort. I think of all the painters, for example, the professional ones, who take days or weeks to paint one painting, yet I do it in a few hours, sometimes half an hour, depending on the situation. And I have never learned any techniques. I have not even read books about painting, and other people still like them -- outside people, that is, not only us.

I didn't even make much effort. And those professional painters can mostly paint in only one style. Sometimes you see someone's exhibition at a gallery, and you see almost the same style from the beginning to the end. It is just the angles that are different. For example, a person specializes in painting forests with the sun rays penetrating through them, and there is a little pond underneath. Then he does that all the time, maybe from different angles. He cuts the pond into many pieces, and in one painting he puts in the left pieces, and in another painting, he puts in the right pieces, and in yet another one he puts in the middle pieces. When I look at one, I don't even need to look at the signature. I know it is his most of the time. I am not saying that every painter is like that. And it takes him a lot of time to learn to do that, and a lot of time to finish that picture. But some of the painters are like that.

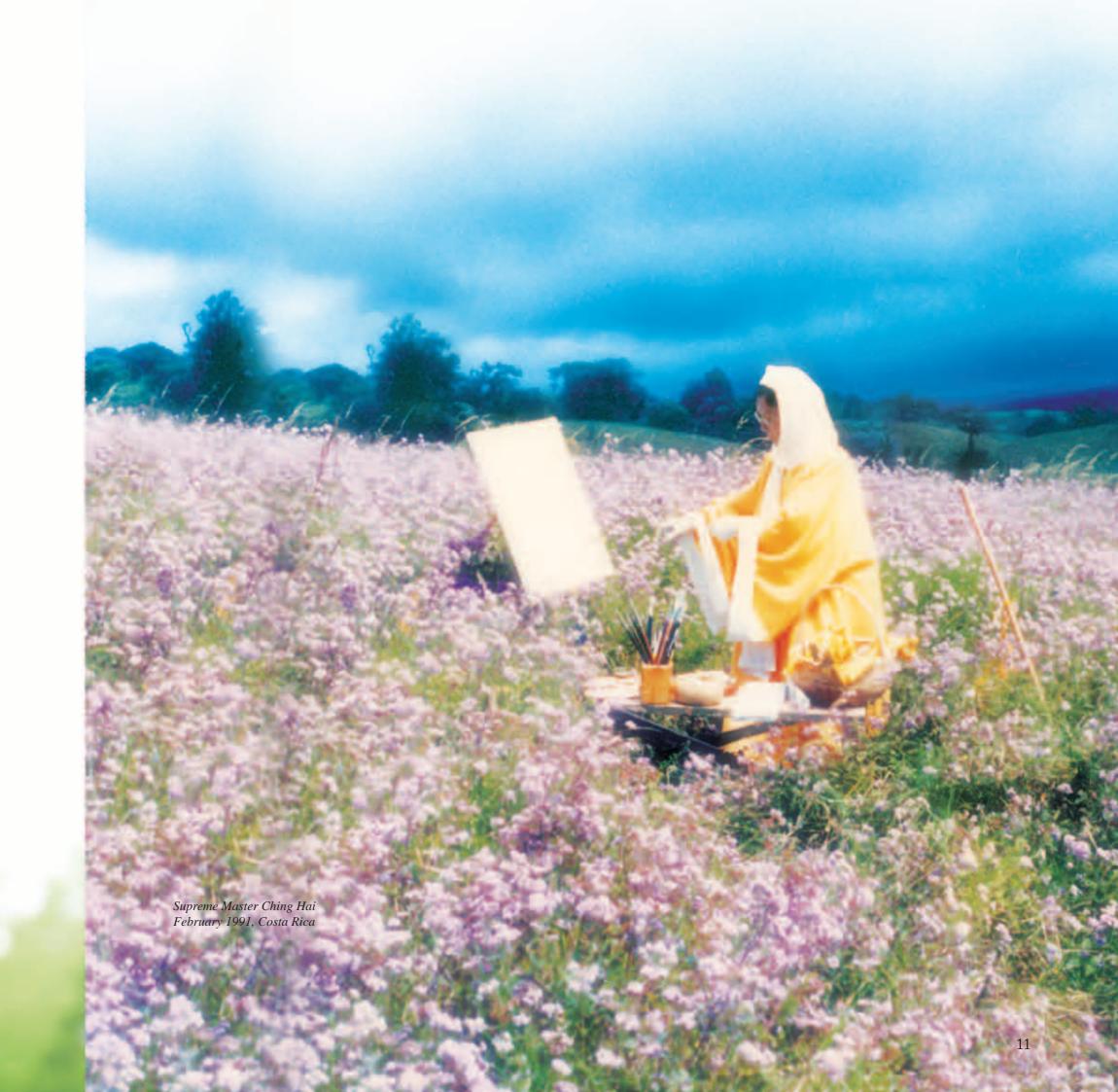
I don't need to do that. I could paint the same thing again but I'd never want to. It's boring enough to paint one already. To repeat it again, I couldn't do that. Imagine spending your whole life painting almost the same thing all the time, and even taking so long, with all your expertise and your experience in the field. People are really patient; they really have endurance. I couldn't do that. It would bore me to tears. And then these painters cannot get money either.

But this is all different. That is technique and know-how. And mine is just natural, childlike, and I do it for the pure joy of doing it. I have no one else in mind at the time and I don't have any idea about what I'm going to paint next. I have no fixed idea or subject. I just do it the way I want, the way I feel at that time and it just feels good. Every time I finish one painting, I like to look at it for many days until all the paint dries naturally. And sometimes I go away, but I still miss it. I want to come back and look at it.

Now I've grown up a little. I don't miss little things anymore. But I used to miss my paintings. Can you believe it? I don't know if all the other painters miss their paintings or not. It might not mean much to you, because you have different ideas about art. Everyone is different, of course. But when I first painted a picture, no matter how lousy it looked to you, it meant something to me because I was so happy when I did it. I did it just for the pure enjoyment of seeing how it came out. So I didn't exert any effort, really.

Perhaps, sometimes I made an effort. I'll tell you what gives me a headache -- when I do some still-life pictures, imitations, painting flowers, fruit or things like that, making a copy. At that time, I feel tired. I think, Jesus, no wonder the painters charge a lot of money for them.

Painting fruit is not so bad but flowers are difficult. I thought it was easy: Just put the flower here and it looks easy; I'm going to do that, just for fun. Oh, it wasn't fun. It wasn't as much fun as when I wanted to do my own creation. When I create something, I can do it more freely. I enjoy it more. But when I started on the flowers, I had to finish it. I had to project them, and oh, I couldn't believe it.



I don't know how other painters enjoy painting because if you have to copy something, the inspiration is no longer there. I had to pay attention to the minute details of the flowers and still couldn't make them look real. Mine look better, though, because I also put a little revolutionary touch in there somehow. I didn't want to make the picture look exactly like the flowers but I wanted to express something through the flowers to at least find a little comfort in that inspiration, that motive. Or else, I would say I could never paint like this again. Painting flowers is so difficult. I never knew it was that difficult. When you see Van Gogh with sunflowers, don't think that it was an easy job. It looks easy, but it is not. Maybe it is easy for the painters; I don't know, because they are used to copying things.

Now I know why things that are not original make us tired. That is why this world makes us tired, because it is not original. This is the shadow of the real thing and we have to do things according to rules and regulations. That is why it makes us tired. And that is why driving makes me tired, because it is just like copying.

Every time I give a lecture, I can just speak naturally the way I am doing to you now. That is OK. But if I have to think ahead of time and draft a speech, oh God -- I never thought it could be so difficult. I wasn't very bad at essay writing in school. I was always number one. I could write, but I never wanted to, except in school when I was young and was forced to do it. I can do it, very easily, and at any time.

If you have to describe something or describe an occasion, it is OK. But when you have to describe God, and think ahead of time, it is not natural anymore. When I was in Europe, how difficult it was for me when I had to draft a speech in German or in French! Especially when I had not spoken the language for a long time, it was like a headache. Even if I have to write in English, I feel so weird, I feel so fake, like it's not real.



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Express Our Creative Talents with a Childlike Heart

Because we were originally the creator, the spark of the creative energy and the divine, anything that forces us to go by rules and regulations, to draw like some other person, to copy, we do not like. That is like being a copy machine. So if we do not have the creative energy flowing out of us, which is more natural and lets us make use of our own creative talents, we feel tired. That is why all the jobs in this world make us tired, no matter how much money you are offered. I just realized that it is not that you are lazy; it is not that you don't want to work; it is not that you don't want to contribute, but many jobs really drag you down and drain you because you have to do exactly what they say. Sometimes it is really tedious. I feel very sorry for us sometimes, that we can't be childlike even though we want to. Sometimes reality, the world, just wants to drag us back into this very heavy kind of material existence, and we feel very tired. Even though sometimes we work only four hours, part-time, we get tired. At the end of the day, we have kind of used up all our energy. We become tenser, more critical and more stressed. Of course, and then we cannot be so innocent anymore. We have a lot of preconceptions about a lot of things, which sometimes might not be true, and sometimes we know it, but at our own cost later on.

Everything hits us in the face and tells us that things are not good, things are so hard, money is difficult to earn and you have to fight, you have to compete, and you have to do this, you have to do that in order to get ahead. There are many schools that teach you how to be a billionaire in no time, how to earn money without working. Actually, it is not like that. We don't need to really exert so much effort with the mind; instead, we should just try to remember the creative source of our real being, and then we can create anything.



Supreme Master Ching Hai May 15, 1993, Pusan, Korea 1993 World Lecture Tour

Actually, energy can create objects and it can even make things materialize. In Tibet there are some kinds of traditions, some kinds of sects, where people teach you how to visualize things. You can visualize anyone you want. You can pick up a guy like that, imagine him and then make another one. A cloning machine is not necessary. You can do that with your own imagination until that person becomes a reality, and you can even touch him. That's the problem.

But that is not even the highest level yet. That is where all the magic comes from. You can imagine anything you want if you concentrate hard enough. This is just an example. A Guru in India can sometimes materialize things and give it to you out of thin air. It is not that he tricks you; he can really do it, or at least produce some ash.

This is really not the super level of consciousness, yet we can do that. What more can we do if we can go back to the real, the highest source of creation of all things in the universe – from the small worm to the big sun that warms the whole world, without the energy ever being used up?

For us, we can try it if we want to, but we must remember that the child inside is the real God. *Unless you become pure as a child, you cannot enter the Kingdom of God.* That is just a way of saying that we have to rely on God for everything. That is the only thing that can give us everything we want, really. We just naturally encounter something and it brings us joy and benefit. We don't even have to do any kind of work or exert any kind of effort.

So this is the child that we should become – not the irresponsible one, but the wise child. We become so wise, we become so pure, because when we know everything there is nothing that we should know, nothing we seek to know and nothing that we want to know. That is why we become so contented







Painting: Tender and Tough June 1991, Hsihu, Formosa

The Unique Qualities of Master's Paintings

I can only paint one occasionally. Inspiration does not come every day. Besides, with this world being so boring, how could one paint daily? Right? (*Audience: Right.*) Look at my paintings. They are different from those out in the world. It would be far too boring if I were to paint the way others do. If my painting is to be so true to life, then we might as well have a photograph in its place. Then it would bear a closer resemblance.

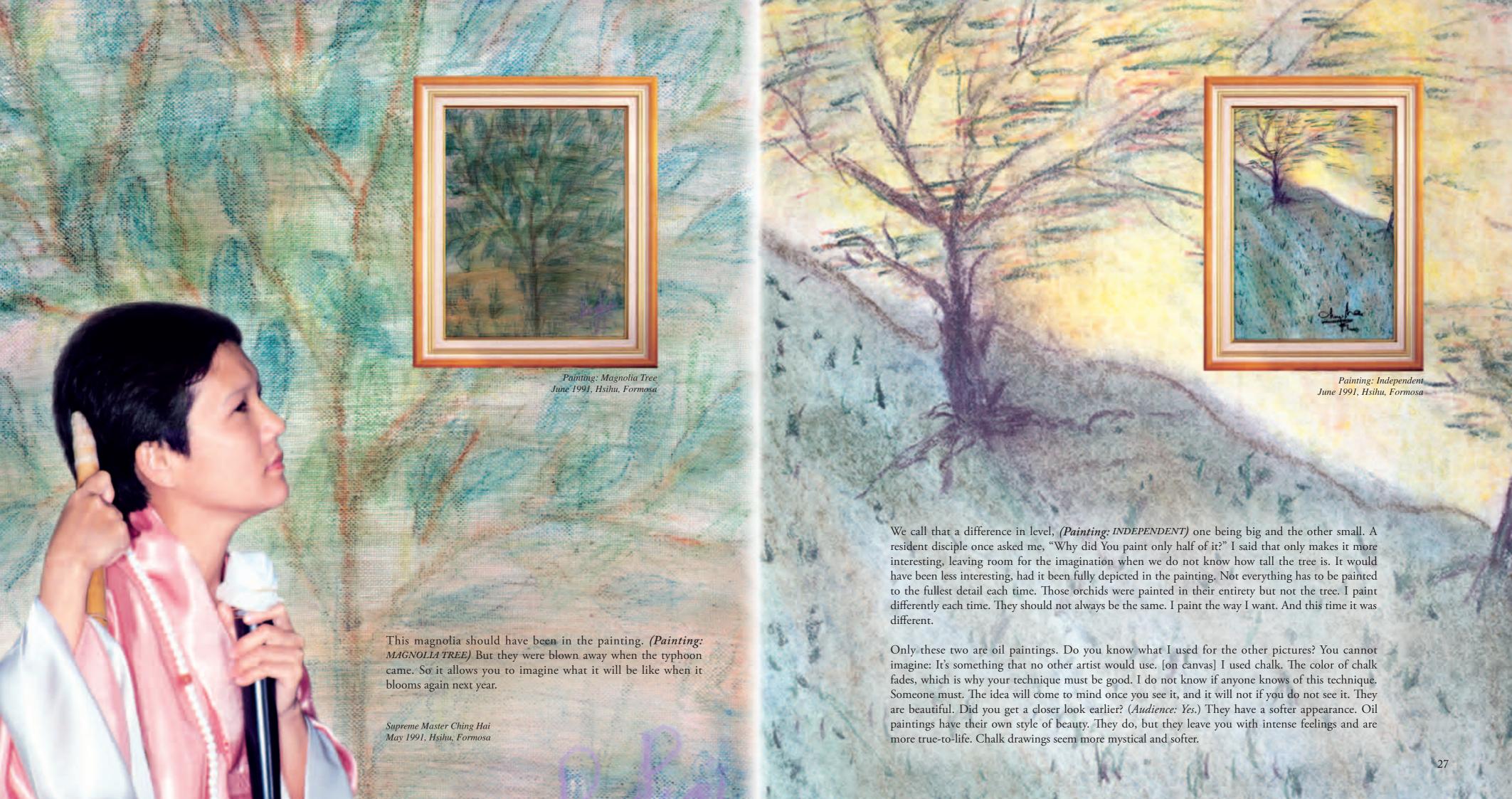
Can you tell what this flower is? It should have been a rose, (*Painting: FEAR*) but it took on this appearance a short while after I started painting. That is an orchid. (*Painting: TENDER AND TOUGH*) It's a more but not entirely faithful image of one. People out there paint this part of the orchid white and the lower half red. I prefer a different combination, which is why I painted it red so it looks more compatible.

Supreme Master Ching Hai August 1992 Supreme Master's Solitary Retreat Yang Ming Mountain, Taipei, Formosa

Painting: Fear June 1991, Hsihu, Formosa







If I did too many paintings, you would not appreciate them. I used to feel that my first painting was the best because it was the one and only. You feel differently when you look at one painting at a time. Now that you get to see so many paintings together, you think that each one is only one of many. Your attention is not as focused as when you are concentrating on a single painting. Each time I finish a painting, I feel as though it did not come from my hand. That is because I was once a lousy painter. I did not know how to draw as a child. For example, if I had to draw someone who had fallen down, he would have looked like this, as if it had been cut from the newspaper and pasted there. It would have been a flat, two-dimensional figure without any expression. Now even the flowers I paint have expressions and personalities. Can you see that? These orchids here (Painting: TENDER AND TOUGH) seem to be talking face to face about some secrets. And these flowers look startled as they fall. (Painting: FEAR) See, every corner is different. These flowers here seem to be puffed up by the wind, which inflates them as they continue their descent. They show the emotions of shock and tension. Even the flowers I now paint have their own personalities and expressions, whereas the people I drew previously showed no expression. Painting: Fear June 1991, Hsihu, Formosa





Master Skills and Gain Knowledge without Teachers through Spiritual Practice

When worldly people who aren't spiritual practitioners, paint, sing or play music, they emit coarse vibrations; though some of their works may also be beautiful in some way. We can feel it. It's because people who don't practice spirituality are often full of troubling and secular thoughts. They can't ascend to the very high realms, and thus can't express the artistic concepts of these superior realms.

On the other hand, we spiritual practitioners who may not have learned certain professional knowledge or skills can still excel in our performance if we want to. Should we wish to understand something, we can also comprehend it clearly. That's why, although the Sixth Patriarch Hui Neng was not a learned person, and had not read any scriptures, he could instantly understand any scriptures read to him. He could even explain them to other people. In contrast, some people are highly educated and have read all the scriptures, and are even able to recite them, yet they can't understand what the scriptures are discussing.

Once when I was playing the piano, a brother initiate said to me, "Master is playing the piano in the modernist style." I said, "I have no style. I never really tried hard to learn it. I only learned a little bit a very long time ago." That was when I was still living in Germany.

Then the brother asked me, "Have You ever studied singing? Have You ever studied this or that?" All these things we can do naturally if we need to. There's virtually no need to learn so much. The more we learn, the more we're confined within "formulas," such as the proper way to paint a picture or coordinate colors, and so on. Time is wasted in working out these formulas. Weeks go by and the painting is still incomplete. After all our effort, when the painting is finally finished, we wonder, "Can this painting be sold? What will people think of it?" Having to worry about so many things, all our inspiration just vanishes!

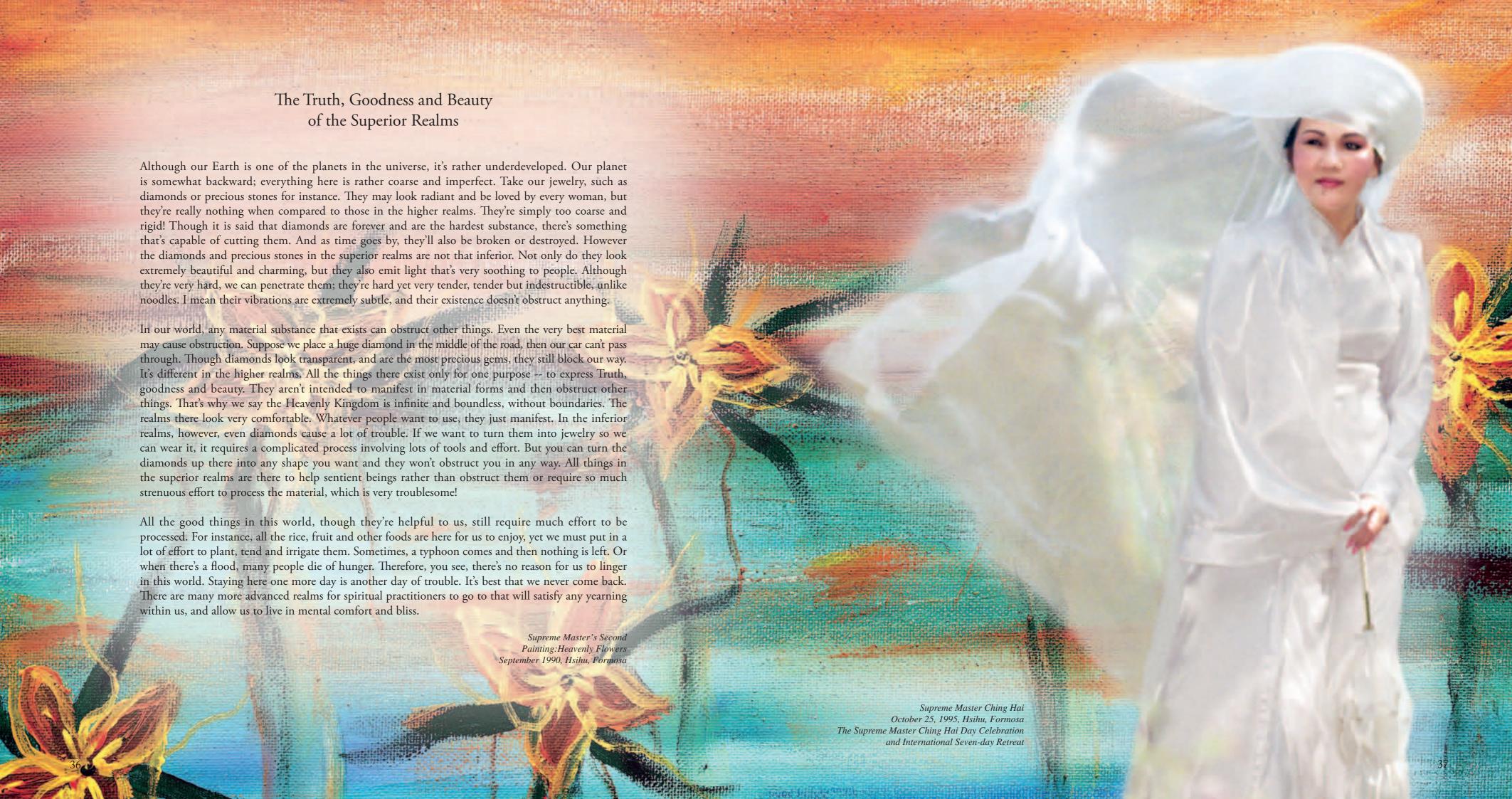
Without having to think so much, we spiritual practitioners can do things very well. The better our spiritual practice is, the better we can accomplish things. As long as the situation requires it, we can always do our work. However, if we try to show off, we won't be able to do it well. We can do it well only if we do it naturally. If we do it deliberately, trying to demonstrate to people that we're talented, or flaunt ourselves to earn people's praise, we won't be able to do it no matter how much we've practiced

spiritually. This indicates that our spiritual practice still isn't good, which is why we have such ideas in mind. If we paint purely because we have the inner urge to paint, because we love to do it, then naturally we can do it quickly and well. When some people paint, superficially it seems as though they're doing so very casually, but actually this isn't true. It's only because they're very skillful that they can paint very quickly. When someone is very familiar with a certain job and has gotten used to doing it, he can do it very quickly.

Everything in the world is arranged by Creation; we create nothing so we have nothing to be proud of. If we have any innovative ideas in our field of specialization or in art, or have invented some machine, it's only because we've practiced spiritually so that our mind has greater insight and more inspiration. Our spiritual level has been elevated to a higher realm so that we can access the things there and manifest them in this world. That's all. In fact, while depicting things here that belong to the higher realms, we may sometimes make mistakes. If our spiritual practice isn't good enough and we have insufficient wisdom, we'll write incorrectly or make mistakes. And the end products won't look as nice as those in the higher realms.

> Painting: Stone Cave November ~ December 1990 Supreme Master's Solitary Retreat in Pingtung Mountain, Formosa





With God Power Nothing Is Impossible

Spoken by Supreme Master Ching Hai Panama December 1990 - February 1991 (Originally in English) Videotape #139

M: The painting is not completed yet. Come! Come! Three hundred dollars to someone who can name it.

D: Master has painted "The Universe."

M: Oh, such a big deal! It's something very simple.

D: She says, "Master is working with us."

M: Oh no, please, you do not work for me. All the time you think of working.

D: "Panama?"

M: No, it has nothing to do with Panama.

D: She says, "Resting place."

M: That's too much! "Resting"! So that is not really good enough. "Resting"! But I do not have to use it. Nearly! I'll give you one hundred fifty dollars. Half! Half! "Resting," but not place, any place can be for resting. Resting includes more space; resting place is more limited. Do you understand the difference in adding one more word? That's what we call, "Duo Zuei" in Chinese, which means "long-winded," "not necessary."

D: "Resting Picture?"

M: What?

D: "Resting picture!"

M: Picture? How can a picture rest? "Resting," that's all "Resting."

D: Resting! Interior resting!

M: Yes, that's right! If you say place, it means you must have a space, and that is on the exterior already. So, if we call it "Resting place" or "Resting tent" or resting whatever, it's already physical.

It's only a symbol. You don't need to draw a person lying there, full-length, but you just draw a tent resting there, and then you know the owner is resting. And that doesn't mean being lazy or miserable or hiding away, because the color is very bright; it means the inside



Painting: Resting January 1991, Panama

is very happy. Therefore, if we put too many words inside, it's too much talk. We should not have to put any words there, but since people don't understand, we have to put "Resting" there; otherwise, everyone who sees it won't know.

I never knew I could paint before. I've never studied even for one minute with a professional painter. And I haven't even read books about painting. I just paint because I want to express something, and I think that's the best painting. Even though oil painting is the most difficult, I've found it is not difficult for me. Now, so you see the color symbolizes inner happiness and harmony; otherwise, the rock would be grey, the river would be black and the forest would only be green. So don't think I can not paint the rock grey, or my eyes are "color-blind" and I don't know the difference between grey and black. Yes, I know the difference. This is the color of resting and tranquility. I could have included more red and yellow, but it would have been too heavy.

Now you know why the colors are like that, why the name is like this. You have to express something, you have to have spirit.

Now you know why I painted it like that. Do you like it? With a painting you can only say "I like it" or "I don't like it." You cannot say "I understand it" because it is not [always] possible to understand it. Or it is not proper to say we understand a poem, or we understand a painting; we just like it. I think I like it. I didn't know I could paint it, and it looks much like the object. I didn't know I could paint it like that. I thought I might make a mess, and the gourd bottle may have looked like the rock, and the rock may have looked like the tree, and the tree may have looked like the river.



I could never paint before, at least up to now. When I was younger, I always envied people and felt very awestruck or inspired that people could paint an object exactly as it looked. And I never thought I could do it. Now I know that nothing is impossible with the God power. When God wills it, you can do anything. No wonder Jesus said, *Seek you first the Kingdom of God, and all these things shall be added unto you.* I am beginning to know more and more about this Truth. That's the benefit of our practice. Through it we learn to be more self-confident. As we discover more and more about our ability, which we did not know we had before, if we have been in this world very long, we probably have learned many, many things, many trades, many arts, and the memories are still there. Why not push the button and take them out and use them? By meditating we learn to push the right button all the time, and we learn to know what we have stored inside all the time and we learn to know what we all can do.

Now after I started painting, I also got some painting books, and people bought many books on how to paint, and I had a look at some of them. But I just turned the pages over, and I didn't really study from them. Because I was confident that I painted just as well or maybe better. And I just read some of the pages, and I was afraid that if I read further I might be influenced badly by their ideas instead of having my own original ideas. So I didn't read further. I just looked at the pictures, and some of them were good, but some of them were very bad, seldom excellent. Except when they expressed something from their soul, I would consider that was a good one.



Supreme Master Ching Hai March ~ April 1990 Hao Cha, Pingtung, Formosa Spring Retreat with Longtime Hsihu Residents Supreme Master Ching Hai March ~ April 1990 Hao Cha, Pingtung, Formosa Spring Retreat with Longtime Hsihu Residents

Spoken by Supreme Master Ching Hai Costa Rica December 1990 ~ February 1991 (Originally in Chinese) Videotape #139 This one is called *RESTING*. It's not these things that rest; it's their owner who is resting. These things are not important; it's the person who is invisible that is important. You all know I have been resting this week! We may think that a resting place should be very soft and peaceful, but if the place is too soft, we can't rest. Because of the nature of the work I do, if I have to rest, I should have a protective layer and a more secure defense; otherwise, people will break in and disturb me. That's why there are walls and rocks. Even though there is water, it still has to be a bit stronger. Some people don't understand this and wonder why Master has made it so tough. They think that a place for rest should be soft with trees on the sides. You should use your own imaginations. However, if I have to rest, I should hide myself with walls all around, so that it's more secure. These are just symbols. What is most important is the person that cannot be seen. The water is beautiful and its color is very smooth and flowing. The water is soft and the rocks are hard, so both Yin and Yang are present. The reason I hid myself was not because I found this world boring, but because I wanted to practice spiritually, to rest. That's why the colors used in the picture are beautiful and cheerful, instead of having black stones, grey walls or dark water. This shows that I am very happy inside. These are the so-called "colors of spiritual practice." Painting: Resting January 1991, Panama Supreme Master Ching Ha March ~ April 1990 Hao Cha, Pingtung, Formosa Spring Retreat with 43 gtime Hsihu Residents



May 1991, Hsihu, Formosa















Painting: New Era March 1992, Numata, Japan

Origin of the Paintings Peaceful Time and New Era

Spoken by Supreme Master Ching Hai Hsihu, Formosa April 2, 1992 (Originally in Chinese) Audiotape #CG32

These two newly finished paintings were painted in Japan. In Japan, one day when we first arrived at our house, there was a moon in the sky with no clouds around, but just a circle surrounding it. The whole group of us saw it. They tried to record it with video and cameras, but they failed. So I had to quickly draw a sketch of it. In the beginning, I wanted to draw this (*Painting: PEACEFUL TIME*), but it didn't resemble the real thing, so I put it aside and drew a new one. (*Painting: NEW ERA*) And the colors turned out to be good, so I added a UFO. (Master and everyone laugh and applaud) I said to them, "This is too monotonous; what can we do?" A resident then suggested adding a UFO or an alien. The UFO I painted didn't look too real, but I trust your imagination. Therefore I leave it to you to imagine.

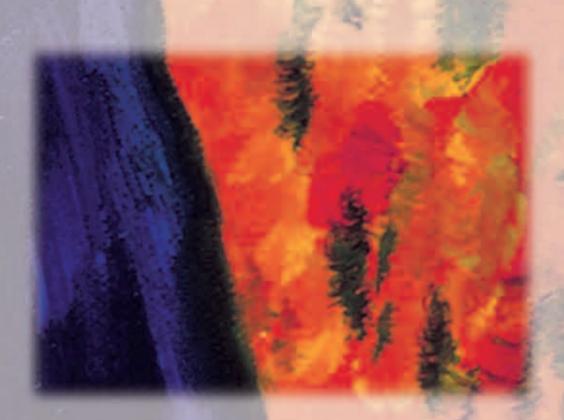
Painting: Peaceful Time March 1992, Numata, Japan





y Supreme Master Ching Hai Brussels, Belgium April 29, 1993 (Originally in English) Videotape #365

I know what is inside. When you struggle for your own serenity, it's not that easy in the beginning. If people have already achieved it, they don't need the meditation hall anymore. So I named it STRUGGLE, and I guess you understand why.

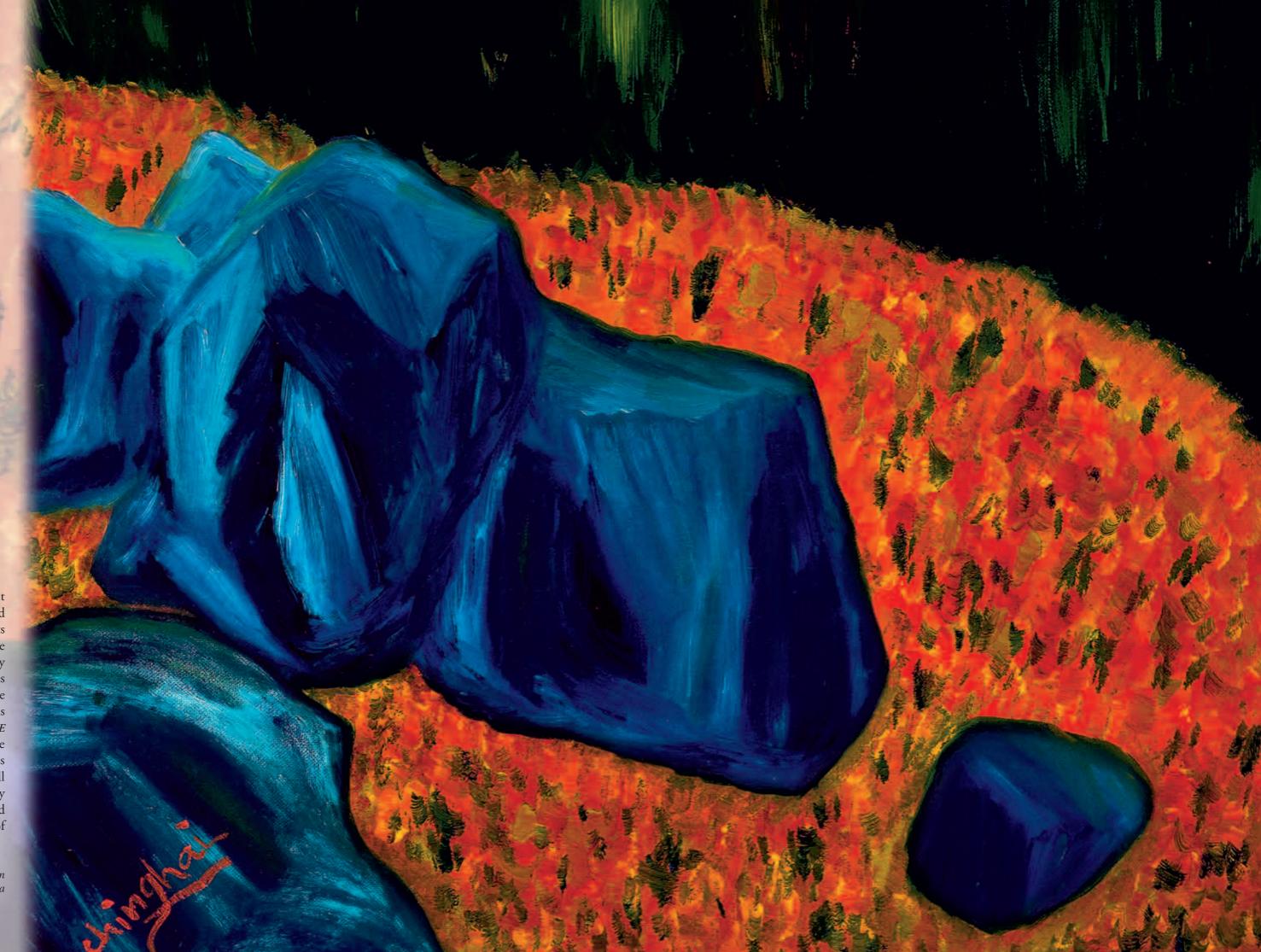


A Brilliant Depiction of Needless Chatter

Spoken by Supreme Master Ching Hai Boston, USA February 24, 1991 (Originally in English) Videotape #155

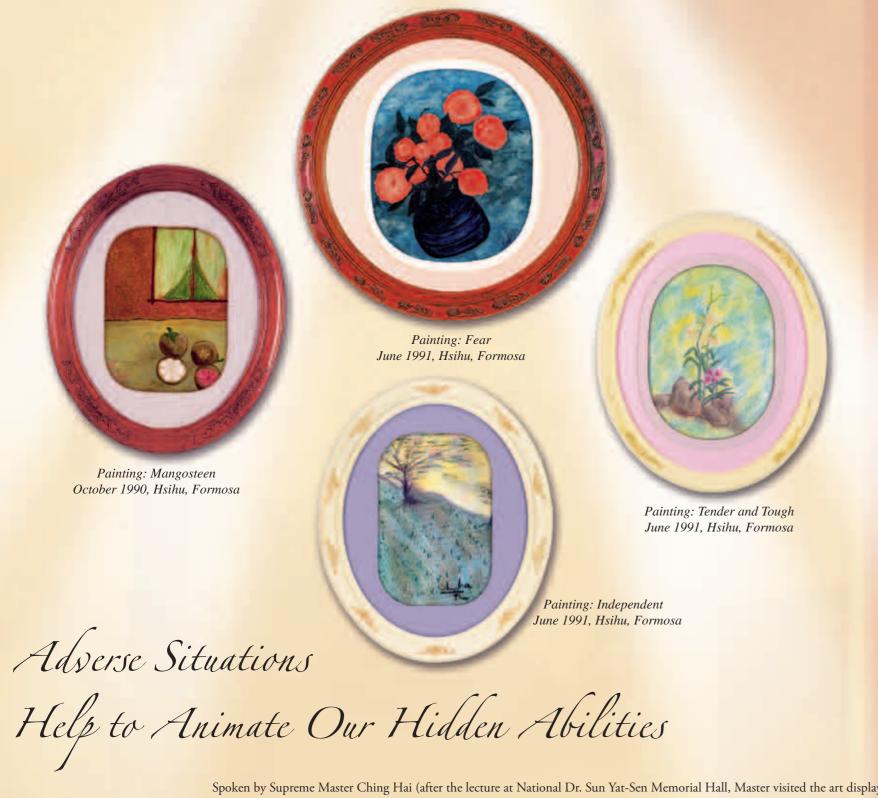
I painted one picture where the inside color is very bright, even the blue is very bright and the yellow is very bright, golden and hot. The stones are cold and blue, but the sand is red, yellow, golden-like and hot. It vibrates with hot energy. And you feel that it hurts your eyes if you look at it too long. So inside there are many stones on the sand on the beach, and one of the big stones looks like an old man with white hair. It looks very impressive and authoritative. And the other stones on the other side with the baby stones are also impressive. And they are stones, no doubt. You can see immediately that they are stones. But the expression is human-like. You cannot tell why it is human-like, but it is human, with an open mouth and things like that. So I named the picture THE STONE CONVENTION (THE HIGH POWERED CONFERENCE), like a meeting. It means the stones are meeting each other and talking. And you know how long stones can talk. And their faces are cool, cold, impressive and very stubborn. And all the sand surrounding them and all the trees surrounding them are really on fire already. Too long, they talk too long and they talk nonsense. And the surroundings are already on fire. But the stones are still very cold and sit there and still continue to talk. So I call it THE STONE CONVENTION. That is one of the pictures that express some of the philosophy.

> Painting: The Stone Convention November ~ December 1990, Pingtung Riverside, Formosa









Spoken by Supreme Master Ching Hai (after the lecture at National Dr. Sun Yat-Sen Memorial Hall, Master visited the art display corner) Taipei, Formosa, February 28, 1993 (Originally in Chinese) Videotape #320

Has anyone ever made frames like these before? (Initiate's answer: No, they're always rectangular.) I designed them. These frames are match our house. Therefore it came to my mind that I should really beautiful. (Audience: Yes, so beautiful.) I just designed a few in the meanwhile. Later, when I come up with more paintings of different styles, I will design more. The paintings look very distinguished with these frames. (Audience: Yes! Very beautiful!) Then it is good and deserves to be exhibited. I have many nothing bad about material shortage. The less we have, the designs including the Longevity Lamps. It's when we really need something that our talents emerge. The wooden house we built

had no lamps, and those on sale outside were too coarse to design my own.

So it's really a blessing in disguise! Sometimes, a shortage in our daily life can impel us to develop our talents. So, there is more talents we can develop. If we weren't short of palace lamps, these Longevity Lamps wouldn't have come into being.





Supreme Master's First Painting: Song of the Sea September 1990, Hsihu, Formosa



pay for everything. The materials were ready, and they have people who have experience in carpentry and frame-making. How come they still couldn't do a good job? So I gave them a good scolding and told them not to see me again if they couldn't do it! Just sayonara - goodbye! After that, they completed everything within one day and one night! Those people who did the job are here too. I am not lying. There are many witnesses, right? (Initiates answer: Yes.) They are here!

As you can see, it was not a small job, not something that could be finished so quickly with only two or three people. We didn't engage any outside people to do it. Our follows are ready.

Spoken by Supreme Master Ching Hai (after an initiation at the Sun Yat Sen Memorial Hall) Taipei, Formosa, February 28, 1993 (Originally in Chinese) Videotape #320

The Origin of Master's Picture Frames

I designed those frames a long time ago during my retreat in Yang Ming Mountain. I told them to make the frames for several of my paintings in some special styles. They didn't do anything though I've told them repeatedly, and just dilly-dallied until recently. They actually did make some before, but what they made were different from what I asked them to do. So I told them to make them again. Finally, they started doing it only last night. Before that, I had instructed them on the phone about what to do, and how to construct each frame. I specified the depth of each frame, which one should be broader, which one narrower, etc. I also told them which painting should be matched with a round frame, and which one should be matched with a heart-shaped frame. If they were mismatched, the artistic effect of the whole painting would be ruined.

They told me they didn't know how to do it, and insisted that they could not do it! I was so mad! I instructed them many months before, and they still came up with that kind of work, and even dared to tell me it couldn't be done. Money wasn't a problem as I'd

engage any outside people to do it. Our fellow practitioners did it under my instruction. And they were completed so beautifully within a day and a night. Although they still do not really meet my standard, and are still not perfect, they are already very good, right? Most frames available outside are rectangular in shape, and do not look attractive. I didn't like them so I designed special frames for my paintings.



Painting: Longing November ~ December 1990 Supreme Master's Solitary Retreat Pingtung Riverside, Formosa



Painting: Growing Together July 1991, Hsihu, Formosa



Painting: Filled with Grace November ~ December 1990 Supreme Master's Solitary Retreat Pingtung, Formosa

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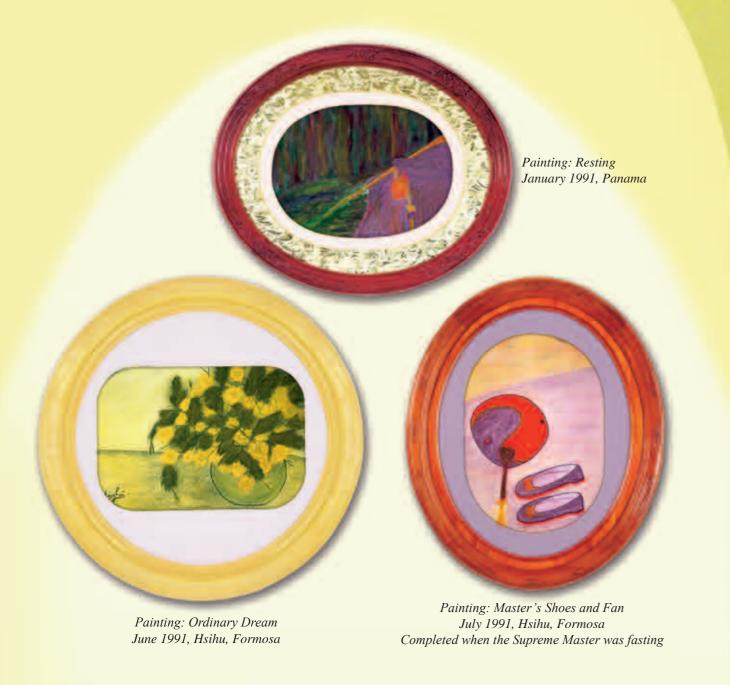


Supreme Master's Third Painting: Moon Night September 1990, Hsihu, Formosa



Painting: Harmony February 1991, Costa Rica

It was strange! When I told them nicely, and even designed and drew the sketches for them, they came up with nothing after three or four months. But after being scolded, the job was done in one day. They made not only one piece, but more than twenty of them! Wow! They must have incredible magical power; I mean I have incredible magical power. (Laughter and applause) That person was very upset when I reprimanded him. He is not young, and is an old hand at making frames. The other fellow was a so-called renunciated disciple. So both of them were very sad because they felt they definitely couldn't do the job. Then after the job was done, they told me, "It's true. We won't improve without Master's scolding." (Laughter) They started to laugh then. They laughed very heartily, but I wasn't happy, because it's very painful for me to reprimand



Becoming More Talented in the Course of Spiritual Practice

So, you'd better be diligent in your spiritual practice, and examine will bury our talents this way. Our talents are derived from our your inner Self. You have to always look inward to avoid being reprimanded by me, or being tortured by society. Even if I don't reprimand you, other fellow practitioners or someone from outside will, because you are not good in your spiritual practice. You have No doubt there are many talented people in this world. not given yourself enough pressure to use all your latent talents. Sometimes I reprimand you to force you to stand on your own feet. Now he is very happy to know that he can do what he has never done before. Most of the materials he used were near-finished ones. All he had to do was to nail them up. He never made or created anything like these before, but I told him that he definitely could do it. It's more comfortable doing things this way because you can have your own creations. If you do it as your profession, and just assemble a frame with ready-made material, anyone can do it! We We can do anything.

wisdom. So the more we practice spiritually, the more talented we will be.

However, their talents are limited to one area. Spiritual practitioners have many talents. Later you'll find that you have many talents. Your hidden talents will naturally emerge because you have infinite wisdom that you can make good use of in any situation. You are not aware because you have not encountered an adverse situation before. Perhaps you are lazy or are bound by preconceptions, and don't have faith in yourself. You belittle yourself and think that you can't do any better. This is nonsense.







Supreme Master's First Painting: Song of the Sea September 1990, Hsihu, Formosa

The Origin of Master's Engaging in Artistic Creation

I had never painted before. My first painting was *SONG OF THE SEA*. I only wanted to experiment with my brush technique. As I had not handled a brush before, I wanted to give it a try, and it turned into a painting. Only then, did I realize that I could also paint. (Applause) This is only one aspect. However, I don't demonstrate my talents like this every day. I only tell you my personal experiences to convince you. I was also forced to paint, as I wanted to earn my own living! I don't want to trouble fellow practitioners, and don't wish to accept offerings. Whatever I teach you to do, I do it myself. So I didn't accept any offerings. That's why I started painting stones to sell as paper weights. Later, I couldn't paint the stones fast enough because everyone rushed to buy them. Afterwards the stones were redeemed by us so that everyone could appreciate them.

I couldn't paint them fast enough. It took me three or four days to paint one stone because I had to paint on both sides. One side had to be dried before I could paint the reverse side, and to add further detail later. That was really tedious. I couldn't paint them fast enough to sell to fellow practitioners. Besides, outside people also wanted to buy them. There were not enough stones for our fellow practitioners to buy, not to mention the outsiders.



contributions could buy the stones. The others didn't have a chance no matter how high a price they offered to pay. At that time, I sold them at fixed prices instead of by charity auctions where the product is sold to whoever pays the highest price. That's not how we did it! Because talents. Then I began to think of painting something bigger. It seemed

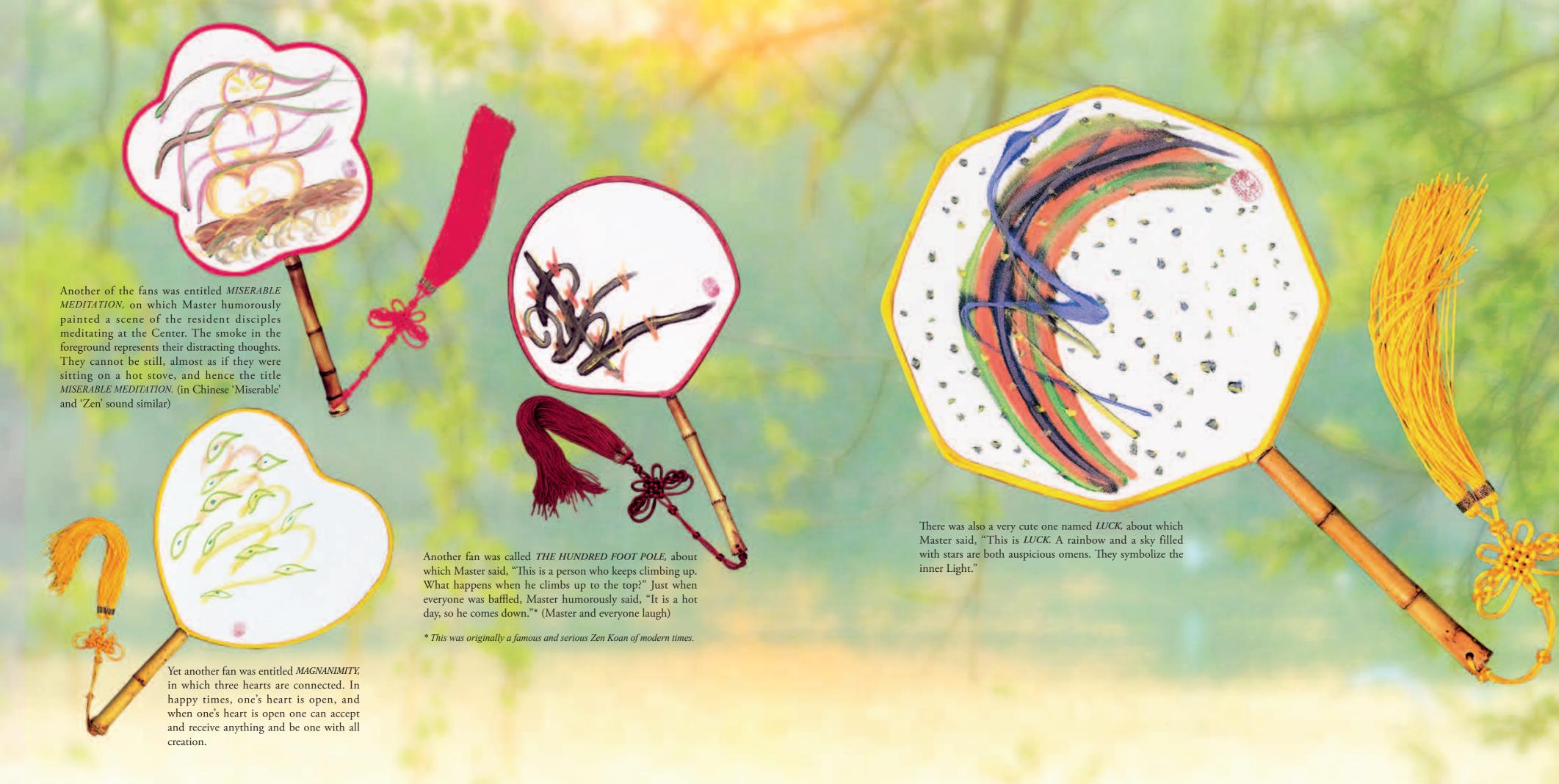
can also make to nothing.

the quantity was scarce and the demand was too great, I didn't know I can do many other things, like playing the piano, the Gu Zheng (a whom to sell to. That's why I sold them at a fixed price by orders. It's Chinese sitar), and the Yang Qin (a traditional Chinese instrument). not because I had discrimination against anyone. Later I found painting Have you heard me playing the Yang Qin from the cassette tape? stones was too tedious, and they were too small for me to develop my (Audience: Yes.) That was my very first performance. Never mind if it sounded pleasant to the ears or not, you can tell from the melody that that I was forced to be it is not something a beginner could do. Similarly, we have much latent a painter by the potential that will appear when we practice spiritually. We don't need to use all our talents to let the whole world know how talented we are. This is not our objective. However, we will naturally know what to imilarly, you do when the time comes. Only by practicing spiritually can we help might have many ourselves and truly help the world. Otherwise, no matter what we do, talents that you it'll be useless. Without wisdom, all our ideals and sincerity will come













Exploring the Coexistence of Humanity and Nature through Art and Scriptural Study

Spoken by Supreme Master Ching Hai Three-day Retreat in Hong Kong April 1- 4, 1994 (Originally in Chinese) Videotape #414

All Events Have a Cause; Disasters and Blessings Are Self-Created

I can choose to idle my time away here so why do I occasionally paint? Because that is the way I want to pass my time. I like to paint, so I do it. Once I do, my nose, my eyes, my hair, my hands, my beautiful clothes, everything gets covered with paint. I myself become a painting. (Master laughs) After I finished the painting, my whole body had also become like an oil painting. I did it myself; I could not complain, "Ah! Why did God let the paint splash onto my body?"

If I am covered from head to foot in oil as soon as I finish painting, I remember how it happened. I know that I got myself so messy because of painting, and all I need to do is to clean myself. However, other incidents that occurred a long time ago, perhaps centuries or decades ago, we forget after we are born. We forget that in the last life, we owed someone a certain debt, or we beat someone up and now he has come back to beat us. We forget about everything in the past, so we cry out in denial and declare our innocence. Actually, in many cases, it is we who created the situation.

Conform to and Respect Everything in Nature

There is a story in the Chinese spiritual text *Zhuang Tzu* that goes like this: The river god asks the sea god, "What is nature? What is a human?" And the sea god replies, "A horse runs on four legs. That is nature. The one who bridles a horse, ties it to a place and makes it toil is human." (from the chapter entitled 'Autumn Flood' in *Zhuang Tzu*). We do not follow the course of nature. We want to bind this or capture that. We pierce a hole in a cow's nose and pull it by a rope fastened to its nose ring. A calf is not born with a hole or a rope. They come from humans.

Indeed! A creature is a complete whole when God gives it life. It runs, eats and sleeps whenever it wants to; it dies when its time comes and fights whenever it's necessary. But a human captures it, pierces a hole in its nose, controls it and commands it to do this and that. After doing such things for so many times, they also pierce holes in the noses of fellow human beings and dominate them. It has happened before.

In the past, didn't some white people, who are so-called "smarter" and more "civilized," captured the black people or those living in backward countries? Perhaps they did not pierce the captives' noses, but nevertheless, they inflicted pain upon them. Sometimes they branded their captives with hot irons, etching numbers or marks on their noses or foreheads to indicate their slave or maid status, or which group or wealthy owner they belonged to, and that was treating them like animals! This is what we call human. God has never asked us to act in this manner.

God didn't create black people to be slaves for the white people. Black people lived in Africa without any association with white people. They had no intention of disturbing the whites. Has anyone read the book *Roots* by Alex Haley, about the life of an African slave? The book traced his journey from his captivation in Africa to the United States, where he had a child who participated in the revolutionary struggle for equality. The book was very thick and recounted the saddest true stories. Humans treat each other worse than the way animals treat each other. Animals do not behave the way humans do. Apart from fighting over female companions or territories sometimes, they are not cruel to their own kind. Animals are not humans, yet we look down upon them and call them animals, giving them the right to be brutalized. We are humans, so how could we behave that way? But once we are used to such behavior our hearts become obtuse and insensitive, not knowing the meaning of cruelty and compassion.



Supreme Master Ching Hai unuary 1993, Pingtung, Formosa

The Immense Compassion That a Great Saint Bestows on Sentient Beings

In my earlier days, even before I started spiritual practice, I did not have the heart to be unkind to animals. Since then the more I practice, the more sensitive I become. I was once vacationing in Spain a long time ago, and dared not to watch bull-fighting because I thought it was too cruel. But I still rode horses at that time, because that place was inaccessible by foot. Everyone rode horses, so I followed suit. But now I cannot bear to do that anymore. I have greater respect for them. Horses might not mind being ridden, but I am very sensitive. I do not have the heart to ride them.

Once I also went on a pilgrimage to Burma because of its large numbers of ancient temples with many wooden and bronze statues of the Buddha. We were there on a visit to worship the Buddhas and saw many horse-drawn carriages. I was already quite sensitive then and I thought that the horses pulling the carriages were in too much suffering. There were seats for eight passengers, but two more hung on in the front, with another two at the back. The weather was hot and the horse was whipped repeatedly. It could not do anything but move its legs forward. Oh, I could not bear it!

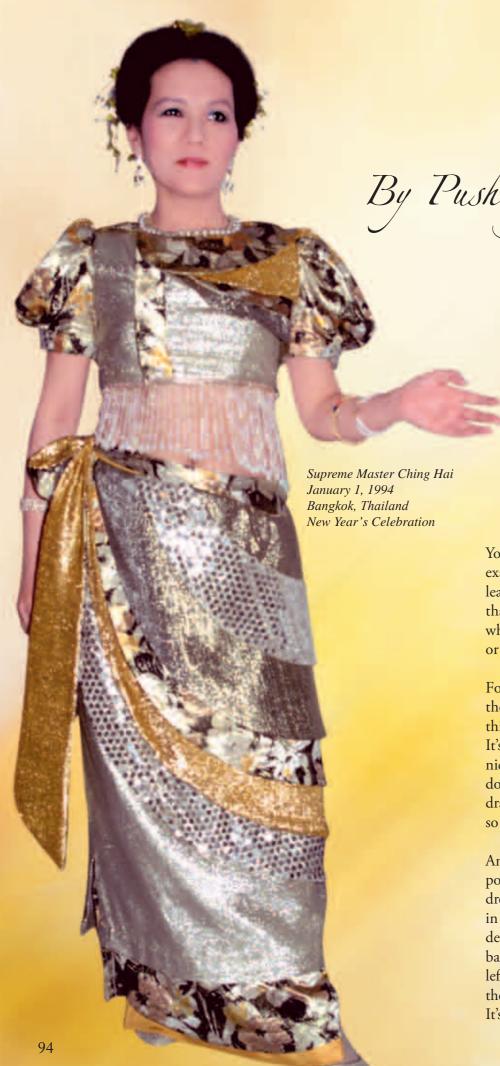
But on second thought, I still took a ride, because if I did not, the driver would not have had the money to buy food for the horse. That would not do it any good either. Therefore, I found myself in a dilemma. My heart ached so badly, wishing that I could free the horse. But if I did, it might be recaptured to suffer even more terrible things or to be served as food on the dinner table. Besides, how could I transport it on an airplane? How can we free all the horses in the world? Then there are cows, dogs, birds, tortoises, fish and.... Ah, there is nothing that we humans do not capture and toy with. Toying with them might be occasionally tolerable, but sometimes they are treated brutally. This is what we call human???

Harming Sentient Beings Incurs Catastrophes

God created animals to help us, to let us appreciate their beauty and to provide companionship. But we capture, torture and exploit animals, inflicting pain on them. We treat God's creations this way, and expect Hirm to treat us kindly. In fact, due to the law of cause and effect, we can only reap the suffering we have sowed. When we torture animals every day, the vibration of their suffering clings to us and becomes attached to our physical being. And as time passes, the clinging vibration weighs us down, pulling us into suffering, drowning us in that vibration of anguish. Then we become miserable. Life does not go well for us. And we start complaining, wondering why God has been so unfair. It's because nothing will just disappear without any effects. The animal's vibration of suffering lingers in the air and clings to our bodies.

There is a movie about a man who seemed to be a spiritual practitioner of some kind and had spiritual intuition. By merely touching a house or chair, he knew if its owner was a killer. By touching just a chair, not the person himself, the entire scene of the killing appeared before his eyes and he knew that that person was the killer. Such things can truly happen. Because of the lingering vibration, nothing can escape. Even if we did something a long time ago, when we are reborn into this world again, the vibration continues to cling to us. But we forget the reason and keep complaining and criticizing God.





By Pushing Ourselves

We Realize Our

God-Given Talents

Spoken by Supreme Master Ching Hai January 2, 1994 Thailand (Originally in English) Videotape # 401

You have a lot; you have many things you can do. Whatever I do, for example, painting or designing clothes, I didn't learn before. I didn't learn to compose music before, but you like it. It's no less professional than any one else's. Because I have them, and when the time comes, when I push myself, when I need to do it, I do it. I don't do it every day or when it's not necessary, but I do it.

For example, last night, the clothes I wore, I didn't want to design them. I didn't think about it. I just thought, "Oh, I'll just wear anything." And then some of the people said, "Ah, no, Master, it's no good! It's New Year's and thousands of people will be there. You have to dress nicer." Then I thought, "Oh, but I don't have a nice dress. So what to do? OK, I'll design it." It didn't take more than three to five minutes to draw it out. It was very easy because I was pushed to do it. I didn't have so much time to think.

And I also made all this music not because I wanted to make it, or I purposely intended to make it, and I thought about it long ago and now my dream has come true. This is not true. I wrote it in just one or two days in a very musical mood, and why? One of the close disciples just suddenly left me for no reason, and I felt a little bit sad. I felt that if he went back to the world, there would be nothing for him, because many people left me and had to come back again. And even if they don't come back, they're in bad shape. Then it worries me again and makes me troubled. It's not that if they left and they're happy and married, and live happily

ever after together, it's fine with me! But mostly not! It just makes more trouble for me. I know that already. I said, "Oh, no! Not again, please!" History keeps repeating itself. You should have learned from the previous experience, instead of walking in their same footsteps again and then be suffering. Because I know I am good for them, I know very well that except for me, no one in this world truly loves them the way I do. It doesn't matter if I scold them or treat them nicely, it is only from love.

So, because that person just left, I felt very sad, not very sad, but a kind of frustration again, of something "déjà vu" "like I'd already seen it before, and it's happening again." So I thought "Oh, no, not now! I'm too tired. I'm busy." I just want to rest mentally, physically and do some other things. I'm so busy with many other things and have so much pressure now, and then suddenly he left. "Oh, it's not the time." I thought, "You can leave another time, but not now." I feel everyone is just cheated, willingly or unwittingly by illusion. And there's nothing more to that.

Therefore, suddenly this song came out. I wrote it for that person. Then, the other song, in connection with it, also came out together. Altogether there are twelve, because some of them are translations into Aulacese and Chinese. So it just came naturally, and I wrote a song in a few minutes. It's not from premeditating or an arrangement. It's the situation that pushed me into this, so I can do that.

Supreme Master Ching Hai

Early 1980s, Munich, Germany











Supreme Master Ching Hai personally presents the 2nd President of the Republic of Slovenia, Dr. Janez Drnovšek, with the Shining World Leadership Award at the country's Presidential Palace on May 31, Golden Year 4 (2007)





How Do Artists Produce Timeless Masterpieces?

Spoken by Supreme Master Ching Hai Youngdong Center, Korea May 9, 1998 (Originally in English) DVD #620

Jobs are not always interesting, of course, but we make our lives more interesting out of those jobs, some part of them. And then we also make our lives interesting besides the jobs. Then it's OK.

Actually, the system of working in this world is of course boring most of the time. But because of survival a lot of people have to waste their talents, time and precious freedom in order to earn a living. That's what makes many workers miserable, because they feel they are forced to do it. They are trained to do only one job and they can't change. But the perfect system would be that each one should be able to work the way he or she wants, and not because of the money. But then everyone should be provided with enough to survive, and with everything else extra you do what you want.

In some other more advanced societies in the universe, you don't have to work for a living. Everywhere they have like a common kitchen, a common store. Everyone can exchange their labor, exchange their work, their crafts for the goods that they need and even if they don't have any, they can also have something. But if they want extra, they have to strive in different ways, and each one just contributes his talents or abilities to society, not for the money but for the pleasure of it, for the honor of contributing. And money doesn't exist in those societies because they don't need any. You are always provided with whatever you need.

And in such highly developed societies, people don't need much; they know what they need and it's mostly just the basics. The rest of the time they spend leisurely developing their own talents, their own hobbies or whatever field they choose to develop. That's why the freer they are, the more developed they are. They don't have to worry about the material necessities like in our society. It's an entirely different system and people are happier like that.



Maybe in the future our planet will be in such an environment, maybe in 3000 years (Laughter) when everyone is vegan and eating meat will be a kind of naughty break where they have a restaurant very far in a remote corner of the planet. If sometimes you want to be naughty, you'll have to take an airplane to go there to eat a meal and come back. (Laughter) Meat restaurants will be rare like we have vegan restaurants right now. Right now it's the opposite. In many of the planets, other systems, they're more ideal than ours. Our system is very physical. Everything is concentrated on survival, money, property, houses and all that. But in the other systems, they don't need that; they are provided for. Maybe you don't even need a car to transport yourself around. Maybe you need just a safety belt, or a small apparatus, a button, and you just put it on your body somewhere; you just click it and then you go anywhere you want. Somewhere else you don't even need that; you just ride on the clouds, or a lotus, a blade of grass or whatever. That's more convenient; no pollution needed. (Master and everyone laugh) Our society is very physical, very dense in thinking and in the way we live. On other planets, their thinking is so noble, so light, if you happen to go there and associate with them, you feel you have not a worry in the world. You feel elated for no reason. You don't even need to meditate to feel elated, you just feel like you're in samadhi all the time.

Your mind, your body is light like a cloud. It's not that you become like an idiot or blank in your mind. It's just that everything becomes very simple and easy. All thinking is done with no effort. Everything you do is just so natural, so spontaneous and so loving, that you don't even feel you're doing it, and whatever you do you get satisfaction out of doing it, because you do it with love. Not like in our system here, where we do it most of the time for survival. That's what makes a job hard. Many people don't like computers but they have to do it, because maybe that's the most available job at the moment, high paying and easy. Then once they have been trained in that direction, it's difficult for them to get trained in another direction. They keep you eight, ten hours every day already, and once you go home, you're exhausted. You have no other alternative. You have no energy to want to change. On weekends you have to do shopping, cook, wash your clothes, wash dishes or go out with your girlfriend. That's the minimum; otherwise you're kaput if you don't have a change, you don't have some pleasure. And the weekend goes fast. Then you have to sleep to make up for the time lost; a lot of things to do. So if you're once stuck or trained in one job, it's difficult to change. In some jobs, you can add variety to your environment, and you can look at it differently. But in some jobs, you're really stuck with machines all the time, and you do feel heavy and bored.

Supreme Master Ching Hai March 12, 1994, Los Angeles Center, CA, USA











Spoken by Supreme Master Ching Hai Hsihu, Formosa May 10, 1992 (Originally in Chinese) Videotape #245b

Spiritual practitioners are most beneficial to the world. We may have very good intentions, but without talent, wisdom, and virtues, we cannot help the world!

Therefore, we cannot afford not to practice spiritually. Regardless of what career we pursue, be it in the arts, in politics or in economics, we still need to develop our greatest wisdom, so that we can reach perfection in our careers and serve the world.





We practice spiritually at home, taking care of our family and contributing to our country. This is the true objective of a spiritual practitioner. If we are separated from people, what is the use of practicing spiritually? If we do not serve humankind, then where do we use the merit from our spiritual practice? Therefore, a spiritual practitioner is indeed a good citizen, a truly good citizen of the world. It doesn't matter if we are the president or a taxi driver; we are pure in heart and mind in doing anything. We are absolutely honest and clean, very contented and very comfortable. Anyone who sees us will like us.



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You have gained many benefits since you began practicing spiritually. You know that your actions, speech and thinking have changed a lot and so has your family. Then of course we should help others to get the same benefits, and also to become better, more intelligent and more capable people. After practicing, we can develop all kinds of talents to one hundred percent. It is not sufficient to just be a good doctor or a good construction worker; we have more talents to develop. These talents and wisdom will emerge only when we practice the Quan Yin Method of meditation. This is my personal experience.





















Being Focused and Dedicated Is the Secret of Success

I have no miraculous power; all I have is good concentration. I am very dedicated when I work. When there is nothing to do I go to sleep, and when I work I do it mindfully. We have to finish our work sooner or later, be it in one hour or two. If we finish it in an hour, we save one hour. If we take two hours then we have no time left. We aren't staying in this world for very long, so we should accomplish as much as we can. Do it well instead of making a mess out of it. Whether you do a lot or do very little, all you have is a few decades. You will have to come back if you fail to complete your task and this is why many people have to transmigrate. Work fast and mindfully, because when we are dedicated and focused, naturally we can work fast because we understand where the key point is.

It's the same with planting trees. No one had ever planted trees so quickly before. I did the same previously when I planted trees up there and most of them lived, right? (A: Yes.) Except for some that I did not check, or some which already had problems. We only replaced one or two of them. The trees that I planted up in the park are all living and very beautiful. It is the same with planting grass, right? (A: Yes.) The trees here were also planted very quickly, all done in one afternoon. I didn't just plant the trees bought from outside, I also transplanted many trees here, because they had been planted in two rows like this. And it looked very suppressed like a prison on both sides. Therefore, I changed the pattern and planted them in pairs. We dug up everything, changed the direction and added in new trees. The new trees were planted in different places.

Supreme Master Ching Hai

August 1989, Hsihu, Formosa

If I had planted them all by myself, with no nonsensical things annoying me, it would have been even faster! Why was I so slow? I had to spend the whole afternoon making changes and finding ways to improve it. It was a headache. It would be quicker if the place were totally empty. It should not be so slow! Just dig a hole, dump in the tree, fill up the hole and press it firmly by pounding the soil and off we go to the next site. They worked more quickly because I was there.

Master "Charges Disciples' Batteries"

It's strange! I've found that each one's capacity, the battery inside, is different. Therefore I came to understand many things through planting trees with them. They performed very well right after I reprimanded them. They worked very smoothly. The first day was difficult, as they were not accustomed to me yet. The second day was better, but I still reprimanded them a couple of times. Then I told them how to speed up, and that's how it was done fast. They perform better if they listen to my words. Otherwise, they can be very troublesome. I said, "Dig quickly and then plant the tree, cover it with soil, and then place the pebbles." It is very fast! If they did not know the method, even placing the pebbles could take time. It is very simple; just sprinkle all the pebbles on top and then level them with your hands. But how did they do it? They threw them in slowly handful by handful. That was still fine. Some threw in one or two pebbles at a time.

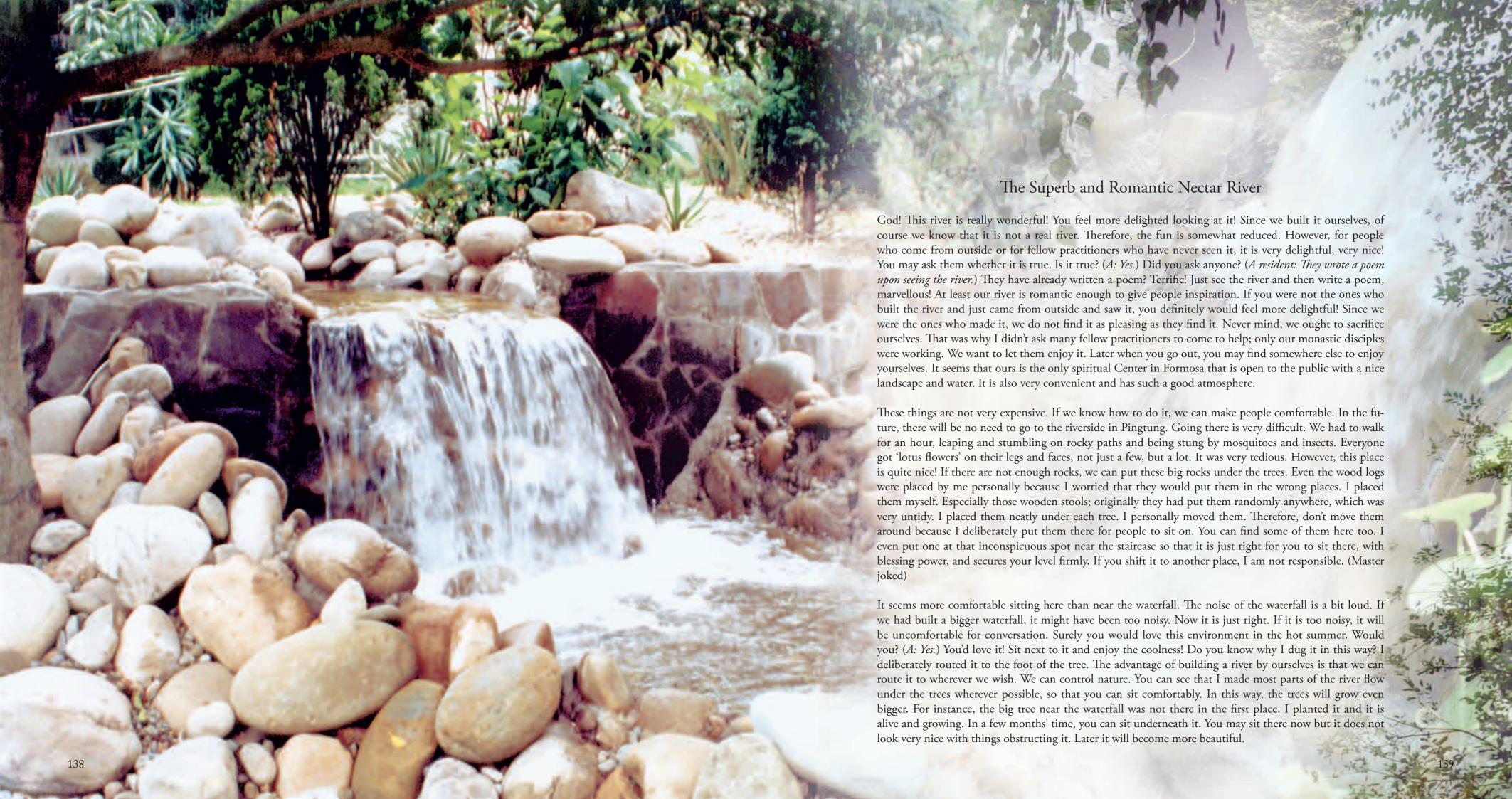
Today was the last day of our work, so naturally some stones near the pool needed to be cleaned up and disposed of. I never said that I wanted to build an artificial mountain there, but they thought I did. Therefore they dumped the rocks in a big heap, and consequently had to take them out again. That was how they caused trouble. For instance, the camphor ball-like rocks they bought today, I never asked them to buy. They bought the wrong type and did not report to me. Without asking me, they put a lot of rocks there. They wasted a lot of time placing them there and wasted more time removing them later. Also, it takes a lot of time and labor to place those huge rocks near the pool. And when I went there, I asked them, "Why are you doing this?" Then I made them take the rocks out again. Perhaps Milarepa was also like that. (Laughter) He might have wronged his Master. Perhaps his Master didn't say anything and it was only his imagination. You are all like that, and so wasted a lot of time.

You made so many mistakes and we still managed to construct such a magnificent river in three days. Can you imagine if you hadn't made any mistakes? If only you had not put in the rocks and had to take them out again. The white stones are fine, but we need them granulated and mixed with white and yellow sand. It would have looked cleaner and nicer that way. But in the end, they could neither get the sand, nor the granulated white stones. They bought stones as big as camphor balls, as if there were cockroaches in our river. (Laughter) It looked very ugly when they were put there, don't you think so? (A: Yes.) On the one hand they looked like camphor balls and on the other hand they looked like littered polyurethane fragments, so messy! I asked one of the old Saints, "How can you people stand the sight of this?" And she answered, "It's very beautiful!" (Laughter)

We built a river this long, very long and winding and it took us only three days, including paving the road, placing the rocks and pebbles and planting the trees. Wow! Really great magical power! Great magical power! Wow! Very beautiful! Very beautiful!









Appreciating the Longesity Lamps

Spoken by Supreme Master Ching Hai Hsihu, Formosa April 2, 1992 (Originally in Chinese)

Longevity Lamp: Fire Extinguishing Fan

Recently I designed a few new Longevity Lamps. Let the resident tell you the names. (Resident X: This new design by Master is called FIRE EXTINGUISHING FAN. In the story THE FLAMING MOUNTAIN, there is a "Banana Leaf Fan." This FIRE EXTINGUISHING FAN designed by Master is meant for putting out the "fire" in our hearts and keeping us cool and calm in meditation.) It's very beautiful! Originally the Lamps were not that pretty because they made them look very rigid. So I instructed the resident to add more carving on them and now they look different. There is a difference with and without the extra carving.

(Resident X: The first one up there is called UNIFICATION. In the beginning it looked very stiff, and then Master instructed us to add some ornamental carvings.) Nevertheless, they have done it quite beautifully. They couldn't make it so beautifully before. Starting with my wooden house up there, I told them that mixing two colors together [in the Chinese knots] would look nicer. Indeed it looks much better now after mixing the colors. A slight mixing of colors occasionally will yield a different effect. (Resident X: THE WISDOM SWORD, the sword of wisdom of Manjusri.) It's used to chop the ego. It's very beautiful, very special! There are more special ones yet to be produced. They could not finish them in time.

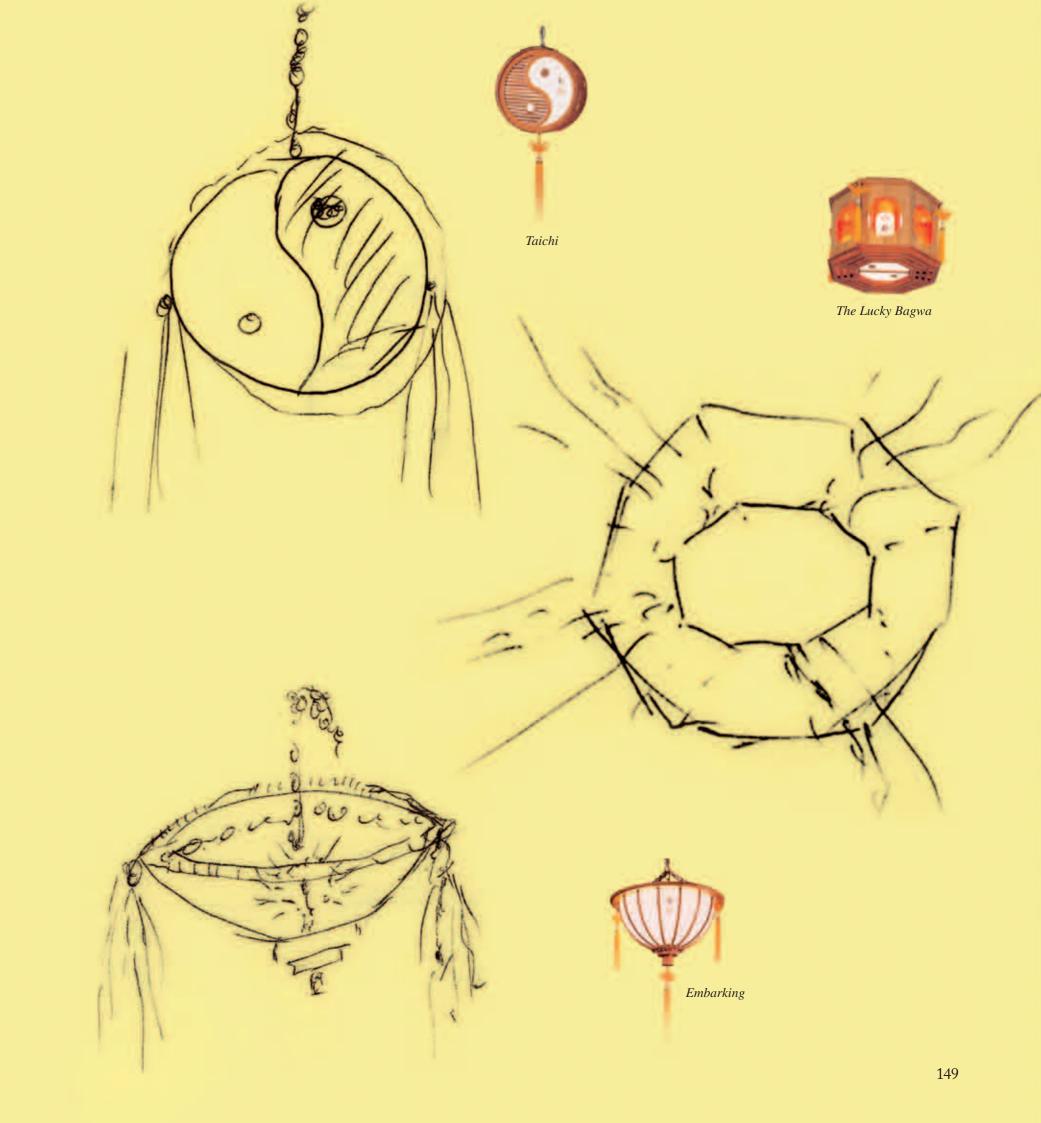






Some of Supreme Master's Initial Longevity Lamp Sketches





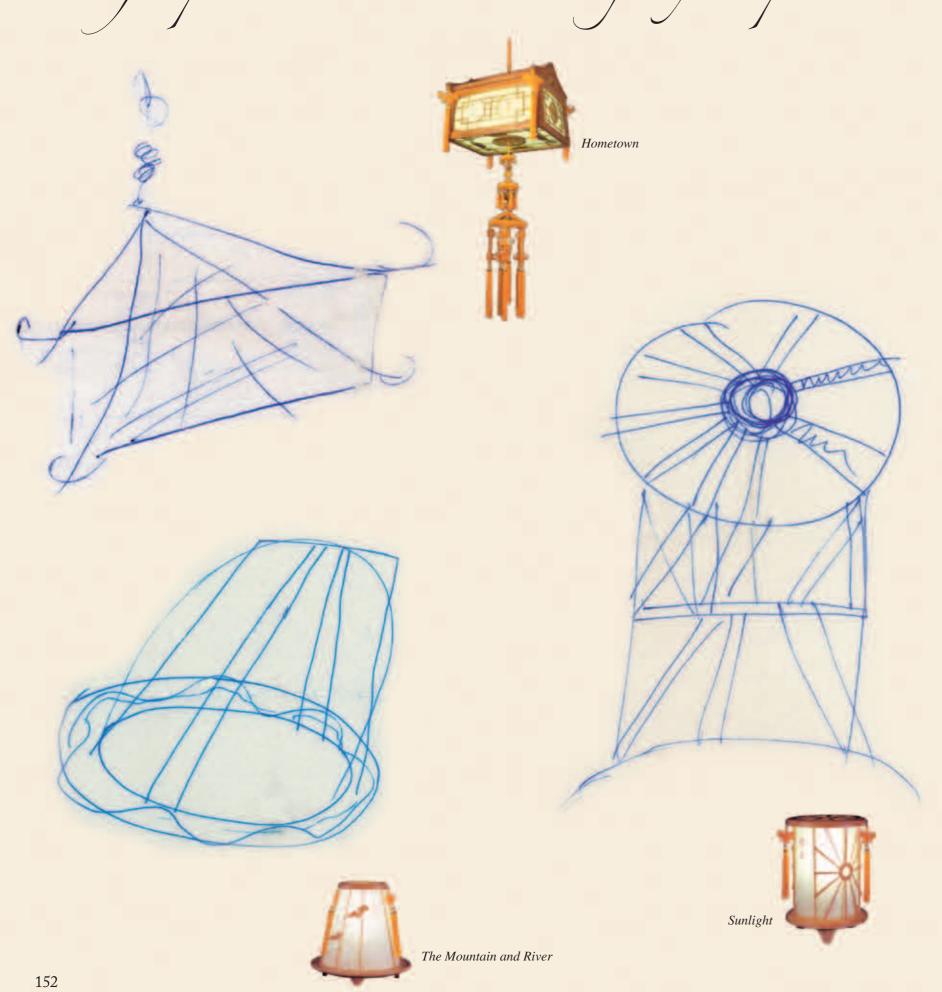
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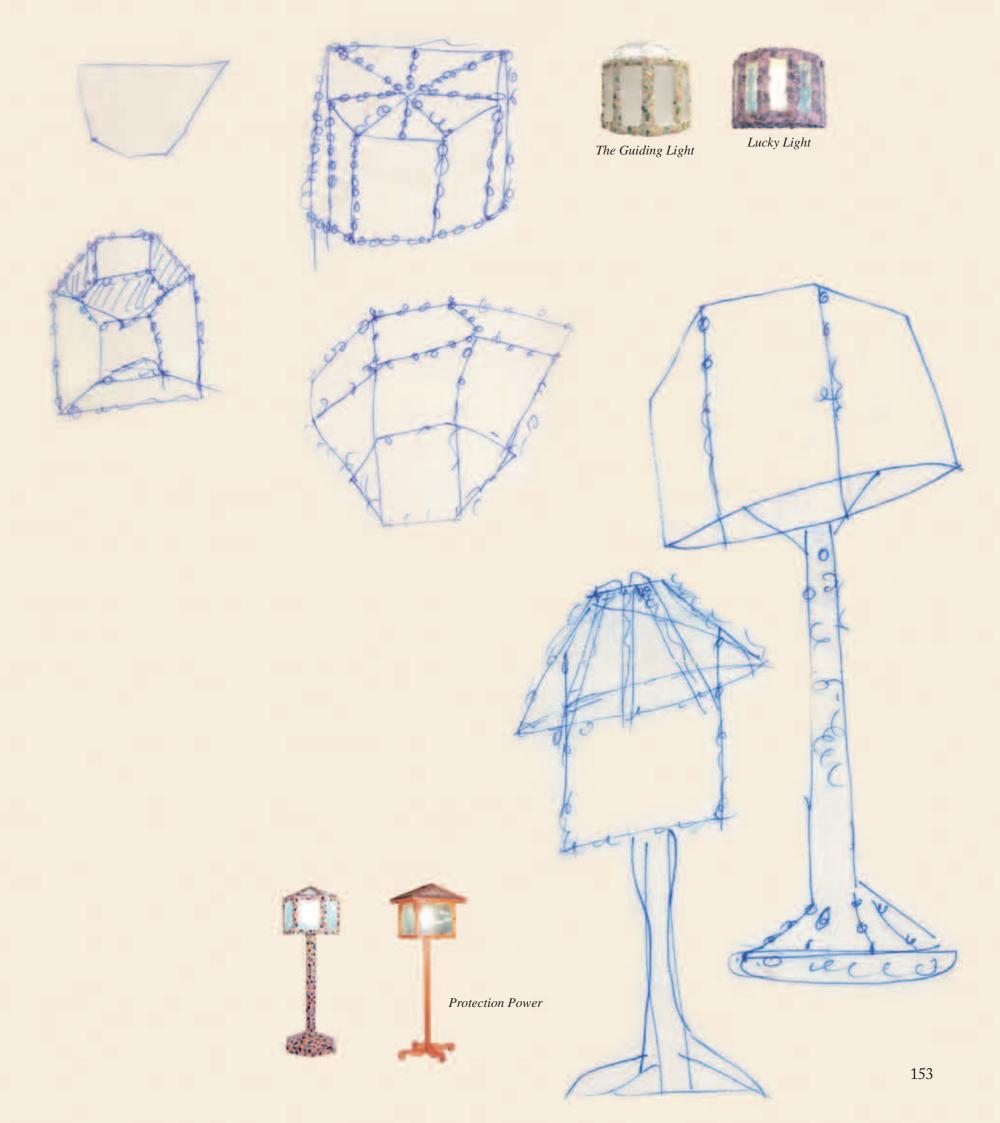
Some of Supreme Master's Initial Longevity Lamp Sketches Door of Heaven

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Some of Supreme Master's Initial Longevity Lamp Sketches











stone. This is even more beautiful. It will not be good to have too many of these. When we have only one, it becomes all the more fascinating. (Someone: Rarer.) Right! (Master and everyone laugh)

It's strange how it is just so perfect! The lamp makes a perfect match. (Architect Br. Ke: Light fixtures are difficult to match. Previously, when a house was finished being built, I would help the owner to choose the light fixtures, but it is difficult. It is because we can only see the photos printed in the catalogue. When we finally install them on the ceiling, they will look either too big or too small. Therefore, I usually choose lights that I have used and those that I know will look good when they are installed. I try to avoid those that I have never used before. If we choose them, and we are not sure of the proper proportion, they then would look awful when installed up there. Installing a light in a given space is by no means easy. It is true. Besides, this gazebo does not have a closed space or wall, so it is even more difficult to decide on a spot. When we were installing this light, a resident brother asked if it might be too big. We tried it and found it to be just the right size. He said that he made it according to Master's design by enlarging the proportion. Master is really admirable!) (Laughter and applause)

Some lamps cost over NT\$10,000 each, right? In fact, it is not a big deal. It is made of iron. We do have those streetlights up there that look like antiques, with a little iron. It cost over NT\$10,000, which is already the lowest rate. If it is iron, however beautiful, it gives an air of sharpness, which scares you a little. This one emits a softer, more comfortable aura. They all have the same, round shape.

Having a few installed here adds a majestic air to the environment. Otherwise, it would fade away and seem weak like the candlelight. (Master laughs) Yes, that one is bigger. (Architect Br. Ke: Extra big.) It is heavy, too. It makes an impression on people. So I especially told him to make it a bit rough, so it would look majestic.

Initially I placed emphasis on more beautiful and exquisite lights, but my emphasis here was on roughness. And he really made it rough. No paint was required. The wood was cut and the slate was inlaid. It was faster and made its beauty stand out. Here, we wanted rougher ones. They had to be rough when required. If we had a weak, fine one here, who can stand it? It would have been incompatible.

See, there is congruency because it is rough on all sides. The stone looks rougher. The lower side is rough, too. In contrast, the wooden board is very smooth and finely textured. But the lamp with its rough appearance creates a balance. If it is all rough or all smooth, it detracts from the appearance. A wooden light would not look good or stand out here either. It would be too even if these two were matched together and the wood was placed on top. It would look bad or monotonous if it were all made of wood. Any lamp made by others would not match either. Therefore, it was better that we designed it ourselves. We made it faster and at a lower cost.



We Should Demonstrate Our God-given Talents I am specialized in pushing and edging people. Stalling day after day is unacceptable. What if there is some other work to be done the next day? turn out to be poor choices.) because there

I am specialized in pushing and edging people. Stalling day after day is unacceptable. What if there is some other work to be done the next day? turn out to be poor choices.) because there work be finished on time? That is why I ask you to complete the job first, finish it quickly and take a break. Relax a bit first. There may be another.

I did a bit of work. I work whenever I can to give them some consolation that I did some work. (Master laughs) Otherwise, if I were to have them do the work every time, they would react, revolt. They might turn the tables on me and volunteer to do the designing while I labored. good luck. It was also a bit shocked. I worried that I might have designed it too fast, and it could end up too big, too high, and so on. Therefore, I especially asked him

Brother Ke, did anyone offer to do the designing while you did the manual work? (Architect Br. Ke: Yes, that happened. When he was tired, he would say that it was my turn to do the work.) Well, the designer has to have the brains for that. He has to know every corner by heart. The worker just goes about his job blindly without giving it too much thought. That is why many people prefer jobs that require little thinking. Using the brain is exhausting.

Gelt satisfied, then he continued to finish it. Otherwise, I'd have to modify it! As a result, it looked very nice after it was fixed up there.

Originally, I wanted to make it flatter, but this is OK. These are only a small group;

However, I will not say that I am worn out. I can come up with a design very fast, in about half an hour. Tong X is very talented. He does not require more than a brief explanation. Sometimes, my design was only half finished, and I said, "You know how to finish the other half." It is more or less the same. He only needed to fill in the missing parts. This is more simple. there are a lot of them, it will look better with different designs. Now that there are only five or six of them, designs in pairs should be good enough. For the three roofs over there, I could also buy different stone slates to pave them. I just didn't

The Longevity Lamps are also difficult to make. We have to make the wood smooth by sanding, cutting and carving, which is very difficult. But none of this was required here. We only had to assemble them, which was the easiest job ever. Look at it and you know it is very simple. It began as a flashing thought. It is most important to first conceive an idea. there, not many. If there were many, then we could make two in this shape, one in that shape, and three in yet another shape, then it would be different. There are only three. If you put a red one in the middle

Different lights blend in with different environments, such as indoors or in high-class, expensive houses. This one is for the outdoors. The outdoors is very different. I have already designed lamps for indoor use, for modern houses and old houses. But this is different. The outdoor environment is different and should be complemented with something different. Every house should have different lighting.

would be more distracting. Or, one green, one red, one yellow, wow! Who can stand it? We also cannot stand it! It's the same with the lamps, because they are more or less the same. For a single lamp, we could have different lighting.

(Architect Br. Ke: That is why we choose, as I said earlier, lights we have used but in similar colors. Then they won't look before. We want only those that look great. We do not want lights that we have too monotonous.

to think too much about, because these often turn out to be poor choices.) because there are no good lamps to choose from; difficult to choose. Right! Right! My design for this lamp was also a coincidence. I just drew it and the proportion was just right; I have good luck. It was also a bit shocked. I worried that I might have designed it too fast, and it could end up too big, too high, and so on. Therefore, I especially asked him to put it up to let me take a look. After I felt satisfied, then he continued to finish it. Otherwise, I'd have to modify it! As a result, it looked very nice after it was fixed up there.

Originally, I wanted to make it flatter, but this is OK. These are only a small group; no need to have many different designs. If there are a lot of them, it will look better with different designs. Now that there are only five or six of them, designs in pairs should be good enough. For the three roofs over there, I could also buy different stone slates to pave them. I just didn't want to! Because it was just a small group there, not many. If there were many, then we could make two in this shape, one in that shape, and three in yet another shape, then it would be different. There are only three. If you put a red one in the middle and two green ones on each side, then it would be more distracting. Or, one green, one red, one yellow, wow! Who can stand it? We also cannot stand it! It's the same with the lamps, because they are more or less the same. For a single lamp, we could handle it; or if there are many of them, then it is better to make them all different, but in similar colors. Then they won't look too monotonous.

















The attendant had thought that I would be physically exhausted after working day in and day out, and should spend the next three days in bed to make up for lost sleep. But I said, "Doing these things gives me a respite. I can't stay in bed the whole day and night. This is a break for me, because it brings a change into my life." When I do the things that I like, I'm resting at that time. Otherwise, I'd be devoting all my time to making others happy, and leaving none to pursue my own interests. The two are different.

Although I work to make you, others, refugees and needy people happy, and I too am very happy, it's in response to requests and circumstances. I have no control over the work, nor do I have any say in the matter. For example, when someone asks for two kilos of rice, I have to bring them to him. In this kind of situation, I can't act as I wish for it's done to meet the requests of sentient beings. This is different from being your own master and making your own plans

So I still have to find a balance in my life. Otherwise, my mind will be unhappy. It's not I or the soul that's unhappy, but the mind. It will not be accustomed to it. So I told the attendant, "This is the way I rest. You don't have to worry." She thought that I had already worked quite a few days and nights at a stretch. Besides traveling overseas to deliver lectures, I had rushed to help the refugees in the Philippines. So why did I stay up the whole night building a fireplace in a cave when I was so tired? She felt pity for me. (Master and everyone laugh) I said, "No, that's the way I rest. Otherwise, I can't go on." Then I asked her, "If you were required to sit the whole day without doing anything, not even your laundry, and food were brought before you, would you be able to stand it?" She said, "No, I wouldn't." Of course not; she would still want to wash her own clothes and handle some of her own personal matters.

I'm no different. I can't devote all of my time to others without having some interests of my own. But these things are my personal hobbies. So I go without sleep at night and use my time to do them. In this way, you won't be affected; because I save the day for you, I am here whenever you need me. Should any emergency arise, or any urgent papers arrive, I can deal with them immediately. I only make use of the intervals between events, or do my own work while waiting or by sacrificing my sleep. At those times when I do not have specific public-interest work to do or documents to read, I do my own personal work in order to maintain mental balance.















Celestial Jewelry: S. M. Collection

An Interview with Supreme Master Ching Hai by a reporter from Bijorcha TV at the Paris International Jewelry Exhibition,
January 24, 1997 (Originally in French and English)
Videotape #629

J: First we have an extremely important interview on Bijorcha TV today, an interview with Supreme Master Ching Hai. Thank You for coming, Madame.

M: Thank you, sir.

J: First of all, can You tell me the relationship between Your jewelry and the spiritual path?

M: Yes! Beauty, Virtue and Truth are symbols of all religions so if one creates beautiful things, they symbolize some of Heaven's beauty. I think they also remind us of spiritual practice.

J: Does each of Your jewelry designs have a meaning?

M: Yes!

J: Would You introduce some of Your designs to us?

M: Yes. For example, this set is made with the "SM" logo. That's our logo.

J: How was the logo chosen?

M: "SM" means Supreme Master. It reminds us that we are the Supreme Master. Just like the Bible says, God, the Spirit, dwells within you. You are the temple.

(Master comments on another jewelry design that the journalist has picked up.) That's a new design: TWIN HEARTS. When two people

understand each other physically, mentally and spiritually, they become one. Similarly, we become one with God when we attain perfect enlightenment.

J: So, what I'm holding in my hand now is a present to say, "I love you," right?

M: Yes, you can also use it for a wedding.

J: That's what I meant to say. It's really nice. What kind of material is it made of? Is it gold?

M: It's solid gold and diamonds. Everything we make has real precious stones and real gold, normally 24-, 22- or 23-carat. We don't use anything that's not real: It's not gold plated but solid gold.

J: In French, we say, "It's the real thing."

M: That's true.

J: (Pointing to a bracelet) That bracelet over there is very nice. It's superb!

M: It's for women.

J: When You create jewelry, do You enter into a particular state, or are You inspired by a particular event?

M: I'm inspired by God.





An Interview with Supreme Master Ching Hai by Le Figaro, the French International Radio (RFI) and RadioEnghien

January 24, 1997 (Originally in French and English) Videotape #629

J1: Your jewelry seems to bring us toward another world. Is that world the real one?

M: It's the realest one. Actually, every Master and every religious scripture has told us that this world is unreal. And the world that we aim toward inside, like what Jesus or Mohammed or Buddha pointed toward, that's the real world. It's the real world that we can find during our moments of silent contemplation, and the jewelry here is just a reminder of the beauty inside.

J1: Why did You go so far as to give a meaning to each piece of jewelry? M: It's because I think that the greatest aim in this life is to find the Kingdom inside us, to find the wisdom or the Godhood inside us. So anything we can do toward the act of bringing us to this Kingdom is the perfect way. Be it jewelry, be it clothes, be it the way we live our lives, everything we do must bring us toward the remembrance of the Kingdom of God. That should be the goal of our life.

J1: Does Your jewelry have an influence on the people who wear it or the people who are around it?

M: I think people also influence themselves. If they've chosen this kind of jewelry, it means they already have this kind of tendency. They want to remember the Kingdom of God; they want to remind themselves and surround themselves with the Heavenly beauty.

J1: How strongly do religion and the Buddha inspire Your work?

M: It's not only the Buddha. I'm a disciple of all the great Masters:

Jesus, Mohammed, Buddha, you name it. Because all the great
Heavenly beings, divine Masters like Jesus, Buddha and so on, all
teach us the same thing. They teach us to be a good guest on Earth,
to live a good human life, and to remember the origin, which is the
Kingdom of God or the Buddha's Land. These are named differently,
but they're the same to me.

Celestial Collection of Beauty."

J1: Clothing, jewelry, poetry: You seem to be interested in everything.

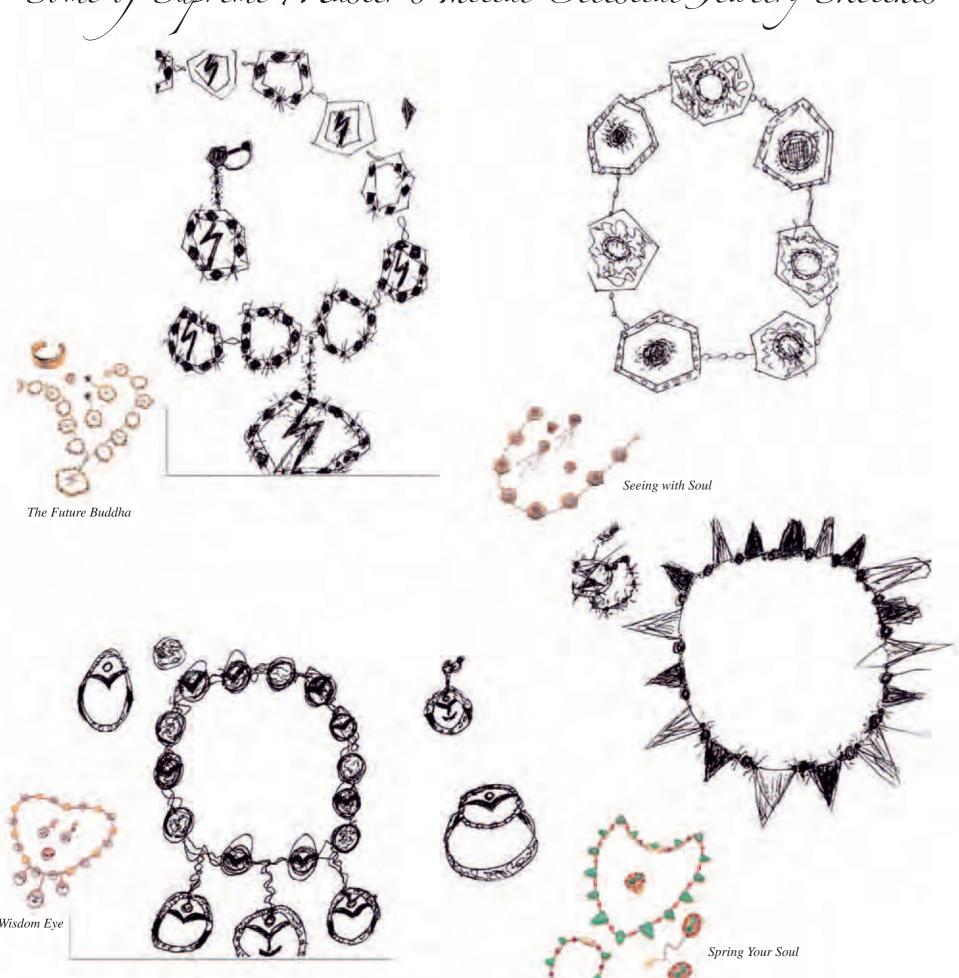
Do You have one thing that I've done. Because it's not me
who did it; it's the Father inside who inspired me and helped me
to bring it into realization. Because I never studied these things
before: I never studied painting or design or jewelry or clothing.

J1: The word that sums up this collection: Is it "God?" Is it "wisdom?" Is it "Heaven?" What is it?





Some of Supreme Master's Initial Celestial Jewelry Sketches





J1: Concerning Your source of inspiration, where do Your visions and colors so that everything I wear represents peace and harmony within and

come before I can paint them out. So I have to do it fast before I forget.

[1: I have one technical question about Your jewelry: I know that inspiration is very important to You, but do You also pay attention to the materials You perfect in its own way. It's just that in this world we've chosen those use such as diamonds and so on?

example, we use the best, most reputable gold and the best stones, and we choose the colors. For example, this (indicating one of the opals in the people things that they don't like. I have to create with the things that necklace THE HIDDEN FORCE CONNECTION) is a very rare color, and the size is very rare, too. To have a piece so big and beautiful as this is rare. As for the gold and all the precious and semi-precious stones, we choose the corner of their hearts, they still remember the shining quality or the best to represent the flawless, Heavenly quality.

You see a piece of jewelry that You didn't make, would You give it a meaning, souls to go back to the Light, to the shining and lasting quality of our even if it's not from You?

M: Well, I think that if some other artist creates his or her own piece of 12: Does this "Light" refer to the Light that touched You like You also jewelry, he or she is the only one who has the right to give meaning to the mentioned with the Buddha? jewelry. So, I don't interfere with people's creations and their inspirations M: It's the inner Light. And the Buddha had the Light shining around or their right to their own thinking. I just take it as a piece of art. And if the creator of that piece of jewelry gives a meaning to it, then I accept it. But I wouldn't give my own interpretation to other people's inspirations in jewelry, or any other artistic piece.

12: Thank You.

M: You're welcome. Are you satisfied?

12: Yes. It's just that I have another question: I want to know if I show You my ring, will You give a meaning to it?

M: Did you create it yourself?

12: Oh, no! Not at all.

M: Then I don't think I'm allowed to give a meaning to someone else's state light, we become enlightened. That's why people love diamonds and of mind. You should ask the creator of this piece to give you the meaning, OK? I think we must respect everyone's private individual inspiration and artistic tendency. I don't always wear the jewelry I've created; I wear anyone's. If I see a nice piece that's suitable for an occasion, I'll sometimes buy it. And sometimes I buy things to give to people. But I don't give J2: And maybe because it lasts, and they want it to last by wearing jewelry. meaning to anything like that; I just buy it.

J2: I wonder if You would describe and tell us why You're wearing the jewelry when people love all this jewelry, like diamonds and gold and so on, collection that You are today?

Master was wearing) Today it just happened that I wore green, [almost] the same color as the opals so I thought they matched. I normally match everything to create a harmonious look so that when people see me, they'll see the oneness and no contrasting or fighting energy around my body, and

without.

M: From inside, from inside my brain! Sometimes the colors and pictures 12: And which materials represent perfection to You, or what's Your preference: Is it diamonds, gold or what?

M: I think everything that God created, even a piece of a pebble, is rare and shinier stones to represent our inner shining quality. So M: Yes, we do pay great attention to details such as the materials. For likewise, I have to choose them; for example, diamonds, opals, rubies and so on. Since the people of the world like them, I can't just give people already like and are familiar with.

The reason people like shiny objects is that somehow in the deepest Light within. That's why people love diamonds and rubies, not for the [22] I would like to know if You give meaning to Your jewelry. For example, if material possession of these things but because of the yearning in their inner Kingdom. So likewise, I use these everlasting things.

His head like you see in the pictures; Jesus also had a halo around Him and so on. All the Saints, when depicted in a Saint's picture or statue, have a halo of light around them. They really do have it. Sometimes we can see with our wisdom eye that a Saintly person has light around him. We all have different light. Some people have purple light and some have a kind of black light. But the spiritual Master has brighter light, very bright.

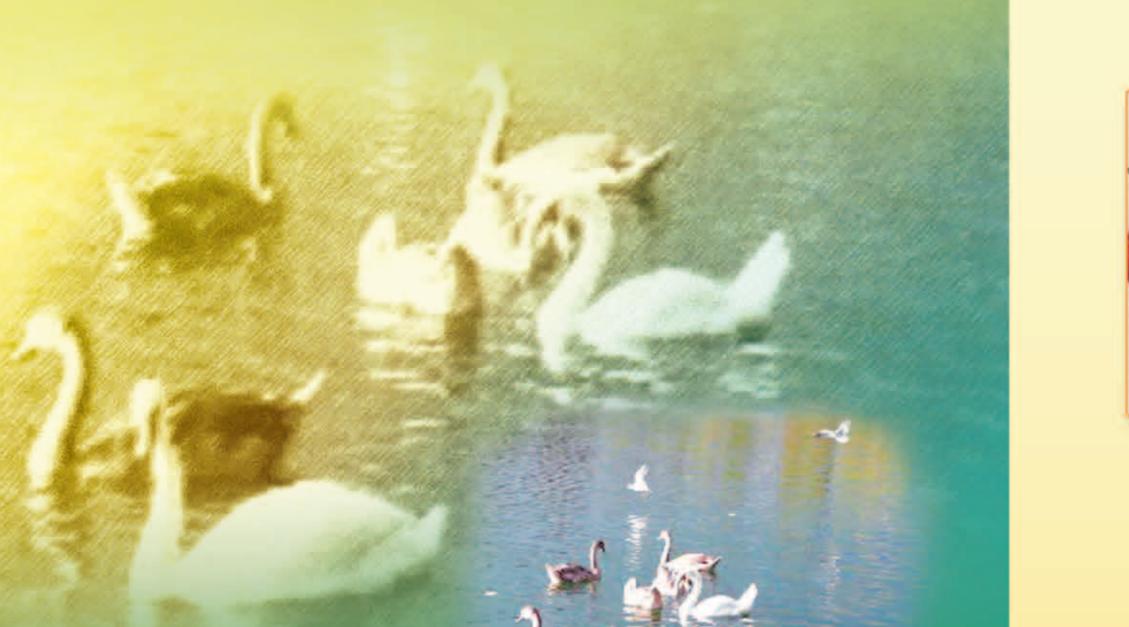
So, most human beings love diamonds, rubies, sapphires and so on because they shine. They really resemble the Light within us when we find enlightenment. That's why we say "En-lighten-ment," meaning rubies; I think the deeper reason is that people love the Light within themselves and they yearn to know it again. They've forgotten it and they want to remember. That's why people love diamonds and other shiny objects like gold, silver, sapphires and so on.

M: Yes! Because it's everlasting, and our true Self is everlasting. So, I think they just yearn to remember their everlasting Self, the soul M: (Referring to THE HIDDEN FORCE CONNECTION necklace and earrings within themselves. So, it's not really the material that they love. It's the spiritual memory, the remembrance behind all these shiny objects that makes people love them so much, not only my jewelry but any jewelry. I think the reason that people love shiny jewelry is that it reminds them of their own shining quality inside.





Supreme Master's Photographic Memoranda



Family Circle



Generous gifts from nature



Wait for me!



Past + Future



Struggle between Heaven and Humanity

It was not easy to transform the inspirations from the Kingdom of God into material manifestations of this world. Master later revealed that She could envision, even while designing, how each Celestial garment would eventually look. Nonetheless, She had to overcome many artificially imposed obstacles -- people's egos, arrogance and preconceived ideas. It was truly difficult to traverse this giant gap between Heaven and humanity. To present before our eyes this God-bestowed beauty was indeed a rigorous test of patience, courage and self-confidence. During a difficult dialogue process that lasted two weeks, the tailors objected to each of Master's ideas and kept trying to alter Her designs. Afterwards Master remarked laughingly, "Without firm and profound inner strength, I would surely have wavered under their chattering."

For the people, Master always silently shoulders misunderstandings and pressures, and only at the long-awaited moment when the flower finally blossoms and yields fruit do we understand Her painstaking intent. We then wholeheartedly admire Master's superior wisdom, insight and selfless way of bestowing Her love!

Master's comments on designing the Celestial Clothes are as follows:

To make all of these clothes is difficult because I make them with the disciples, and you know what the disciples are like. Apart from staring intensely at me and forgetting what my instructions are, they have their point of view about what clothes should look like. I told them to cut it a little bit higher above the knees.

And they said, "No, Master, the legs will come out."

I said, "Haven't you seen any legs before?" (Laughter) I don't sell these clothes to monks or sisters in the monastery, please. (Laughter) I sell them to secretaries, to working women, to ladies in society, where they want to look good, but they must be practical at the same time. If you don't split the dress up the side, they will have a car accident or they will fall on the street. And are you responsible? And their children must catch the bus on time. How can they run? They forget all about it. They think we can, you know, like the fanatic way: Everyone must cross their legs, cover it up to here and then meditate. That's all there is. Please, forget it. (Applause) That's the trouble with working with disciples.





Sharing True Beauty with the World

Many people ask me why I did the fashion show. Of course, because to help the people... because after the fashion show, mostly they donate the money to the needy, like the poor and sick or those who have incurable diseases, the neglected people. And that's what we do. I thought, "Oh, OK, at least I have something to do it with." Otherwise, I don't want to have a fashion show. What for? Even if it's for the disciples, you know it already. You have seen all my dresses hanging around anyhow. So I have no need to make a fashion show. And for the outside people, they have enough, a lot of clothes to see so they don't need to see mine.

But since it's for charity, it's fine. Why not? And besides, we can show it to a lot of people, maybe elevate their sense of appreciation for Truth and beauty. (Applause) It beautifies the people's sense, and that elevates their souls through beauty. Many people in the fashion show came up to us last night, to me, and their minds had changed. First, they were not interested in the vegan diet, meditation, nothing.

Now through the art, they've changed. They are interested. (Applause)

So from the pure business point of view, we don't make money. Sometimes not including the money we give to charity. But it's not always our purpose to make money. If we can make it, it's all right. If we don't, it's OK. The most important point is to share it with people, the joy of true beauty, the joy of noble living and of self-respect. The world is already ugly. If we can beautify it in any way, that's OK. (Applause)

Supreme Master Ching Hai May 5, 1995, Milan, Italy S.M. Celestial Clothes Fashion Show of the Century



The Most Unprofessional of All the Designers in This World

Our motive, most of the time, is very pure. For example, I didn't even intend to do the fashion show. But just because some of our disciples and friends are in the fashion business and they think my clothes are more than up to international standards, they asked me to present them to the world. Then once I said, "OK," my God, there was a lot of work to do! I could not have imagined. They kept telling me that they were experts, that they knew everything. And my secretary also said, "Well, I did it before." She did it before, but once I said "OK," I had to do everything.

We fixed everything in one set, ready. So anyone who was a model could just take the whole set and fix herself up even without help. But of course, they did have help. I am the only one who didn't have help. Each model had one person to fix the clothes for them, fix the shoes for them, fix the hair for them and fix the makeup for them. Each person is different. But anyhow, we fixed everything in one set so they could do it.

But the professionals came without knowing my intention and had different opinions: "Oh, this doesn't go with this..." Therefore, it was a mess on the stage. It was the first day, and so some of our disciples said, "OK. No more professionals. We'll do it ourselves."

And I got into more trouble. The first night, we had different people -- all professionals. The second night, we had all different people -- all non-professionals. And I had to work through all this brain power, all these egos, all these characters, all these personalities, all these differences. So it's not only a blessing that I am here. It's a miracle. Last night impressed many of the designers in this country so much that they came and told me. They also want to make a show in Canada soon, and they said they learned a lot from our show last night. So many people were very impressed with our work. And I am the most unprofessional of all the designers in the world.



The Models Cried from Joy!

Originally they called the models "the Paris Angels" but I changed it to "the Paris Beauties," because I was worried angels would not stay long. But they are so beautiful, they are so stunningly beautiful. And despite all their tiredness, you know, a different time zone and different climate, they really, really offered their best to us.

Models and stars are aloof. They are artists or they also become like dull with their job – they get what we call "professional syndrome." They have no individual choice. I am the one who told them, "You have some individual choice. Apart from some basic requirements from the director, you can pick out some of your own jewelry. If you think it's not enough, fix your own." I put down the whole basket, flowers and things, and said, "Pick your own. You know what you want. And add some individual touches to your appearance so that you feel more individual, and you feel more inspired from inside. And that's how you represent it better." Well, they did it last night.

The first time I told them, they told me, "But we are not used to demanding."

I said, "Why?"

They said, "We are used to people telling us what to do."

I said, "No, you don't have to do that here. Otherwise you become a wooden mannequin, right? You have no feeling because you don't have inspiration and no pushing force from inside to do it. You don't enjoy it. You do it just like a machine. Then it's no good. That's why I don't come to the dressing room all the time, telling you what to do, because I leave you room for creativity." Even the director and everyone, if they ask me I tell them. If they don't ask me, I don't tell them except in some extreme cases like for some of the clothing sets I designed, the headgear must be like that, or the footwear must be like this. Some are extremely fixed. If not, it doesn't look good. With the others, it's freer.

I let them be free. Just when it's an extreme case I point and say, "Don't do this. Don't do that." Otherwise I leave them with their inspiration, and very discreetly instruct them about what to do through someone else. So they think they are doing it. I do it behind the door and through someone else and very tactfully and let them have their own, free movement and will. And that's why they flowed last night. It was very rigid before. And they don't even want to talk to you because it's their job and they are used to it. And sometimes it's very boring. You even have to represent some boring clothes. You have to do it because you do it for money. And the director is sometimes stupid and they tell you what to do and you have to do it. And it is sometimes very suffocating for them. That I understand.





Supreme Master Ching Hai April 22, 1995, London, UK S.M. Celestial Clothes Fashion Show of the Century





Last night they were superb. They were beyond modeling. They were just representing themselves, and their true beauty came out. And they were running around and picking this and that, and wanting more earrings, wanting more things. And I took all my beloved jewelry and gave it all to them and personally put more on for them. It's rare in the models' world that the models go and pick things themselves. But they enjoyed themselves and they were really touched. I saw that. They came and kissed me, and said, "Thank You" because they felt respected and they really loved and enjoyed last night. We gave them true enjoyment.

They mostly don't have so much clapping and enthusiasm like last night, from thousands of people; they nearly died. They felt respected. Their job was nobilized. For the first time they felt that their job was really noble. I said, "God has bestowed beauty upon you. You should treasure it, and use it to beautify the world and to give enjoyment to other people in the purest sense of enjoyment." Yes, then they understood. (Applause) Because sometimes I think many people look upon them as just instruments -- lifeless and no brain or anything. But they are persons too. They are us. They are one of us.

That's why when we bring out the best, the noble quality, and remind them of their noble purpose, they do it with joy. That's why it was so beautiful last night. (Applause) And if I said, "That's the show of the century," it's not too much. (Applause) You know why? The century has nearly ended already. (Master and everyone laugh) No competition!



Truth, Beauty and Virtue Are the Expressions of God

Spoken by Supreme Master Ching Hai April, 22, 1995, London, UK (Originally in English) Videotape #472

Some journalists ask me why I'm doing fashion shows because I'm a spiritual so-called teacher. He told me these two things are not related to each other. I said, "They do, they do" because Truth, beauty and virtue are the expressions of God. So we cannot say that beauty is not related to the spiritual. Because I know it for myself.

But for the moment I think you have enjoyed tonight the Feast of Beauty. I hope we, the meditation practitioners continue to contribute to the world, spiritually, blessing, as well as beautifying the world and helping the world, helping the poor, the needy, the younger brothers and sisters in different ways. And no need to say what is spiritual and what is not. Everything is spiritual as long as you are spiritual.

Tonight, we have brought the sun and the moon for you, through these beautiful celestial beings, these godly beings. I think inside them is God. That's why they are so beautiful. God is beauty, Truth and goodness. That's what we try to do in this life, to be near God, to be the representative of God. And all the things you have seen I've dedicated them to God, and everything else I do as well.



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our inherent noble Nature.





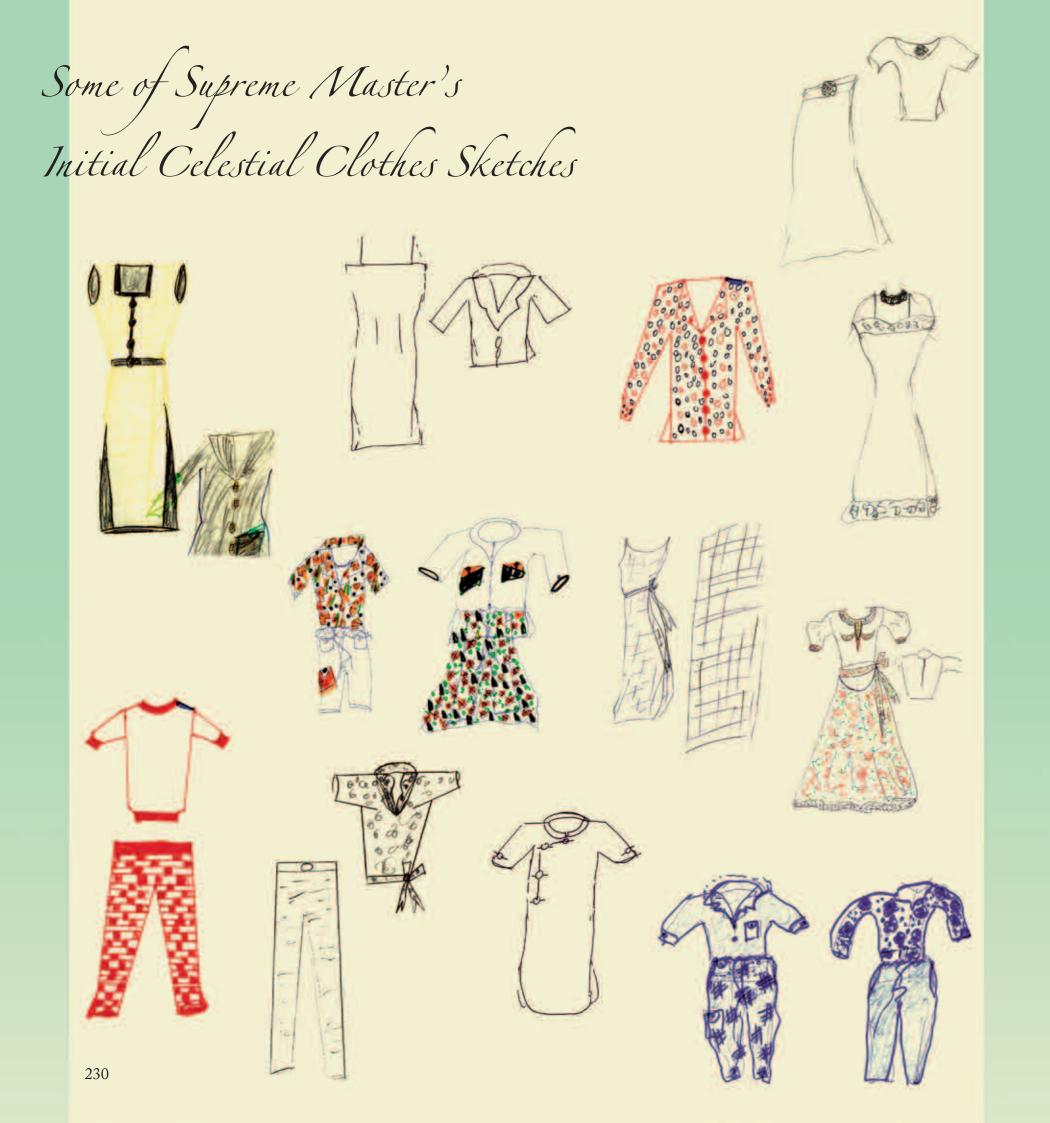






Some of Supreme Master's Initial Celestial Clothes Sketches 228







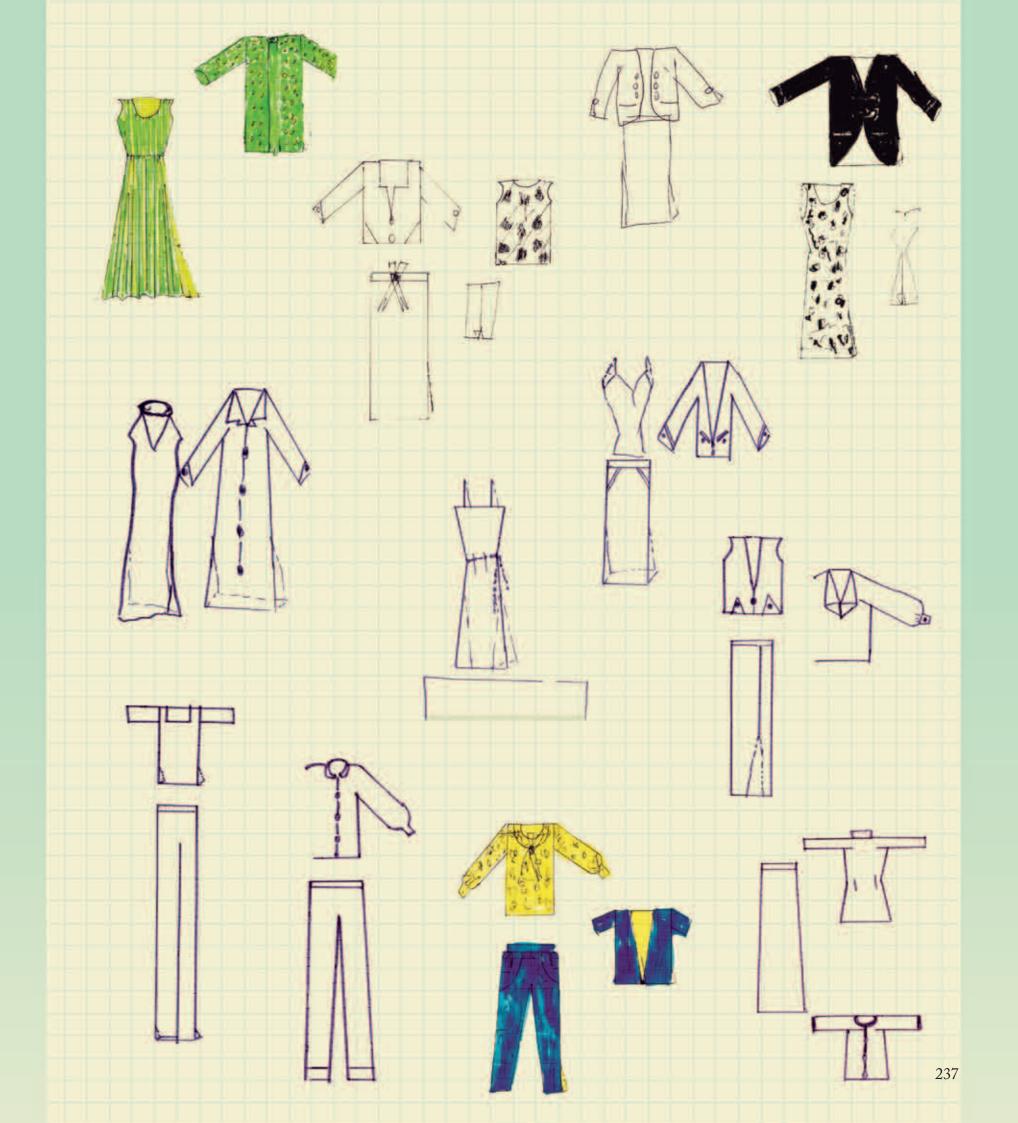




















The Smart Tent: Simply Convenient, Simply Smart

Designed by Supreme Master Ching Hai



If the rain comes direct on the top, it just runs down very fast. Because it runs down fast, it doesn't sink in. Inside, there are so many see-through pockets – whatever you put in there, you'll find it easily. And this one, I made sure that we have two sides. So you can protect yourself from the cold and sunshine as well. The luggage, you put behind there or here. Because it hangs on the tree and on the string, it will not break any of your rods or the structure of your tent. It's very light, very small, and smart.





Romanticism

Spoken by Supreme Master Ching Hai Opening Ceremony at the Youngdong Center, Korea May 6, 1998 (Originally in English) DVD # 618

This occasion is very sacred and also very romantic. I like a romantic atmosphere. Romantic doesn't mean only the loving atmosphere between two people, like a man and woman. Romantic is something that is very sacred, very noble and very poetic in the air, which we ourselves generate from within our hearts when we feel very loving, very peaceful, very kind, very gentle, and we feel very good about everything, about everyone around us. We walk slowly, we talk gently, we think very, very nobly and poetically. That's what I call a romantic atmosphere. Today we have it.

I think in the modern times, we have a lot of advantages, as I told you yesterday. We have airplanes and we have super electronic equipment, so that we can contact each other. We have television and we have all kinds of conveniences afforded to us so that we can be here in a very short time and stay together and enjoy all this comfort. Even if we're not together, later we can enjoy the memories of this occasion at home through video tapes, television, audio tapes and songs, as well as our own recording system in our brain. But nevertheless, in the modern times, due to this high technical development, it has somehow destroyed a little, if not a lot, of the romantic atmosphere of the old times, such as the clothes we wear, the way we walk, the way we talk together, the way we think and the way we write and express our thoughts inside. It's not as poetic and leisurely, romantic like the ancient times. That's what we miss sometimes. That's what I miss a lot of times. And on such occasions we bring it back.

Supreme Master Ching Hai May 6, 1998, Youngdong Center, Korea Master inaugurates the use of the Youngdong Center by beating a drum, striking a bell and starting the International Five-day Retreat

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We Are All Actors in the Play Called Life

Spoken by Supreme Master Ching Hai February-March, 2005 Hungary (Originally in English)

Q: Master, I have had a question for a long time about art. Because I do theater, I was thinking about the role of art on the physical level. Do You think artists are people who connect with higher worlds to bring something more beautiful down to Earth?

M: We all have artistic tendencies within us. Because we came from the Creator, it's our urge to create beautiful things. We came from beautiful planets, and we came from beautiful worlds. We came from beauty, Truth and virtue so even in the human form, while we're so encased, so blind and so locked up, we still feel the urge to do it. Some people feel more and some people feel less. It depends on the situation whether they can develop or not. So I always wanted to be a musician and singer ever since I was young. I was always singing, but my parents forbade me to. Therefore, I never became a musician, but I can do it for myself now. It's fun! Also there are some other reasons that I did not. And that's also good. Otherwise I might have become too famous, and then who knows what would have happened? And then I'd never have had time to go to the Himalayas.

Q: And the profession of being an actor, because an actor has to become another person, I have thought about many times. For a spiritual practitioner, is it kind of dangerous to get confused with other personalities?

M: You're already confused. You're not what you think you are anyway. It's just a play. We're also playing different roles in the world. As long as you know who you are, the real one, it doesn't matter. It's just like changing clothes. Acting is just like changing clothes. Just don't act out something bad, that's all. Don't choose a bad role. If you can afford to choose, choose a good one, represent yourself better. But it doesn't matter, really. Some people play the bad guy, but I know they're just teddy bears. Some people always play good guys, but it doesn't mean they're good. Just know who you are. That's it. That's fine.

Supreme Master Ching Hai

Lunar New Year's Celebration

January 29, 1995 Hsihu, Formosa



Supreme Master Ching Hai October 25, 1995, Hsihu, Formosa The Supreme Master Ching Hai Day Celebration and International Seven-day Retreat

Work from the Heart to Uplift Yourself and Others

Spoken by Supreme Master Ching Hai Seoul, Korea May 17, 2000 (Originally in English) DVD #705

Translator: Master, You said before that material things cannot develop spiritual things. But this sister is a professional dancer, and as a professional dancer she would like to develop herself and other people spiritually. How can it be done, and what can she do about that?

M: For them or for herself?

T: What she means is that, through dancing she would like to develop herself and other people spiritually.

M: Just dance the way you like and meditate. Dancing is a very artistic profession, and it resembles the movement of a lot of angels in Heaven. It also reminds people of the nice, happy time in Heaven. It's also very good! And when you meditate, your movements will be even more graceful, more uplifting to the people who look at you, and that already benefits people.

But if you just do dancing alone, and are not spiritual inside, it's drier. Whatever we do for a profession, for a living or for a hobby, we should do wholeheartedly with all our love and dedication to God. Then it is beautiful. Then people can feel happy about it.

I wrote a lot of poetry when I was younger. And I also wrote some after the Himalayas, some spiritual poetry. Before that, I wrote some love poetry and poetry with philosophy about life. And I wrote a lot of it before, but I never published it. And after I became manager of this company, took this job, people collected them and then brought them back to me. And they asked me to recite them, and I did. And the Aulacese disciples collect them and put them on radio and TV programs. And so many people like it very much! They call in and say they wait every week, for Monday or Saturday, it depends, to listen to the program where I recite poetry and sing songs. And they call in and say it helps them very much. Some people don't know who Master Ching Hai is; they just hear the poetry singing and recitation. And they say, "Oh, this is very good for me! After a day of working very hard I wait for this, and it soothes me, makes me relax and feel very happy." And they want to buy the CD.

Even though I am not a professional singer and not a professional poetry reciter, because I do it with love, I do it because I love it, people feel the love even from the very mundane love-poetry, not just spiritual poetry, any poetry! Maybe you don't have the translation. And even if you have the translation, I cannot offer you recitation in Korean. It's not the same. But in my language, it's very beautiful.

And some people say they have become addicted! They have to listen to it every week -- different poetry every week. They wait until that time to turn on the radio, to listen, because it makes them feel so good, so relaxed and so peaceful, and de-stresses them after a whole day of working. And it's not that all of it is spiritual poetry. It's mundane poetry. Before, I fell in and out of love and saw people fall in and out of love, and wrote about war, about human relationships, about mothers, fathers, about the sad story of a mother losing her children, or about an Aulacese refugee who lost his home and had to go away. And because of the war, because of the different ideology he lost his home and had to go begging in another country, etc. But still, people feel so good and so relaxed.

I know it, because they send me the comments of all the people who call in. They record them and then send them to me to listen to. Some people just listen halfway. They never listened before. So they listen halfway, and they don't know who is reciting. And they call in and ask, "Who is that? It's so beautiful! So beautiful! I never heard poetry so beautiful before! Please tell me who it is, and if we can buy it."

I just want to say that even when you do things you feel are very mundane, if you love it, you love your profession, you do it as an offering to yourself, to God and to people, then they will feel the spiritual love from it, and they will feel happy. And that is the job of the dancer or the singer, the artist, to bring joy and relaxation, happiness, to the people who view your performance. You will be much different from other dancers because you do it with your heart.



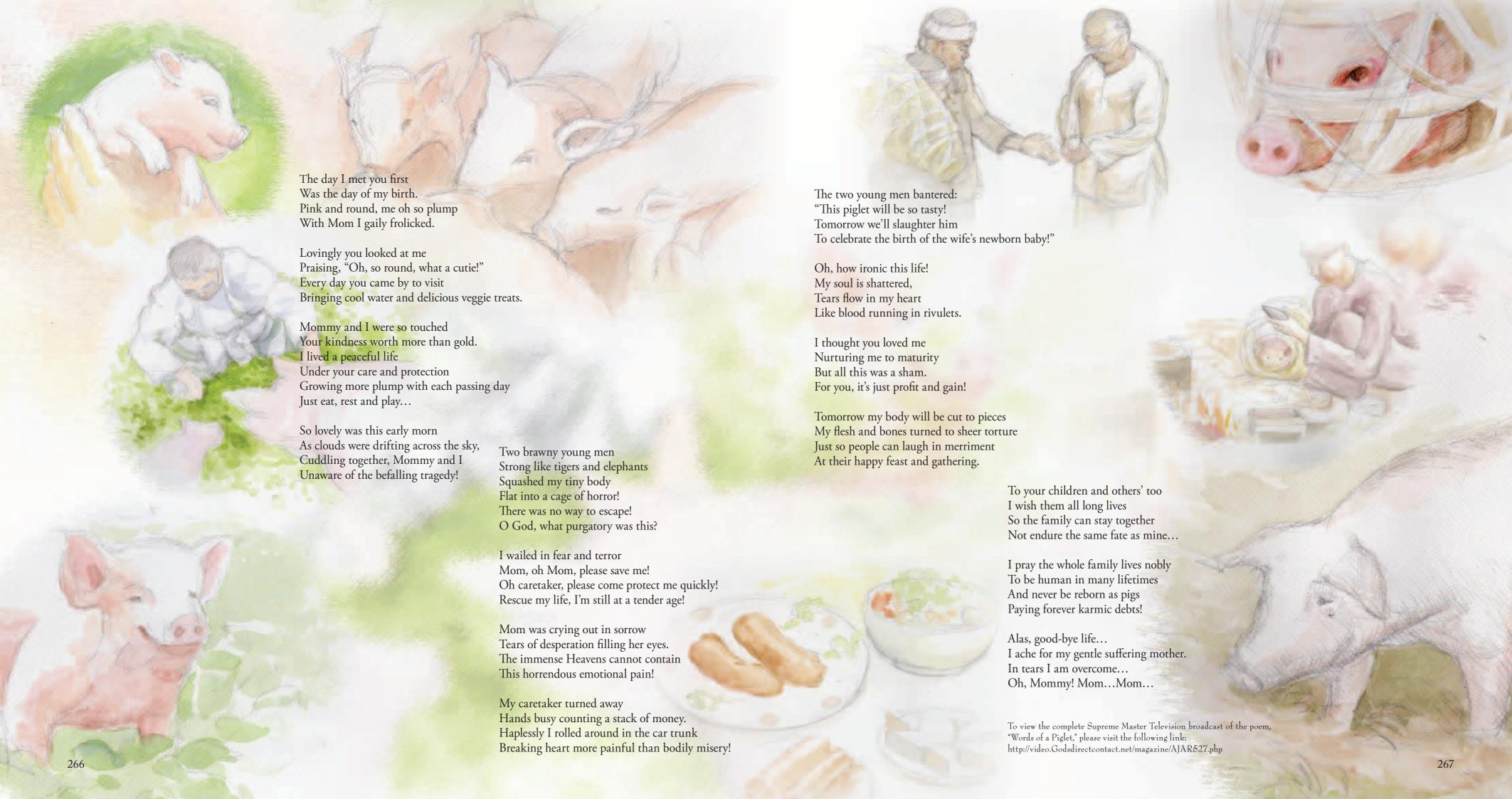
Poetry Is the Language of Love

Spoken by Supreme Master Ching Hai Meeting of the Poets of the Year in the Philippines November 22, 2006 (Originally in English)

You see, poetry and songs unite people from all over the world, of different races. It penetrates all boundaries and races and creeds. It brings people together. It unites people in love, trust and harmony. So poetry is the language of love. Poetry is the language of unity. So we must, by all means, preserve it.









Spoken by Supreme Master Ching Hai San Jose, CA, USA November 30, 1993 (Originally in English) Videotape # 398

The Human Brain Is the Best Computer in the Universe

So what is it that makes us become a human being? It's the intelligence, the wisdom, the all-powerful universal energy that always exists, and exists everywhere. When it gets caught up in the form of a human being, we call that a human being. When it gets caught up in a kind of animal-being form we call it an animal, a dog or a cat.

But when it gets caught up in a human being it's more intelligent, it's more universal, more talented and it's more able to develop. Why is that? Because the human structure, the human construction is more complicated, more sophisticated, is more useful for multi-dimensional use. Because the brain, the computer that is in the human body is more sophisticated than in other instruments like animals or rocks or trees. Therefore, the consciousness that got so-called "caught up" in that instrument will be able to make use of the instrument in different directions. That's why we have a lot of actions. We can think, we can act and react. Just like a computer engineer or a computer programmer, if he has a better computer, he can program more. And he can make use of the computer in different ways. But if he has only a simple computer, he can only program one or two. Now you are clear. So the programmer is not the computer but he can make use of the computer because the computer is good.

Similarly, our consciousness is all intelligent, all clever, all wise but if it gets caught up, and if it is given a lousy computer, like us for example, then we do a lousy job. But actually the human computerized brain is the best computer in this universe, in this physical world. You know consciousness is non-material. So in order to make it materialize wisdom and usefulness, it has to use some kind of instrument. For example, the computer programmer or the computer engineer wants to program something, but without the computer, without the technique of the computer he can not make it appear. Or it takes a much longer time, or it takes more people to do it because that kind of thing requires a lot more manpower. When he uses a computer, it's quicker.





The Origin of Master's Musical Compositions

For example, my music, I sing it all alone and record it on a tape. But then what I know inside is not what you know because my music is inside of me. So in order to let you know my feelings and my musical songs, I have to put them into words, and I have to put them into notes. And even if you want to sing them you can sing them as well because there is a "program" as notes, short, long, high and low. So it takes a lot of time. For me it doesn't. I don't need all this music. I don't need the notes. I sing from my brain, and I sing inside already. So if I want other people to hear it, and I myself to

First, it's for me. But if I want other people to enjoy my talent, my feeling, my love through music, I have to put it into words, write it down, and put notes to it. And I can do that alone, or I can use a musician to help me put the notes to it. And if I have time I do it alone or if I can, I do it alone; otherwise, I use a computer. But with a computer you still have to tell him what to do, to write him a note like this and this and he prints it out very neatly, professionally. You still have to program the computer. Now if you know nothing about music, can you do that? No. Even with a computer.



Improve Your Lives by Inputting Only Good Information

So similarly, with your brain computer you have to know that you are the Spirit, that you are the highest Energy, the most intelligent Substance. And then you have to reprogram the computer. That's why your life becomes better and better, the better you program your brain. Therefore, with all the good things we feed it, the good information we feed it like the precepts, the ethical life, the good life, meditative calmness, and the Light and Sound, it runs well.

Before we program it all wrong we look outside, we let the brain learn anything, anything at all. And the brain has no discrimination. The computer can not program itself, except if you program it. You tell him what to do. If I tell him to make musical notes, he will make musical notes. But I have to tell him to print it out and then he prints it out. If I don't tell him to print it out, he just keeps it inside. He keeps it in the disk, in his heart and he doesn't print it out. So I never know anything about what I have done. So only when he prints it out do you know the results of your thinking, your programming.

Similarly, every day we keep programming the computer with different missions. And then the result, the outcome of it, is sometimes terrible. And then we cry and say, "I don't want that; no, no, no," but it's we who did it. Sometimes we did it many lifetimes before and we forgot. So this time when we have a chance to push the button on the computer, or someone else accidentally does it, or they know how to do it and the conditions ripen, we reap the result of the last program and we complain, "Why did I do all good things, and why did I get all bad things?" You have done all good things now, perhaps, but last year or last life you programmed something wrong.



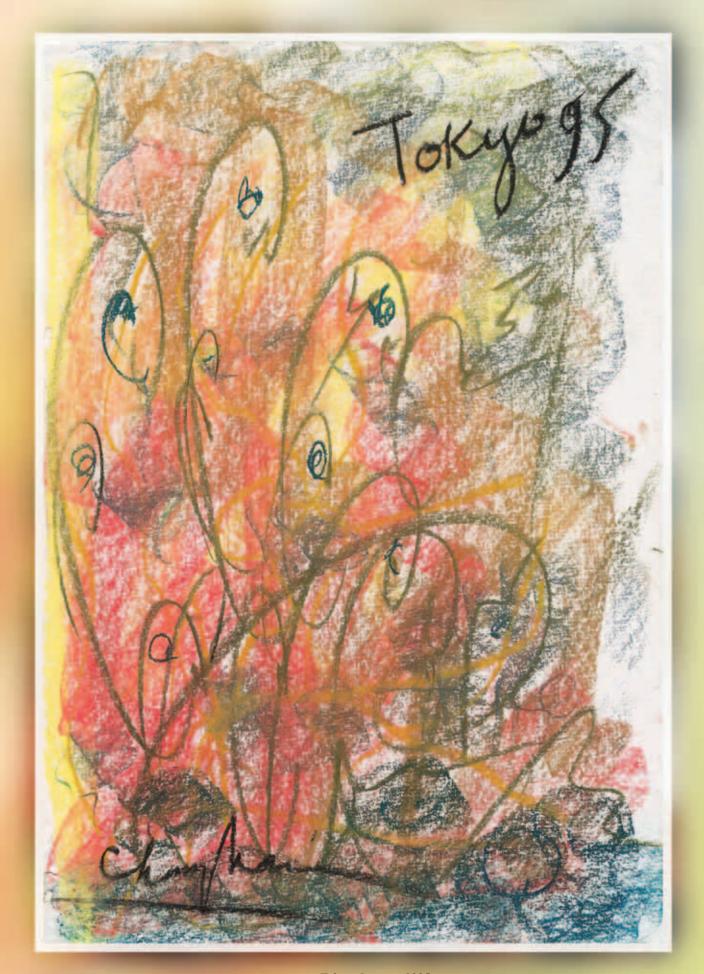












Tokyo, Japan – 1995

Publications

The Key of Immediate Enlightenment

Aulacese (Vols 1-15), Chinese (Vols 1-10), English (Vols 1-5), French (Vols 1-2), Finnish (Vol 1), German (Vols 1-2), Hungarian (Vol 1), Indonesian (Vols 1-5), Japanese (Vols 1-4), Korean (Vols 1-11), Mongolian (Vols 1, 6), Polish (Vols 1-2), Portuguese (Vols 1-2), Spanish (Vols 1-3), Swedish (Vol 1), Thai (Vols 1-6), Tibetan (Vol 1)

The Key of Immediate Enlightenment — Questions and Answers

Aulacese (Vols 1-4), Bulgarian (Vol 1), Chinese (Vols 1-3), Czech (Vol 1), English (Vols 1-2), French (Vol 1), German (Vol 1), Hungarian (Vol 1), Indonesian (Vols 1-3), Japanese (Vol 1), Korean (Vols 1-4), Polish (Vol 1), Portuguese (Vol 1), Russian (Vol 1)

Letters Between Master and Spiritual Practitioners

Aulacese (Vols 1-2), Chinese (Vols 1-3), English (Vol 1), Spanish (Vol 1)

My Wondrous Experiences with Master

Aulacese (Vols 1-2), Chinese (Vols 1-2)

Special Edition/Seven-Day Retreat in 1992

Aulacese, English

Special Edition/1993 World Lecture Tour

Chinese (Vols 1-6), English (Vols 1-6)

Master Tells Stories

Aulacese, Chinese, English, Japanese, Korean, Spanish, Thai

God's Direct Contact — The Way to Reach Peace

Chinese, English

God Takes Care of Everything —

Illustrated Tales of Wisdom from The Supreme Master Ching Hai

Aulacese, Chinese, English, French, Japanese, Korean

Coloring Our Lives

Chinese, English, Aulacese

The Supreme Master Ching Hai's Enlightening Humor — Your Halo Is Too Tight!

Combined Volume of Chinese/English

Secrets to Effortless Spiritual Practice

Chinese, English, Aulacese

Of God and Humans — Insights from Bible Stories

Chinese, English

The Dogs in My Life

Aulacese, Chinese, English, Japanese, Korean, Spanish, Polish and German

The Birds in My Life

Aulacese, Chinese, English, French, German, Korean, Mongolian, Russian and Indonesian

The Noble Wilds

Aulacese, Chinese, English, French and German

Celestial Art

Aulacese, Chinese, English

The Real Love

Chinese and English

Collection of the Art Creations by The Supreme Master Ching Hai

Combined volume of Aulacese/Chinese/English

The Collection of the Art Creations by The Supreme Master Ching Hai - Painting Series

Chinese, English

One World... of Peace through Music

Combined volume of Aulacese/Chinese/English

S.M. Celestial Clothes

Combined volume of Chinese/English

The Supreme Kitchen (1) — International Vegan Cuisine

Aulacese, Japanese, Combind volume of Chinese/English

The Supreme Kitchen (2) — Home Taste Selections

Combined volume of Chinese/English

I Have Come To Take You Home

Aulacese, Arabic, Bulgarian, Chinese, Czech, English, French, German, Greek, Hungarian, Indonesian, Italian, Korean, Mongolian, Polish, Romanian, Russian, Spanish, Turkish

Aphorisms (1)

English, Chinese, Aulacese, , Spanish/ Portuguese, French/ German, English/ Korean, English/ Japanese

Aphorisms (2)

Chinese and English

The Realization of Health —

Returning to the Natural and Righteous Way of Living

Chinese, English, Aulacese

From Crisis to Peace

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 by The Supreme Master Ching Hai



That and This Day (poetry recital in Aulacese): CD



Please Keep Forever (poetry recital in Aulacese): CD



T-L-C, Please (song performance in Aulacese): CD



A Touch of Fragrance (song performance in Aulacese by celebrated singers): CD





Traces of Previous Lives (poetry recital in Aulacese): Audio tapes & CDs 1, 2 & 3 DVDs 1, 2 (with 17 choices of subtitles)



(poems by distinguished Aulacese poets, recital in Aulacese): Audio tapes & CDs 1, 2 & 3 Video tapes 1 & 2



*The poems from A Path to Love Legends, An Ancient Love, Beyond the Realm of Time, Dream in the Night, Please Keep Forever, That and This Day, Traces of Previous Lives, The Jeweled Verses, The Golden Lotus, and T-L-C, Please, were recited or set to music and sung by the Poet Herself.



Beyond the Realm of Time (song performance in Aulacese): CD & DVD



The Golden Lotus (poetry recital in Aulacese): CD & DVD We invite you to listen to the recital of Venerable Thich Man Giac's beautiful poetry, through the melodious voice of Supreme Master Ching Hai, who also recited two of Her own poems, "Golden Lotus" and "Sayonara".



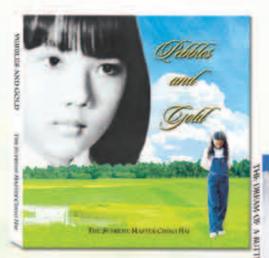
Dream in the Night (song performance in Aulacese): CD & DVD



An Ancient Love (poetry recital in Aulacese):

CD & DVD

The Jeweled Verses (poems by distinguished Aulacese poets, recital in Aulacese): CDs1, 2 & DVDs1, 2



Pebbles and Gold Aulacese, Chinese, English



Traces of Previous Lives Aulacese, Chinese, English

Wa Ten Piens

Wu Tzu Poems

Aulacese, Chinese, English



The Lost Memories
Aulacese, Chinese, English



The Old Time Aulacese, English



The Dream of a Butterfly

Aulacese, Chinese, English

Silent Tears
Aulacese, Chinese, English,
German/French/English, Filipino,
Korean, Portuguese, Spanish

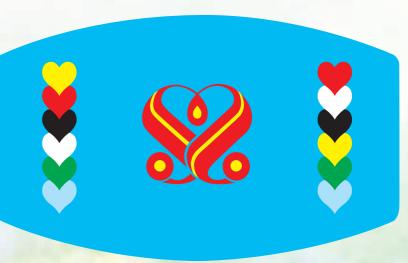


The Love of Centuries
English, Aulacese, Chinese, French,
Korean, German, Mongolian, Spanish

MP4s, 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. Please visit our bookshop's website to download our catalogue and summaries of the contents of Master's latest publication: http://www.smchbooks.com (in English and Chinese)

Master has personally designed this beautiful and very meaningful flag for the use of our group. She has also explained the meaning represented by the colors of each heart shape:

Yellow: Yellow skin race of people Red: Red skin race of people Black: Black skin race of people White: White skin race of people Green: Nature, animals, birds, etc. Blue: Water and aquatic beings Shape: Earth Background: Sky



The SM logo on the flag is there to awaken our dormant God nature, and remind us to develop our radiant quality within. On either side, hearts of different colors are placed interconnecting with one another, symbolizing God's expectations for sentient beings on Earth: Forsake all discrimination, all sentient beings should love and care for each other, and live in peace and joy under the blue sky.

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Loving Food - Online Shopping

for a Healthy Vegan Lifestyle http://www.lovingfood.com.tw

Quan Yin Web 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.

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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/

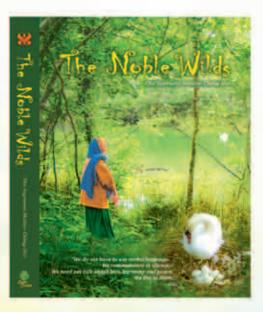
This website offers versions of Master's Sample Booklet in many languages. Join us in bringing the best gift to the world through sharing God's message and elevating human consciousness. If you find that your native or first language is not on our list and you would like to translate the Booklet into a language of your choice, please contact us at: divine@Godsdirectcontact.org.





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Arabic



The Noble Wilds

To usher in the promising Golden Year 5 (2008), Supreme Master Ching Hai bestowed *The Noble Wilds* as a New Year gift to the world. This illustrated journal of Master's lakeside exploration, containing pages She personally composed and photographed Herself, is a wondrous combination of poetic expression and breathtaking pictures of majestic nature and wildlife, making the book a superb piece of art!

Available online at Amazon.com

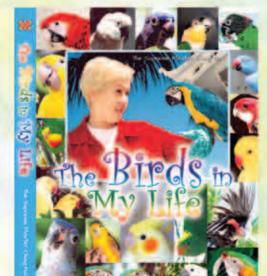
http://www.amazon.com

/Noble-Wilds-Supreme-Master-Ching/dp/9868415233/ (paperback) http://www.amazon.com/

Noble-Wilds-Supreme-Master-Ching/dp/9868415225/ (hardcover)



The Noble Wilds
DVD #800 (In English with 21 choices of subtitles)



The Birds in My Life

Throughout this beautifully illustrated book *The Birds in My Life*, Supreme Master Ching Hai invites us to enter the inner world of animals. That is, when we love them unconditionally, they will in return open their hearts to us without reservation.

It is really a wonderful book, flowing with love and harmony on every page, Supreme Master Ching Hai helps us to understand that animals have very noble and beautiful souls. What an amazing book! Animals are humans' good friends. Hope everyone comes to read this marvelous book.

Available online at Amazon.com

http://www.amazon.com/dp/9866895149/

Have it delivered to your door and begin experiencing the love flowing on the pages.

The Dogs in My Life

I hope to let the readers enjoy some glimpse of the beautiful ways that dogs walk the Earth with us, and through them, understand more about other beings.

~Supreme Master Ching Hai

Available online at Amazon.com

The Dogs in My Life(1) http://www.amazon.com/dp/9866895076/ The Dogs in My Life(2) http://www.amazon.com/dp/9866895084/

(Chinese version)

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The Dogs and the Birds in My Life
DVD #780 (In English with 28 choices of subtitles)



We have to save this planet, so that we'll be able to stay, first.

Because if the ice all melts, if the poles all melt away, and then if the sea is warm, then the gas might be released from the ocean, and we might be

If you see the Singapore lecture (January 10, 1995), I already warned that we have to change the way we live; otherwise it's too late. That was 10 or 15 years ago. Or before that, I always talked about how we deforest our planet: Meat eating and all that contributes to a lot of damage to our Earth planet. Scientists say many things. They are linening now, but I just hope they disit fast. It just takes action. All the governments in the world really take it seriously now. It's just that I'm worried the action might be uso slow,

Because the ice is reflecting the sun, you see, so it sends it back into space, hus the ice is melting so fast now that there's not enough reflection and because the sea is already warm, it melts the ice. And because the ice melts, the sea is warmer. You see what I mean, the cycle?

The way it is going, if they don't fix it, in 4 or 5 years time, finito. No more. It's really that urgent.

Supreme Master Ching Hai World-vennomed Humanitarian, Artist and Spiritual teacher December 25, 2007 - Paris Seminar

BUT IT TURKS OUT THAT MOST OF THE CARBON, ABOUT 92% OF IT, IS IN THE OCEAN, NOT IN TREES OR IN THE ATMOSPHERE. So what's happening right now is we're adding a lot of carbon to the atmosphere. It's coming in much laster than it can go into the biosphere or into the ocean. So THAT'S WHY THE CO2 IS GOING UP VERY, VERY QUICKLY."

Dr. Gerald Dickens Associate Professor of Earth Science Rice University, USA

According to a report from the Institute of Arctic Biology at University of Alaska airbanks, Dr. Katey Walter states that METHANE, a green eing released from archic permafrost and BUBBLING UP THROUGH LAKES is elerating global warming in ways not currently accounted for.

permafrost is like a time bomb waiting to go off-as it continues to thaw, tens of thousands of teragrams of methane can be released to the atmosphere inhancing climate warming. This newly recognized source of methane is so far not included in climate models."

Research by Dr. Gregory Ryskin at Northwestern University indicates that nethane explosions from the ocean caused extinctions of 90% of marine pocies and 75% of terrestrial species 250 million years ago. In his report, Methane-driven oceanic eruptions and mass extinctions," he explains how nethane gas, which had been trapped in the stagnant waters, was released, eading to the die-off of most marine and land life.

Dr. Ryskin states: "...if it happened once, it could happen again."



To save our planet, we should:

- 1. Go Veg?
- 2. Drive Hybrid Vehicles? 3. Plant More Trees?
- 4. Change to Sustainable Energy?
- 5. Pray?

MAIN DRIVER OF DEFORESTATION

. Over 70% of Amazon rainforest is cut down for meat production

LARGEST SINGLE SOURCE OF WATER POLLUTION

· Heavy contributor to oceanic 'dead' zones, chemical pollution, coral reef die-off, human health problems. and antibiotic resistance.

POTENT GREENHOUSE GAS EMISSIONS

- Livestock produces MORE GREENHOUSE GASES than all worldwide TRANSPORTATION COMBINED.
- . Generates 65% of human-caused nitrous oxide (296 times as warming as COo)
- Accounts for 37% of all human-caused methans (23 times as warming as CO₂)

"Livestock are one of the most significant contributors to today's most serious environmental problems. URGENT ACTION is required to remedy the situation."

> Dr. Haveing Stelefeld, Conf of Livestock Information and Placy Branch, FAG of United Nations

Limited and Cong Studies: Freetannectal Inquiri, and Options, Flori and Acresoftery Departmention EADs of the General Nations, Rooms, 2006.

- A United Nations report on the natural disasters in 2007 says nine of the ten worst resulted from climatic disturbances.
- Officials resocated 20,000 issanders in the year 2000 from the lowest area of Duke of York Island, one of the islands off Papua
- Due to overfishing and the loss of tens of millions of vital sardines, waters off the coast of southwest Africa are filled with a toxic gas that is bubbling up from the ocean floor, killing rine life over an area equivalent to the US state of Ne Jersey and worsening the greenhouse effect.
- Australian oceanographer Dr. Steve Rintoul estimates that the rapid rate of ice melting means that 100 million people living within 1 meter of sea level "will need to go somewhere" to

TO SAVE LIVES and OUR PLANET

- Research by University of Chicago geophysics professors Dr. Gidon Eshel and Dr. Pamela Martin concludes that going vegan for one year saves 1.5 tons of emissions relative to the standard American diet. 50% more than awitching from an SUV to a Toyota Prizs.
- *Don't eat meat, ride a bike, and be a frugal shopper. that's how you can help brake global warming." Dr. Rajendra Pachauri, Chief of the UN's tergovernmental Panel on Climate Change
- Britain's Energy Saving Trust advises adopting conservation methods to reduce 1/3 of an estimated 6 tons per year of greenhouse gas emissions from the average UK home

(from ship data)

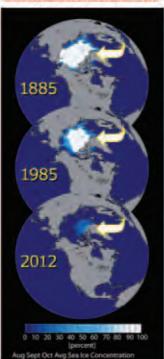
OTHER RECORDS

- Greenland surface ice loss is now 400% greater than 15 years ago.
- Surface temperatures in the Arctic are the highest in 77 years of record

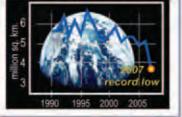
THERE IS HOPE

According to Dr. James Hansen, top climate scientist for NASA: "We have passed tipping points. We have not passed a point of no return. We can still roll things back, but it is going to require a quick turn in direction."

FOR MORE UNCENT INFO: www.SugrameWasterTif.com



Annual Sea Ice Minimum



wanted to ask if you have a message for the leaders of the world, what would you say to them?

I would say to them to use their mighty power to change the diet of the planet, and adopt immediately new technology and sustainable energy. Also, set an example themselves by becoming a vegetarian or vegan. Use their mighty power to set a new diet for the planet, the vegetarian diet.

Yes. Thank you, Master.

They first have to be vegetarian and then they use their power truly. They could do that by forbidding meat as well, by citing all the harm that meat does to humans

Forbid meat eating, just like forbidding smoking cigarettes and drugs. It's also another kind of harmful drug.

I really wish that we have the planet, that we continue to live, and that the children grow up in a better environment, but you see, it's up to humanity to decide what they want and which direction they turn.

Master, since livestock breeding is the major cause of greenhouse gas, it looks like vegetarianism would be a solution. But do you think it will be enough?

No, no, I didn't say just vegetarian; technology has to change. We have veggie, we have sustainable energy, we have hybrid cars, we have planting trees and we have

Vegetarianism is for the long-term benefit, to lessen the karma (bad retribution), and to touch the mercy of Heaven.

Master, if you had a message for the world, what would it be?

FOR MORE URGENT INFO .SupremeMasterTV.com That I love them very much

January 20, 2008, in response to concerns of Supreme Master TV staff, Supreme Master Ching Hai graciously agreed to a heleconfunction for further discussion and questions about climate change.

Change Your Life ♥ Change Your Heart ♥ Change Your Diet ♥ No more killing ♥ Be healthy and loving . To diminish the real threat of a worldwide pandemic from bird flu.

Save the Plane

FOR MORE URGENT INFO:

COVERAGE

To avoid the danger of mad cow disease (BSE) and pig disease (PMWS), etc. To stop the continuing gruesome sacrifice of billions of our sweet domestic

Foods	Protein Concentration (Percentage by Weight)
Tofu (from soya)	16 %
Gluten (from flour)	70 %
Corn	13 %
Rice	8.6 %
Soy beans, kidney beans, chick peas, lentils, etc.	10 - 35 %
Almonds, walnuts, cashews, hazel nuts, pine nuts, etc.	14 - 30 %
Pumpkin seeds, sesame seeds, sunflower seeds, etc.	18 - 24 %

and anti-oxidants

Fruits and vegetables are full of vitamins, minerals, anti-oxidants and contain high quality fiber for maintaining good health and a long life. The recommended daily allowance: 50 grams of protein (Average adult). Calcium from vegetables is more absorbable than from cow's milk.

animals, marine life and feathered friends daily It's wise to change to a vegetarian diet for good It's Health It's Compassion

For more information, please refer to these websites:

http://Al. Godsdirectcontact.org.tw http://www.vegsource.com http://www.vrg.org http://www.vegsoc.org

or email to: AL@Godsdirectcontact.org

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Vegetarian and Vegan Elite of the World:

Paramahansa Yogananda (Indian spiritual teacher), Socrates (Greek philosopher), Jesus Christ, Confucius (Chinese philosopher), Shakyamuni Buddha, Lao Tzu (Chinese philosopher), St. Francis of Assisi (Italian Christian Saint), Thich Nhat Hanh (Vietnamese Buddhist monk/writer), Yogi Maharishi Mahesh (Indian leader of Transcendental Meditation), Leo Tolstoy (Russian philosopher), Pythagoras (Greek mathematician/philosopher), Zoroaster (Iranian - Founder of Zoroastrianism), Muhammad Rahiim Bawa Muhaiyadeen (Sri Lankan Islamic author & Sufi Saint), etc.

Withers & Activity Leonardo Da Vinci (Italian artist), Ralph Waldo Emerson (US essayist/poet), George Bernard Shaw (Irish writer), John Robbins (US writer), Mark Twain (US writer) Albert Schweitzer (German philosopher, physician & musician), Voltaire (French writer), Sadegh Hedayat (Iranian writer), etc.

and the second of the second o Nikola Tesla (Serbian-American scientist/inventor), Henry Ford (US Founder of Ford Motors), etc.

***Trailing States and Marketta Susan B. Anthony (US leader of woman's suffrage movement), Mahatma Gandhi (Indian civil rights leader), Coretta Scott King (US civil rights activist/leader & wife of Dr. Martin Luther King, Jr.), Dr. Janez Drnovsek (2rd President of Slovenia), Dr. Manmohan Singh (Prime Minister of India), Dennis J. Kucinich (US congressman), etc.

**Parallel Pamela Anderson (US actress), Ashley Judd (US actress), Brigitte Bardot (French actress), John Cleese (British actor), David Duchovny (US actor), Danny Devito (US actor), David Duchovny (US act Richard Gere (US actor), Daryl Hannah (US actor), Dustin Hoffman (US actor), Steve Martin (US actor), Ian McKellen (British actor), Tobey Maguire (US actor), Paul Newman (US actor), Joaquin Phoenix (US actor), Steven Seagal (US actor), Jerry Seinfeld (US actor), Naomi Watts (Australian actress), Kate Winslet (British actress), Christie Brinkley (US supermoi

George Harrison - Paul McCartney - Ringo Starr (members of the Beatles), Bob Dylan (US musician), Morrissey (British singer), Olivia Newton John (British-Australia Sinead O'Connor (Irish singer), Pink (US singer), Prince (US pop star), Tina Tumer (US pop star), Shania Twain (Canadian singer), Vanessa Williams (US pop singer), etc.

Billie Jean King (US tennis champion), Carl Lewis (US 9-time Olympic gold-medalist in track & field), Edwin C. Moses (US 2-time gold-medalist in track & field), Alexander Dargatz (German athlete, body-building champion & physician), etc.

And the led pose on. Attribit. Distributive tree but any heap-ap





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