





Dedication

ost Beloved Master,

In obeisance, we express our sincerest and deepest appreciation to You, the universe's Compassionate Master, for your guidance in the gathering, translating, and introducing the magnificent poems in Your immense river of poetry to the world. Each verse gently flows with cooling freshness, like a nectar spring that softly enters the consciousness of all beings, awakening the compassion in each soul on the journey of eternal love.

May humanity eternally radiate with grace from the everlasting love of Your wondrous poems.

May all living beings soon return to the Shore of Enlightenment, blessed by Your boundless compassion.

Our gratefulness, Master, for the verses

The Love of Centuries on the shore of Paradise
Listening to each pearl, each golden word
Into my mind it flows,

A multicolored light it becomes
A thousand years the river of poetry shines
A visit to the Original Source the ferry takes the travelers.

In Your boundless blessings, Your disciples

Acknowledgments

he poet wishes to thank all the Divine Blessing and loving people whose dedication and diligence go beyond ordinary work to bring this poetry collection into beautiful creation for all to enjoy. Bless you!

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Biography of Supreme Master Ching Hai S The Way of Love

upreme Master Ching Hai is a world-renowned spiritual teacher, artist and humanitarian, whose loving assistance extends beyond all cultural boundaries. She was born in central Âu Lạc (Vietnam), studied in Europe, and worked there for the Red Cross. She soon realized that suffering exists in all corners of the globe, and Her yearning to find a remedy became the foremost goal in Her life. She was happily married at the time to a German physician, and although it was a difficult decision for both of them, with Her husband's blessing, She left to fulfill this ideal. She then embarked on a journey in search of spiritual enlightenment. Eventually, in the Himalayas in India, She received from a true Master the divine transmission of the inner Light and Sound, which She later called the Quan Yin Method. After a period of diligent practice, She attained the Great Enlightenment.

The Supreme Master Ching Hai International Association emerged in the 1980s around the teachings of Supreme Master Ching Hai. At the earnest request of those around Her, She shared the Quan Yin Method of meditation with others, encouraging them to look within to find their own divine greatness. Before long, invitations arrived from the Americas, Europe, Asia, Australia, Africa as well as the United Nations for Her to give lectures.

Supreme Master Ching Hai's compassionate heart has also been reflected in Her meticulous care for the less fortunate in various circumstances. Her benevolent work

transcends all limitations to reach the disadvantaged, the elderly, the incarcerated, those with physical or mental challenges, the homeless, and veterans. In these urgent times, due to the effects of global warming, Supreme Master Ching Hai has generously contributed millions of dollars in humanitarian aid and requested our Association members go to help countless victims of natural disasters throughout the world. In addition, the planet's precious animals and the environment have been recipients of Her tender care. Her loving kindness has touched the hearts of millions the world over and has inspired others to follow Her altruistic example. The income generated from Her artistic creations, such as paintings, lamps, clothing and jewelry designs, have enabled the support of Her mission of comforting God's children in times of need.

Recently Supreme Master Ching Hai has authored books that have become #1 international bestsellers, namely *The Birds in My Life, The Dogs in My Life,* and *The Noble Wilds*. Now translated into several languages, these volumes reveal many telepathic and spiritual insights into the deep emotions and thoughts of our treasured animal co-inhabitants, highlighting their gracious spirit and unconditional love.

Wishing to acknowledge others for their actions and influence toward developments of goodness in the world, Supreme Master Ching Hai founded the Shining World Leadership Award in March 2006. Since then, She has also established other prestigious awards, such as the Shining World Hero Award, Shining World Compassion Award, Shining World Honesty Award, and Shining World Invention Award, etc. The honored recipients are individuals, nations and organizations whose exemplary works have significantly contributed to the harmony, beauty and sustainability of our Earth. Some of these recipients include the 2nd President of the Republic of Slovenia, Dr. Janez Drnovšek; the 45th U.S. Vice President Al Gore, 2007 Nobel Peace Prize Laureate with the UN's Intergovernmental Panel



on Climate Change (IPCC); Chief of UN IPCC and Director-General of The Energy and Resources Institute India (TERI), Dr. Rajendra K. Pachauri, 2010 UN-HABITAT Cities Lecture Award recipient; Head of the NASA Institute for Space Studies, Dr. James E. Hansen, 2009 Recipient of the Carl Gustaf Rossby Research Medal; and renowned British primatologist Dr. Jane Goodall, to name a few.

Our precious animal friends have also been presented with distinctions such as the Shining World Hero Award, Shining World Intelligence Award, etc., for their selfless and noble deeds in rescuing lives at the risk of their own, and for exhibiting remarkable bravery, intelligence, and care through their loving acts.

Supreme Master Ching Hai has given much to our world, both spiritually and materially. Although She does not seek acknowledgment, in recognition of Her selfless contribution, government representatives and private organizations worldwide have presented Her with prestigious awards on numerous occasions. Among these are the Gusi Peace Prize (2006), First-place Silver for the 27th Annual Telly Awards (2006), Los Angeles Music Week Certificate of Commendation (2002), World Spiritual Leadership Award (1994), and World Citizen Humanitarian Award (1994). In addition, February 22 and October 25 have been proclaimed by government officials in the United States as the Supreme Master Ching Hai Day. Her dedicated aid to the world continues to this day, with millions of grateful hearts among leaders and their co-citizens alike.

Supreme Master Ching Hai is among notable pioneers in our society today who wisely and courageously express concern about climate change. In fact, for more than 20 years, She has talked about preserving the environment. She introduced the Alternative Living and SOS global warming campaigns and appeared as honored Guest Speaker

at conferences to bring to the public's attention the root cause of the planet's current disasters and their prime solution: a compassionate, vegan lifestyle. "Be Veg, Go Green 2 Save the Planet!" is now a well-known motto that originated from Supreme Master Ching Hai.

Being well aware of the immense impact our food choices have on the climate and to facilitate humanity's transition into a more benevolent, Earth-sustaining way of living, Supreme Master Ching Hai also inspired the development of a chain of vegan restaurants called "Loving Hut." With many locations throughout the world, these popular dining establishments advocate a healthy diet by providing a cuisine of a vast array of delicious, affordable and nutritious vegan dishes, and in so doing, promote the best solution to protect the world, its citizens and all its co-inhabitants, and our future generations from the devastating effects of global warming.

In our era, Supreme Master Ching Hai is truly a selfless and dedicated individual who is tirelessly helping world citizens create a bright future for our beloved planet.



A LITTLE MESSAGE

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

She + He = Hes (as in Bless) Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

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

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* Originally in Aulacese (Vietnamese)





oetry is an artistic, stylistic expression and reflection of the spirit. Wu Tzu's poems transcend the preconceived thinking of worldly people, just like a pure lotus amidst the dusty world, a radiant lighthouse in the stormy sea, and a rainbow across a dark cloudy sky.

The style of Wu Tzu's poetry is sometimes soft and gentle as a slow flowing stream, or sometimes vibrant and forceful as a thousand horses racing. Her verses are imbued with graceful and otherworldly qualities. When expressed in the Poet's simple, conversational words, these verses often belie their profound meanings and pure lyrical beauty.

With a refreshing choice of words and harmonious rhythms in Her poems, the Poet has created a beautiful, ethereal world, as well as a poetic style that is at once romantic and splendid. Above all, these poems seem to have been created with total spontaneity, and yet their effect is total enchantment.



In addition to their unique artistic quality, these poems often convey the great compassion from the Poet's heart. It is therefore not just the beauty of the verses but the love expressed through them that will elevate the readers' spirits and bring them to an ultimate state of Truth, goodness and beauty.

I would like to recommend this book to our readers, and I hope you will also enjoy the spiritual message and the romantic beauty in these poems. Through reading this poetry anthology, the readers will appreciate the Truth, goodness and beauty from the heart of the Poet, Wu Tzu, and thus realize the true meaning of life.

~ Karl Min Ku, Former Director-General of the National Central Library (NCL), Formosa, R.O.C., former member of the Standing Committee of the International Federation of Library Associations and Institutions (IFLAI), UNESCO, former president of the Association of Parliamentary Librarians of Asia and the Pacific (APLAP).

Note: "Wu Tzu" is Supreme Master Ching Hai's pen name, meaning "no death, life eternal."





ith a spirit of oneness and eternal light of Truth, Supreme Master Ching Hai deeply feels sorrow for the suffering people in our world, as Her heart merges with each vicissitude of this illusory human life.

In such an ephemeral sphere, life is at times like silent footsteps and forlorn as a boat on the high sea, longing for a return to shore to find the loving home of yore. Yet the beloved is forever like the silhouette of a bird that has flown far away from Eden. What remains is an inconsolable yearning:

"Last night, I dreamt
Of restful sheets and pillows
As fragrant sandalwood wafting through the air
Heartfelt was the time
When we were still together
When our love was still forever."

(Dream in the Night)

The Love of Centuries is a poetry collection featuring 46 exquisite poems composed by Supreme Master Ching Hai. It conveys love, reminiscence, and the resonance of a soul sympathetic with human lives and the fates of all humble, fragile co-inhabitants. With abounding changes in life, whether lofty or worldly, no one can escape from the transmigratory wheel of birth and death. In this uncertain river of life, Supreme Master Ching Hai feels a deep concern for humans' plight. Thus, Her verses are imbued with anguish and compassion:

"Tears dried up and I'm wordless Weeping in sympathy for the tormented!" (Please Wake Up!)

Supreme Master Ching Hai's poetry harmoniously weaves words and emotions, spirituality and everyday life. Her poetic expression is gentle, profound, and flowing like the moonlight shining on each soul's hidden corners. At times Her verse is like a lonely boat carrying wishes of love across the river of misery to the shore of happiness, at times it is pure like the summer rain, refreshing our spirits in all the paths of this fleeting world. The Poet earnestly prays for humanity to soon awaken to the True Self, to the benevolent and noble lifestyle, and to face the reality and henceforth transform our planet into Heaven on Earth, where humans and all co-inhabitants can live in peace and harmony:

> "O brother, wake up at once Proudly walk on great seas and rivers Look straight at the flaming sun And vow sacrifice to save all beings."

(Please Wake Up!)

We invite poetry lovers to enjoy the verses in *The Love of Centuries* and to experience an unwavering love and a realm of enlightenment so a longing "to reunite with the beloved" in the heart of the one away from Home shall endure evermore.

We are grateful to Supreme Master Ching Hai for gifting our world an everlasting source of love and hope through Her magnificent poetic verses:

> "To the luminous land of bliss, we shall return Heavenly winds echoing ubiquitous ocean sounds."

(When Shall We Meet Again?)

~ The Supreme Master Ching Hai International Association **Book Department**

Note: Words or phrases in italics are excerpted from this poetry collection.



Reflections from Celebrated Artists on Supreme Master Ching Hai's Poetry



MARKET ME SEA DESIGNATION

hạm Thiên Thư is one of the most gifted poets in Âu Lac. During the course of his life as an artist, he has contributed many immortal poems to the country's literary heritage, such as "The Grotto of Yellow Flowers" and "Hoàng Thị of Yore". After reading Supreme Master Ching Hai's The Love of Centuries, he was so inspired that he wrote a poem filled with love and profound meaning to dedicate to Her as follows:

Trinh tong Chien set chi si Chanh Hai of Ening Sur oi "theat neo cho Gian" Dan chim va cat bien Seiting thuya give trang vang Thong lan dong in thing Tran gian thrang sao mai Thisa tim whan thom miti Dia can - to thai dung nost tim va vo dien! Relathon va that mite Vo wing Chin - vuin trang ! Tham Chien Chis Hram CWZ 29-10-2009

Respectfully dedicated to Zen Master and Poet Supreme Master Ching Hai:

O "Shade of Time" Traces of birds and beach sand Late night mist in the golden moonlight Touched, the orchid held its fragrance!

A fleeting morning star in the mundane world Contented to search for a new scent Earth - O sun A point and point-less!

Partially fragrant and a water drop Formless meditation – a moonlight garden!

> Phạm Thiên Thư October 29, 2009

oetry, songs, and music are priceless gifts for humankind which elevate them spiritually, moving them closer in their understanding and loving of one another. In the now-legato, now-lento tone of the poems, poets and musicians often find a common ground in their voices, thanks to their spiritual synchronicity. Inspired by the light-hearted, yet fervently expressive, and the romantic, yet profoundly articulated verses from Supreme Master Ching Hai, gifted musicians have added their beautiful melodies, giving wings to Her verses to soar higher. Following are cherished affections, the entrusted inner feelings that gifted, international artists warmly dedicate to Supreme Master Ching Hai and Her exceptionally beautiful verses:

Emmy Awards, along with many other honors for his music. He was the composer of the extraordinary musical dramatic epic, *The Peace Seeker*, performed at the concert in which Supreme Master Ching Hai's poetry was set to music: "I feel very privileged myself to be able to have worked on this piece and written it for many reasons. For the Supreme Master Ching Hai, the Poet, She describes various ways in which we come face to face with the darker part of life because of this, because of not having that connection. I suppose that is kind of a reverse example illustrating that if we look inside and really make that personal connection, we wouldn't, and we'd stop seeking happiness without – whether it's fame and fortune, which one of Her lyrics talks about."

BILL CONTI, an American Oscar and Emmy Award winner, conducted a very special piece from Supreme Master Ching Hai's poetry: "This special piece that was written by Supreme Master Ching Hai is a piece of music that I have arranged, I think, in a very special way to present both the music and the lyrics and try to evoke something in the audience when it's being performed, because that is the secret of music... When the music is playing, that person, in this case Supreme Master Ching Hai, is just like being with you... If I could meet or have the pleasure to be with the Supreme Master Ching Hai, I would tell Her how the experience that I had was so wonderful, and what She is giving to other people is so wonderful."

COMPOSER PHAM DUY, Âu Lạc (Vietnam): "Supreme Master Ching Hai's poetry expresses the harmony of an earthly love and the purity of a spiritual life. But, in my opinion, Her poems not only transcend preconceived notions but also portray a journey of consciousness, a journey of life on the river of reflections – the sole belonging is an open heart. The final destination is a natural awakening, a turning away without any attachment – an innocent homecoming. Those are the poems in which one 'listens once more to the sound of life."

Composer Nguyễn Văn Tý, Âu Lạc (Vietnam): "I feel that I'm very fortunate to be able to stretch my hands to the farthest reach of life, in the sense that I've had the opportunity to set Supreme Master Ching Hai's poems to music. I believe that one day, thanks to Her poems, my music will take flight into realms that I have always dreamt about... I am grateful to Supreme Master Ching Hai, to the heart of a poet. She is someone who has attained the Truth but still leaves in people's hearts impressions that are very human – which many others and I were able to perceive."

Composer Phạm Mạnh Cương, Âu Lạc (Vietnam): "I am honored to have read and enjoyed Supreme Master Ching Hai's poem collections. Her poetry carries meanings that are harmonious and beautiful, combining love and spirituality. The verses are truly exquisite, spontaneous, sincere, and melodious – they can easily touch the readers. Supreme Master Ching Hai's poems have brought me a wealth of inspiration, and I have taken the liberty to compose a number of songs based on Her poetic works. I would like to respectfully present these compositions to Supreme Master Ching Hai, an internationally renowned lady whom I greatly admire."

Composer Vũ Đức Sao Biển, Âu Lạc (Vietnam): "Supreme Master Ching Hai's poetry is multi-faceted in its style. Those styles did not come by chance, but they came from a

background of reading, researching, and absorbing from many sources of diverse poetry. Supreme Master Ching Hai's poems convey a variety of subjects that are inherently bound to humankind's fate. Sometimes, they convey feelings of loneliness – a consciousness of extreme forlornness of a tiny human in the vastness of a boundless world..."

Composer Chu Minh Ký, Âu Lạc (Vietnam): "People have said there is music in poetry. For me, when reading Supreme Master Ching Hai's poems, I experienced feelings from the past era (before 1975) that were very romantic – the imagery, the people, and even the sounds of life, which are reflected perhaps in the music of that time. Therefore, anyone who had once lived with those romantic feelings, when reading Supreme Master Ching Hai's poems, he or she could surely sing the romantic melodies that are inherent in Her poems."

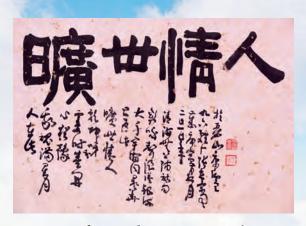
COMPOSER TRÂN QUANG LỘC, Âu Lạc (Vietnam): "I express my thoughts and feelings through the music based on Supreme Master Ching Hai's poems. Her romantic and noble verses indicate that the Author has had a long history of artistic creations. I have had the honor to set some of Her poems to music, and I hope that my music, through the poems by Supreme Master Ching Hai, will awaken the source of inspiration within each of you, just as I've experienced it."

Composer Tô Thanh Tùng, Âu Lạc (Vietnam): "Thank You, Supreme Master Ching Hai, for giving me such romantic poetic verses filled with profound spirituality. A good poem naturally gives an abundance of impressions – its essence is rich, its meaning and structure transparent. Although music gives wings to poetry, but it's very clear that, in this case, Her poetry allows my music to take flight... Hopefully in the future, I will have the honor to set more of Supreme Master Ching Hai's poems to music."

COMPOSER KIM TUÁN, Âu Lạc (Vietnam): "Supreme Master Ching Hai's poems depict a very new way of thinking, with a powerful and uncommon style. This is proof that the Poet's spirit is filled with noble love that is directed toward a great and profound vision, and contains an extraordinary inner strength. The verses quietly enter the readers' hearts and transform them with an elegant beauty. In my opinion, Her style of expression is usually seen in Western authors but rarely encountered in Aulacese poets. When I set Her poetry to music, I truly appreciated and adored the Creator of these poems."

PROFESSOR CHANG KUANG-BIN, Formosa (Taiwan): Known as Formosa's talented national treasure, Professor Chang Kuang-Bin has devoted his entire life to the arts of Chinese calligraphy and painting, as well as to the cultivation of a younger generation of artists. He has received prestigious awards, including the Distinguished Contributor to the Chinese Cultural Heritage from the National Cultural Association and the Culture Award from the Executive Yuan, among others. At the venerable age of 96, Professor Chang has reached the zenith of his achievement in the realm of Chinese painting, calligraphy and art history. With an open-minded and relaxed attitude toward life, Professor Chang has imbued his philosophy in the beautiful style of his artworks.

Deeply moved by Supreme Master Ching Hai's poetry collection, *The Love of Centuries*, Professor Chang has indicated that he resonates with Master Ching Hai's passion toward the universe and the essence of life and with Her prayers, expressed through Her verses, for humans to nurture greater love toward our planet and all beings. Professor Chang believes that such universal love will be a great inspiration for people around the world. To celebrate the publication of *The Love of Centuries*, Professor Chang selected a stanza from the collection and wrote the verses in beautiful Chinese calligraphy.



Professor Chang Kuang-Bin's Chinese calligraphy

The Love of Centuries

You are here! My soul's adorned by moons and stars The wilted heart now blossoms boundlessly. Oh, dear universe! Is now here My love of centuries! Your arrival elevates myriad worlds Waves of joy reach even the farthest galaxy.

Poem by Supreme Master Ching Hai Chang Kuang-Bin (at age 96) at Lishan Apartment ~ Summer 2010

Beautiful works of art cultivate our nature and inspire love in all of us; thus, we would like to thank Professor Chang Kuang-Bin for his great contribution to Chinese cultural and art heritages.

PROFESSOR CHIANG I-HAN, Formosa (Taiwan): Nationally treasured artist, Professor Chiang I-Han, is a famous contemporary Chinese ink painter and calligrapher. Upon knowing that Supreme Master Ching Hai's latest poetry anthology, *The Love of Centuries*, was to be published soon, he specially wrote an inscription for the front cover of the book in the Chinese version to convey his congratulations.

Professor Chiang is devotedly involved in numerous art forms. Integrating contemporary western art concepts into his foundation of traditional Chinese culture, his works form



Professor Chiang I-Han's Chinese calligraphy

a unique style featuring both Chinese classical and western romantic characteristics.

In December, Golden Year 5 (2008), when Supreme Master Ching Hai's new book, Celestial Art, was officially launched at the Hsihu Center in Formosa (Taiwan), Professor Chiang personally attended the event. Not only does he concur with Supreme Master Ching Hai's noble ideals, he also greatly admires Supreme Master Ching Hai's art creations.

Although Professor Chiang has reached the age of 85, he still relentlessly expects himself to "break through the outdated condition of confinement, liberate from the old ideology... awaken the youth of life, and reclaim the instinct of originality." From his signature, "Green Mountains," we can sense his youthful spirit. We are grateful to Professor Chiang for his art, through which he has brought the message of beauty to the world and elevated the consciousness of humanity.

Wu Sheng, Formosa (Taiwan), is a poet famous for verses depicting his native land. After reading Supreme Master Ching Hai's poems, he graciously commented: "Through personal practice, the thoughts of love have become more glorious and perfect."

LIN WU HSIEN, Formosa (Taiwan), Chinese & English Comparison of Audio Poetry & Drawing Assembly *Endless Sky* author: "Poetry is nourishment for the soul! The Poet, Supreme Master Ching Hai, shines the window of our soul with Her poems, restoring our heart and soul to its pristine state. She reminds us that all beings in the Creation are one, so we have the duty to preserve the mountains, forests, oceans and animals. *'Together, let's renew our planet'* and bring Heaven to Earth, so our hearts will be at peace. Let us enjoy the poems!"

LIN HSU WEN ER, Formosa (Taiwan), Chief Editor of the Persimmon Culture Publishing Co.: "What moves us is not just the beauty of the words, but the enlightened mind, the faith and the great compassion for all beings that we find through the words. We feel all these wonderful qualities while reading these poems."

TANG MEI-YUN, Formosa (Taiwan), President of Tang Mei-Yun Taiwanese Opera Company, and famous Taiwanese folk opera singer:

Ms. Tang said that the distress in today's society and the tragedies in many families probably originate from people's unsound state of mind and consciousness. Furthermore, in speaking about Supreme Master Ching Hai's new poetry anthology entitled *The Love of Centuries*, she stated, "If everyone reads this book, they should have some improvement in personality and behavior."

Ms. Tang also commented that this book touches on emotions and feelings from many different perspectives, including the love for all sentient beings, as demonstrated by the fact that the vegan diet is widely advocated these days. She said, "A plant-based diet helps us to develop our compassion. When you are willing to treat all sentient beings

with compassion, obviously everything that you do can definitely touch people's hearts... I think what our society lacks is this peacefulness and this genuine feeling and genuine benevolence. So, I feel that this book really deserves to be recommended to everyone."

KANG YUAN, Formosa (Taiwan), an author who ardently loves his homeland and cares about its native species:

My feelings after reading Supreme Master's poems are as follows: The verses purify the mundane affection as if music elevates the spirit to our Source The entwining passion is now extinguished True Nature emerges as karmic affinity is severed.











(Written by Supreme Master Ching Hai around age 15) Originally in Aulacese: "Ha Nhó"

Do you recall one early summer
Royal poincianas filled the sky like the lifeblood of youth
Strolling with classmates in the schoolyard
Lingering at the moment of farewell, alas!

Half in gladness, half hesitating in parting
A pink blossom to adorn each other's hair, our expression of affection!
After the dust trails of departures, a long hundred days follow
Cicadas chorus in sorrow like our heartfelt adieu.

You depart for the fertile fields and blue-green waters
Where streams and lakes chorus to greet acquaintances
On a ferry, I cross the grand river
Returning to the small village where there's mother and the cassavas.

Brother's ship travels across the azure ocean and white sand Willow trees weave a tender melodious song Sister's car enters the highlands
Where mountain clouds shade an enchanting smile...

I remain here in the windy and dusty city

Counting withering flowers while waiting for the summer sunlight to fade

Waiting for a hundred days, waiting anew for a warm embrace

Waiting to stroll under the school's shaded terrace.

Don't forget, my dear, our days of joy Good friends, honored teachers, and cherished relations.

The golden breeze scatters red poincianas all around the walls
And in my heart, the days and months silently fall...
Yearning so deep like the desolate schoolyard
A hundred days of longing is like a century silently passing by!

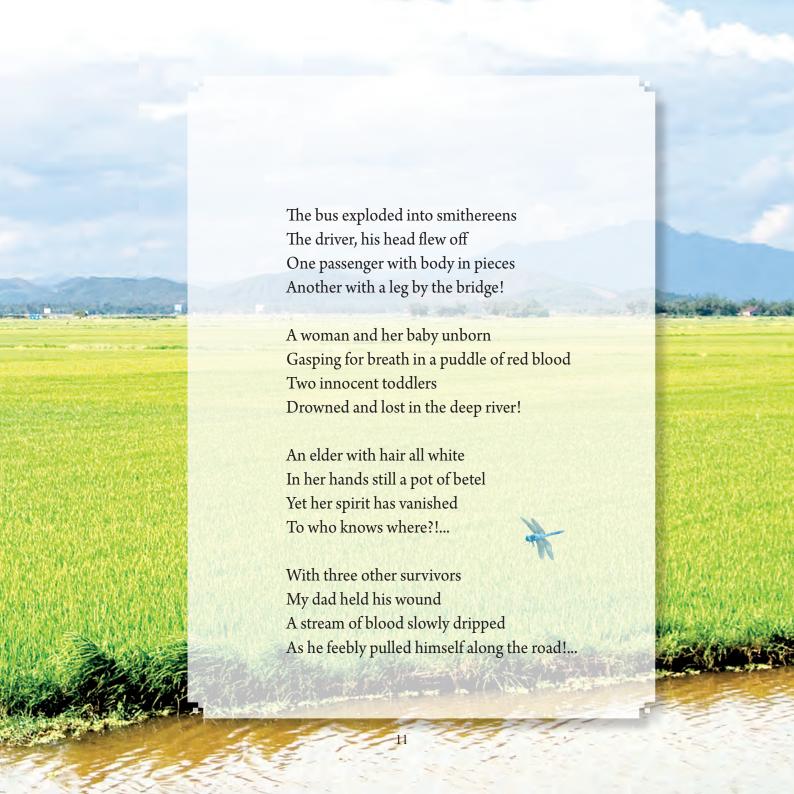
















Supreme Master Ching Hai's painting: "The Battle between Yin and Yang"

(Hsihu Center, Formosa, 1995)

This work depicts two men playing the paradoxical roles of the Yin and Yang forces in human nature, caught in the world of illusion. Thus, they are engaged in a fatal duel of positive versus negative, the real versus the false. So engrossed in combat that they fail to realize the need to reconcile their differences and cooperate with each other in order to escape the mundane world, symbolized by the fire burning slowly around them. The figures are oblivious to the cold and aloof woman (an instrument of the King of Maya) contemptuously sneering, "You are under my control. I have all the time in the world to play with you. There's no hurry. Take your time roasting slowly in the fire. Take your time enjoying this suffering!" (Note: The fire in the background of Supreme Master Ching Hai's painting is low, dim and burning very slowly.)

The painting reminds us not to be beguiled by the illusory world that seems so real. Only through spiritual practice in the footsteps of an enlightened Master will we rise above mundane illusions and find eternal Truth.





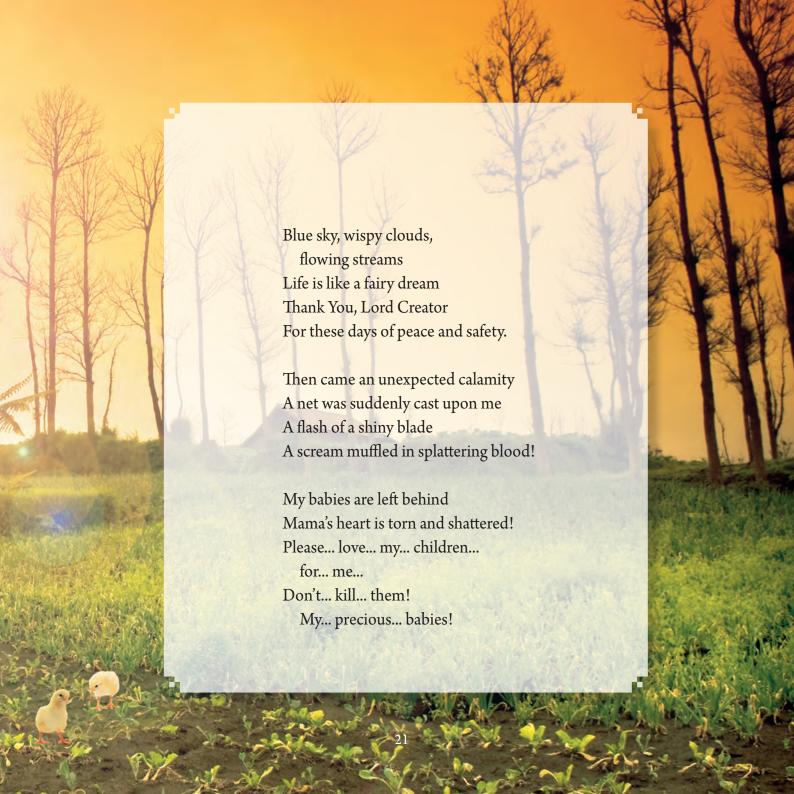




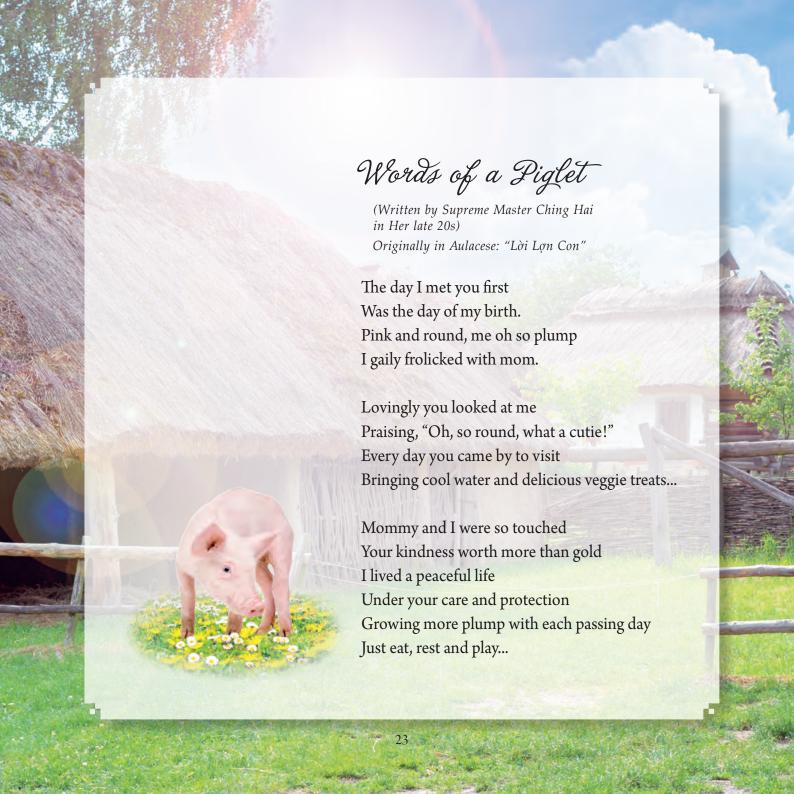


















Imagine It's Thee!

Confined in a dirty, tiny, little crate
Don't know how to spell s-p-a-c-e-spaceWading in filth and urine and stench
Never feel the sun or breeze on my skin!
Are these made only for human beings?

Can neither turn to the left nor right Force-fed drugs till you lose your mind! Sweltering at noon, frozen in the night Fresh air? What is it, in the name of life?

Cuddling babies? You might trample on them! Or they'll die from cold and rotten hygiene If they survive, they'll be eaten afresh At such tender months! Oh all the Gods!!!

Can't even tell of my nightmare
The entire human race, anyone cares?!
I live in terror and suffering my whole life
Just for their pleasure = a bloody bite!

Enduring truck with hampering stand
To wherever to be torn open from limb to limb
Or to hang from one leg on the ceiling!
And to have your throat slit like a worst criminal
Gut and blood spilling all over
Amid crying, begging and agonizing screams!

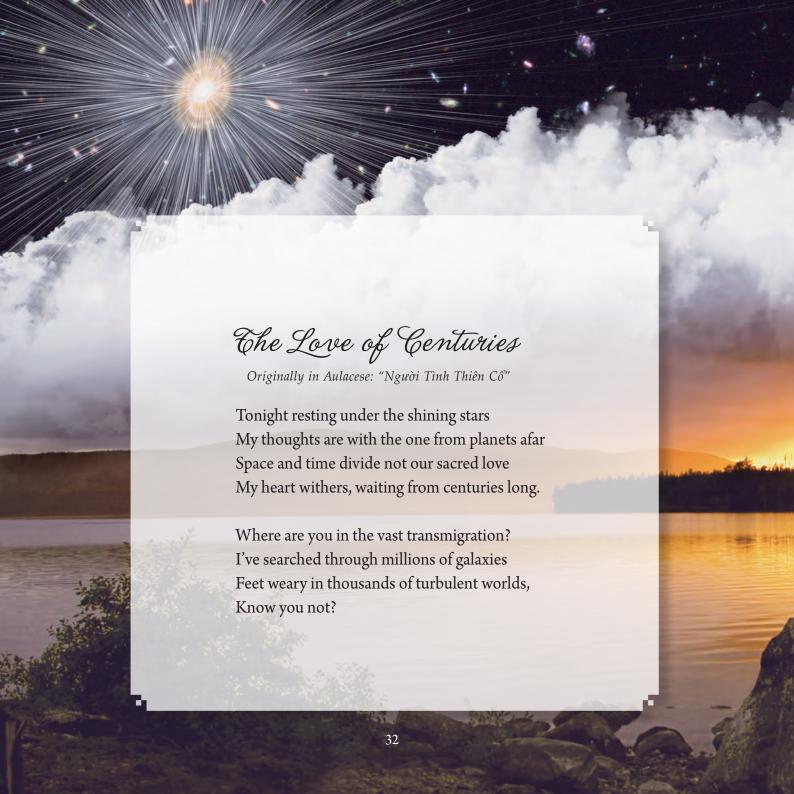
How can anyone bear or enjoy such a sight? Have they all been dumb, deaf and blind? Since when have humans become so cruel, Losing all their loving, kind nature?

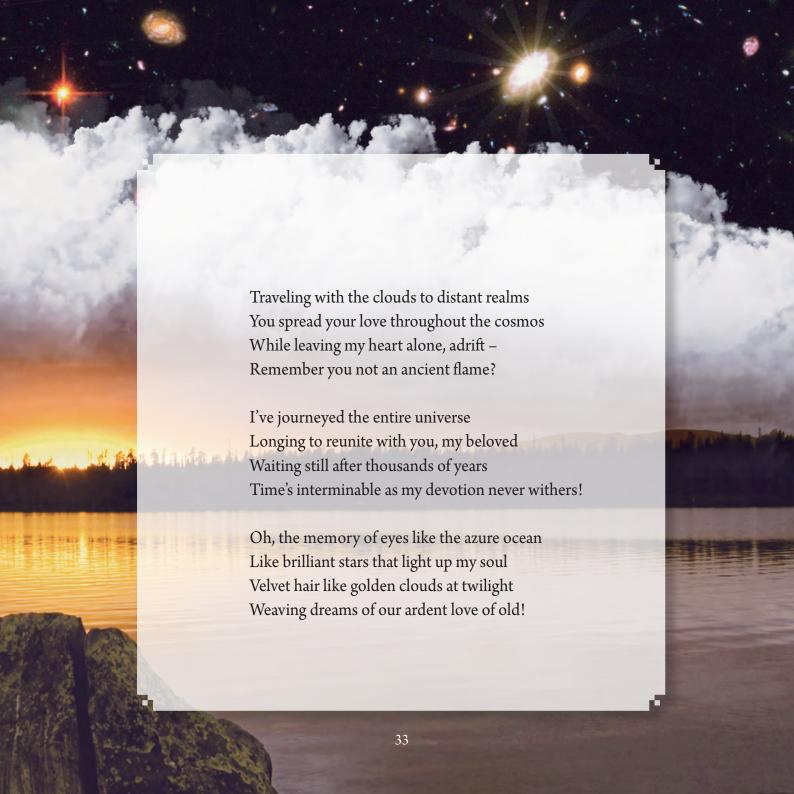
They kick, stab, slice and torture
Oh the pain is beyond endure!
I cry for help! ... Is someone there?!...
How come only blood, blood, and blood everywhere?
Within these cramped, dark, horror-filled walls
There is no one but axes and shadows
Shadows that are mighty, axes that are sharp
I am terrified; I am small, trembling, helpless.











Your graceful silhouette warms the wintry expanse Delicate footprints leaving even the pebbles dazed A lovely smile bringing forth spring blossoms Sweet lullaby voice soothing evening birds.

Mountains and forests rejoice
when your lithe feet glide by
Tender, emerald grass dancing with clouds
in the cerulean sky
Nature is dreamy
Streams and woodlands filled with melody
Thousands of autumns and winters pass,
besotted still the moon
Akin to my heart,
Love is evermore...
Missing you without end.
I crown the flower-laden throne
So planet Earth can shine in splendor!



We gaze in uncertainty at separation Will we meet again in this life or after eons?

Day turns to night, pillows tears-dampened
The moon and stars grow faint,
 clouds sinking in heartbreak.
Do you know of my immense anguish?
Viewing the full moon,
 can you tell it's waning?
In the vast ocean,
 can you see my teardrops of longing!
Watching the falling leaves,
 does your heart not stir?

The wintry wind wails a long, melancholy tune Rainfall on this side remains not on the other Evening fades, twilight reluctantly descends And comes yet another night, lasting a century... Oh, my precious!
Rather we meet in dreams
Than to be steps away but mountains apart
Casting down my eyes to hide my sweltering tears
Innumerable words trailing like the rain in winter.
Cascading into the great sea
Heaven and Earth extend their embrace with sympathy
A rose by your side, or is it a sword in my heart?

Infinite space
Eternal time
Wondrous affinity, life after life
Gone forever.

Why does my sorrow still linger?
Why does my feeling not wither?
Reminiscing our footprints on every land
Countless stars twinkle out your name
But now, they are so reticent.







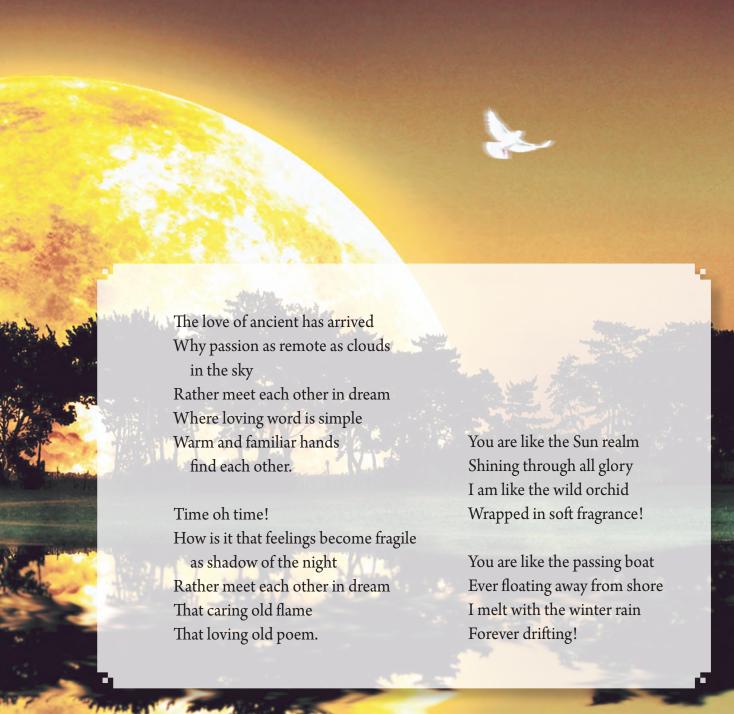
Last night, I dreamt
Of leaving life's red dust behind
Light-footed to paradise
Carefree for once
On the fragrant hillside –
Anguish and sorrow are gone.

Tonight, I've come home
Mountain rain trickles ceaselessly
Wheels roll over the lonely path
Clouds hang miserably
Inviting dreams
Exquisite visions
To forget the illusory human realm!

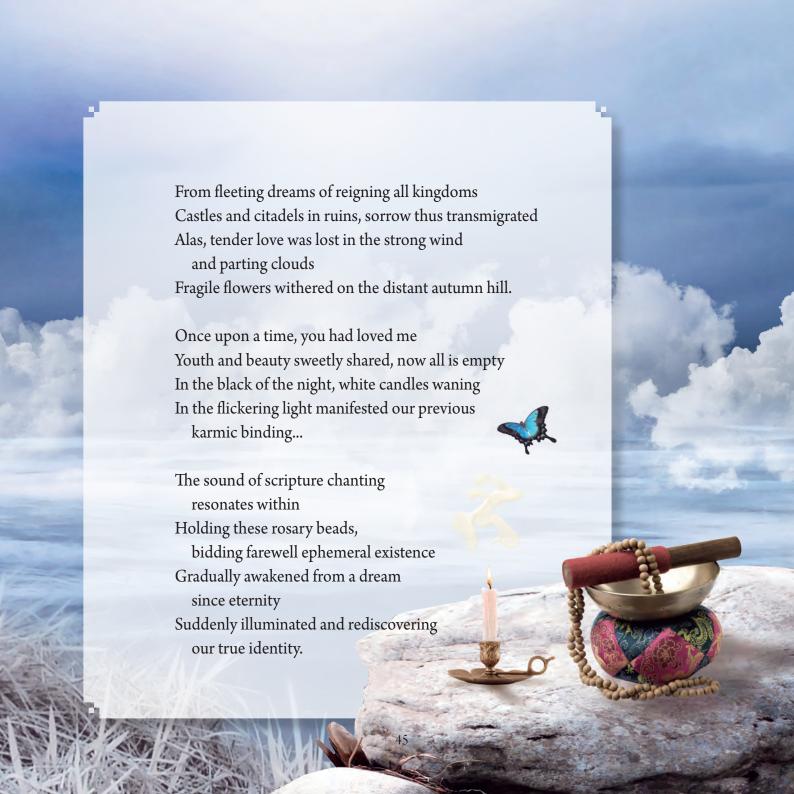
My darling! My beloved!
The river flows tirelessly
Searching for a cherished
harbor of old
Where long days will be
delightful
A human's lot content
And all complaints silenced.

Last night, I dreamt
I was a swan
Soaring above mountains
Drinking in the snow
Bathing in the rainbow
Feeling free again
Feeling free again.











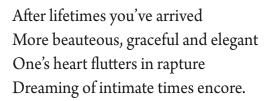
Originally in Aulacese: "Vwong Hoàng"

Ten years have passed since last we met Parted by mountains and rivers wide Reunited unexpectedly this evening The coastal realm rejoices. Exhilarating!

Olden feelings seem newly strange Affection of yore like tides rising Heart jubilant. Oh, a festival! Each footstep a tender rhythm.

In a twinkling the heart's bedazed In a glimpse one's lulled into blithe reverie For ten years a love thought to be memory Now surges unannounced, overflowingly.



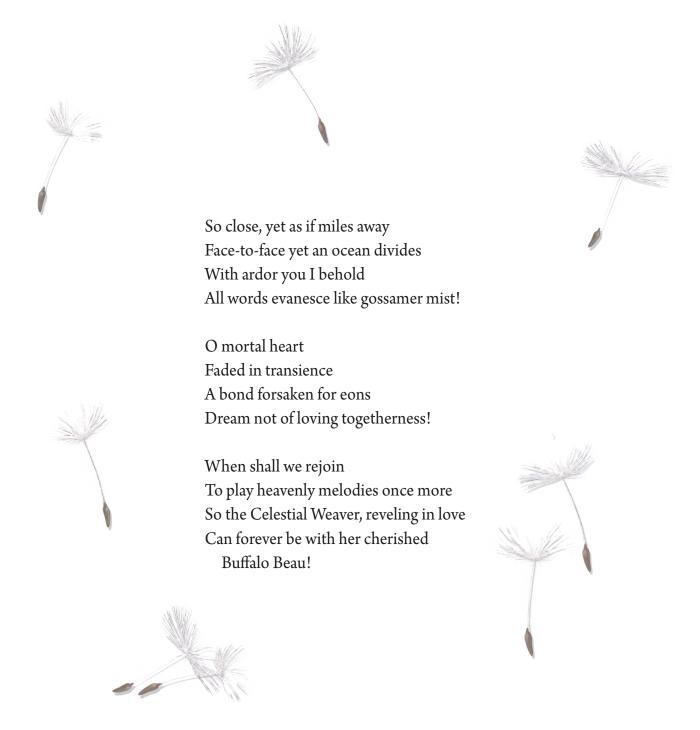


O King of my heart
Our paths so oft' entwined
Now you've come back into my life
Melodious still the music of bygone time?...

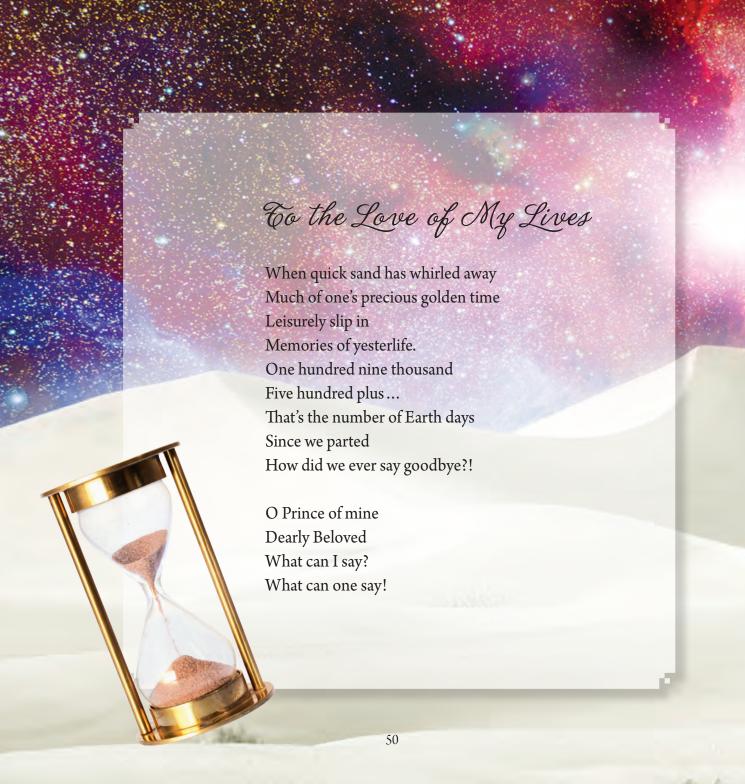
Resonating still tunes of the past Or has the heart's music ebbed? Flowers of old in love's bouquet Emanating still the perfume from the boudoir?

Words drown and lips move not In bewilderment, tears becloud the eyes Elated with amour the heart beats But without strength, hesitate gentle feet.









The whole cosmos just stands by...
Helpless!
The witness of the heart
Keeps silent!
Golden doors and forbidden fortresses
Lock afar romance!
Fame and fortune
Encage human's real emotion.

Would my Love ever want to be Free!
Could the daygone amour
Ever again blossom
Soaring above destiny?

Ten years of this planet
Since we again met
My heart forever beats forlorn
Asking Heaven
Why fate is so unconcerned!

Many springs have come and gone: God sends anew flowers To all corners of the world. Someone just needs an old lover How come Hes ignores!

Time has no wall
But doth separate
Even the Love that has been forever
Between now and thereafter
The heart cannot tell.

Those fallen leaves of autumns
Cover all traces of dear passion
Those lashing winter winds
Level all footprints
Of the loving past!
We became someone
Or no one
Forget or remember dormant memories





Already you can shoulder the nation
Alone your beauté would melt all hearts
(especially that of mine!)
More at peace am I
Seeing you gracefully fulfill your task...

But behind the most radiant smile Did I sense a veil of loneliness?

Oh! How I would give anything
To comfort you for a while
Hold your hand and walk beside you
When this fleeting world
Has not much to offer.

I would like to show you Some glimpses of Shangri-La; Of the Eden that man long forgot. Or just simply give you a massage And sing to your soul. Playing melodies from faraway lands That you haven't had the chance To visit. Telling stories of miracles That happened along my way.

Or simply place your weary head
On the pillow of purple cloud
Lead you on to the avenue of pure love
Bathe you in scented rose petal water
Warm candlelights
Melodies tender.

Reading to you some ancient lore Full of counsel and wonder Or send you into dreams Sweeter than Oriental lotuses! Cooler than the rain in summer...

Or we can mask beyond all masks Slip unnoticed into the cinema Popcorn and soda Laugh and frown with the acts. Picking on some low characters. And then we go to a Chinese restaurant
You can show off your chopstick talent
Or we sit and just hold hands
Or walk around giggling in the evening park
Or go enjoying pizzas straight from a wood oven
Talk about things that concern none.

Ah! Your magnetic countenance Alarmingly more captivating than ever before Make me dream of all that and more.

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What life is for When we have no one to share All the joy and happiness! And loneliness could be at times Overwhelmingly ungracious!

... Yes! We have done all such before
When we both still remembered what is
Before the last curtain coldly draws
Before life's rewritten another new script
When we were forever looking
Into each other's eyes
When our Love was Life!

Now, this world is never good enough
For either of us.
But somehow I am glad you descended.
For this would be the last time we meet
In the physical realm
Be it even just some glimpses!

In the continuum of life
We said hallo
We say goodbye...
Oh how many a time!
Still, it's such a pain and pleasure
To see a many lifetimes lover
So near and yet too far!
It makes the heart restless
Longing for the places of yore!

And more...



Congratulatory Note to Prince

Beyond the sea of well wishers It's difficult to glimpse the radiant face of my beloved My inspiration: almost drowned by the cheers. Some people smiled Some were in tears The emergence of a new king brings hopes Of peace and prosperity in future years. My heart rejoices With the lovely people of this fairy abode Wishing Your Majesty The best from Earth and Heaven With the noble task you are to carry on May blessings be abundant May your path be even May your days be smooth as silk May your parents be proud from Heaven Seeing you are the son of perfection.

From a hotel suite by the sea
Someone is sending Your Majesty
All her heartfelt
Congratulations and respect!

Now that you preside over this kingdom
Our paths might not cross easily again
Still I want you to know
Nothing has changed
In my heart!
You are the most special Prince on the planet!
I wish you, the distinguished sovereign:
All the joy! And happiness
All the best in life
On this historic occasion...
May Heaven always be kind ♥





The soft voice
The tender lips
– inviting –
The sparkling jewel of his eyes
The striking regal look
That send me to cloud nine
And make my heart race
Sky high!

Oh! What to do am I?
Who can take me to where my Prince is?
I might die in oblivion
And my deep love buried, crushed and wasted
That will be a great pity
For I have so much to offer
That even Heaven feels overwhelmed!



Old Lover

The night is long
The ocean is dark
Only some lights from the far ships are shining
And in my heart
Something is shimmering:
A dream
That refuses to be just another dream.

I choose to live on the ocean
But not to face the palace.
For I am afraid
It reminds me
Too much of someone
Who is so deep in my entire being
But so far from my heart!

Is the sky drizzling Or is it my own tears?

I cannot stay long in London 'Cause I miss it here Oh ancient citadel Away I can't go For I miss him so... Oh my old lover
Here at least
The same air we breathe
There might be a fair chance
That we could even meet!

People live by food, it seems Me? I live by dreams!

Time is always running out... To somewhere Leaving behind despair!

If I could just hold those gentle hands And for an instant Look into those blue eyes' magic There may be nothing more I need Could die tomorrow With little regret or sorrow.

But of course I would rather live Happily ever after With my lives long lasting amour.

The Fragrant Path

The walk
Through a lovely park
From my hotel
To Bistro de Paris
"The fragrant path" I call it
For its flowing waft
Of ever-present flowers.

I am grateful that there is you,
And this is the most beautiful
City in the world.
In which
Lives the most charming Prince of all!
The lovely kingdom is as romantic as he is.
You will believe in fairy tales
For it really exists.
Here you will feel love
In the air.
People are drawn in from everywhere...
'Cause of love







You and the Kingdom

It isn't the lovely kingdom
It is someone here that I love
Even with all the charm of *la principauté*My heart wouldn't be here if you are not!

Ah! The illuminating *mien*That brightens all corners of my thoughts
Also makes my mind restless
For no reason
No explanation!

Maybe it's the way you smile
Maybe it's the gentle tone from your lips
Or the warmth and blueness of your eyes...
I don't know what!
I just know that you are the most refined
And the most beautiful man
On the planet!

I see you everywhere
It's difficult to forget
I say hallo to your photos
I blow kisses
Through the windows.

Hi, hi! My Love
I am here, do you know?
I am here, so near
I am here because of you
Because I want to be with you so.

Some hidden magician

Has waved a magic wand

And separated our route

You are transported to the magnificent palace

While I am left somewhere else alone...

But he can never annul
The feeling that was once so strong!
We shall be patient:
One day will fade the mal-potion
And the power of love will pervade
And that most beautiful face
That endearing aura
No longer stay afar...

The fairy tale Ends happily ever after.

Condolence Note

Imagine the king of this Earth
The highest priestess
The most powerful being on the planet
Who has everything
By a mere wave of her hand...
Just lost her parent:
He is an orphan
Like every other poor man
In the world!

No one truly understands
His loneliness and the pain!
Nor any priceless present
Could offer a stir of comfort
To the desolated heart
Of the one
Who has lost "everything"...

O my king!
We are all in sorrow and mourning
Even God is powerless
Pensive (profoundly)
At the penning douleur!
In your tender heart!

All condolences seem empty of meaning Any embrace would be futile, helpless!

80

There is a "nobody"
Who sits "on the other side" chez Jimmy
On a Saturday night this summer
Watching the by-going world:
Busy, busy!!!

Without their Prince (wonder)
How people do party?!!!











The Golden Lotus

(In memory of the Most Venerable Thích Mãn Giác) Originally in Aulacese: "Đóa Sen Vàng"

A golden lotus has left the world
There had never been
much attachment to this Earth!
For the ones remaining still,
in the three realms, with sorrow filled
O, Golden Lotus,
Why hath thou so soon bid adieu?

Supreme Master Ching Hai

December 15, 2006

FORMER GREAT ELDER SUPERIOR MONK THICH MAN GIÁC (1929-2006) was a zen master, poet, and well-acclaimed scholar and educator in Âu Lạc (Vietnam). In addition to his significant contributions to the Dharma, he left behind for the nation a treasure-trove of poetry and songs through the collected poems of Lone Traveler, Poems by Huyền Không, Free White Clouds, etc.



Sayonara

(In memory of The Most Venerable Thích Mãn Giác) Originally in Aulacese: "Sayonara"

A holy Saint had returned to Heaven
The flowered forest lamented in the autumn wind
You'd departed, "so ever lightly as a feather"
Leaving this world, with all its form and illusion.

Reminiscing your kind and generous heart

How you'd been to different lands, carefree

The sutra chanting still permeated with fragrance in the air

But a saffron cassock billowing

in the wind was no longer!

Now that you're gone, flowers changed their hues
The temple of old in reflection silently bows
You've gone to join the True Self
A realm, precious as Udumbaras*
has manifested from a selfless mind.

December 16, 2006

^{*} Udumbaras: A legendary flower that only blooms once every thousand years, according to Hindu mythology.



Spontaneously Written for Hoàng Cầm

Originally in Aulacese: "Xuất Bút Cho Hoàng Cầm"

At life's **Golden*** twilight, one returns Home Poetry's hue a white crane, hair of crystal **As*** if all is but a glimpse in a long dream Amidst pure clouds, the returning path is perfumed.

Wu Tzu – May 7, 2010

* Derived from the name of the late renowned composer Hoàng Cầm

HOANG CÂM (1922-2010) – a poet from Kinh Bắc whose real name is Bùi Tằng Việt – in his 88 years of "living to love and loving to write," poet Hoàng Cầm left behind for the poetic and musical world of Âu Lạc (Vietnam) a great spiritual legacy. His name was associated with outstanding poems like Leaves of Fantasy, The Other Side of Đuống River, To the Northern Capital, Thoughts on New Year's Eve... and poetic dramas such as Kiều Loan, Resentment in Nam Quan, etc.







For Lê Uyên Phuong

Originally in Aulacese: "Gởi Lê Uyên Phương"

You have journeyed to another Realm*
To a Pure* land of eternal peace
Like a lotus abandoning "the marsh"**
Like the moon leaving the clouds
Recalling you in your gentleness
"A sad day,"** fills one's nostalgic heart...

This human world is an illusory dream
Like morning dew and evening rain
By the shore of cause and retribution
A boat has lifted its anchor
The traveler journeys to some other sphere
A single oar in deep reverie!

Wu Tzu - 1999

- * Derived from the name of the late celebrated singer-songwriter Lê Uyên Phương
- ** Phrases from Lê Uyên Phương's songs

LE UYÊN PHƯƠNG (1941-1999) was a gifted musician in Âu Lạc (Vietnam). His name went hand in hand with Lê Uyên, a talented and well-known singer, as they found a common voice. He left for the world immortal love songs such as Our Quagmire, A Love Song for You, How Long Will This Sadness Last?...



For Chái Hằng

Originally in Aulacese: "Gởi Thái Hằng"

Understanding each other's heart
The silent grief is left unspoken!
You return to great emptiness
I'm by the melancholic tomb.
Our hearts, even Mt. Everest*
cannot divide
Our love is Eternal*,
beyond all traces of time...

Wu Tzu – August 14, 1999

* Derived from the name of the late famous Aulacese (Vietnamese) singer Thái Hằng To Pham Duy

Originally in Aulacese: "Cho Pham Duy"

Now One* remains alone in life Counting each day silently passing by A season of roses never to return Forever** missing the only one!

- * Derived from the name of talented Aulacese (Vietnamese) composer Pham Duy
- ** Derived from the name of the late famous Aulacese (Vietnamese) singer Thái Hằng

Well-known singer Thái Hằng (1927-1999) – a beautiful daughter of the region of Hà Thành, a land of thousand-year civilization – her birth name is Phạm Thị Quang Thái. She came from a family immersed in the musical tradition and was musician Phạm Duy's beloved wife. Thái Hằng's voice and great name were connected with Thăng Long Choir and Phạm Duy's magnificent songs. To this day, lovers of Aulacese (Vietnamese) music still reminisce about her velvety voice in immortal songs such as *Sound of the Celestial Flute, Homeland Nostalgia, Love Melody*, etc.

PHAM DUY (born in 1921) – his real name is Pham Duy Cẩn – is considered a "grand old tree" of modern music in Âu Lạc (Vietnam) with a great number of songs written in diverse musical genres ranging from love, folk, to spiritual; some have become immortal and deeply etched into the people's hearts in Âu Lạc. These include Love Melody, Country Mother, The Mandarin Road, Mother Vietnam, and his great latest release, Illustrations of "The Tale of Kiêu". His legendary songs gave wings to the timeless voices of Thái Hằng, Thái Thanh, Lệ Thu... to soar high and far in the sky of Âu Lac's music.



The Quiet Hero

(To all the good policemen)

In the freezing wintry gust
You stand tall like a colossal Greek statue
The ocean storm seems to veer away from you
Awed by that indomitable courage!
In the sweltering haze of summer-noon
Your dignified smile diffuses complaints
The high sun would take flight, shy of your endurance.
In the chaos of traffic hour
Your assuring arms restore order
Never expecting a thanks.

When I forget to slow down on busy streets
You reproach me back to safe speed.
When I lock myself out at midnight
You "welcome home" with the master key and a smile!
When I am lost on the stressful motorway
You drive with me to the right place.
You even speak my language
Well! You did try...

Tough on the baddies
Soft on the meeks.
Though having to deal much
With negative sides of human characters
Surprisingly, your heart still reserves plenty of trust.
In ten thousand ways
You show your genuine goodness!

I remember
When we first met
You carried me off to the roadside
(My second failed attempt
On a motorbike)
You were yelling at the paramedics
"Do something, do something!
Will she be all right?"

Your face was like
That of a worried father
Your aura was like
That of an angel's
The face I will always remember
For the rest of my life.

Oh yes, I know you well
In a foreign town
In my home village
In a scary alley so narrow and dark
On a deserted beach at dawn...
You are mostly alone
Or just with God!

You are the day-to-day bravest soldier
Fighting a constant war
Against violence and injustice
Saving the weak
Shielding the innocent.
Putting your life at risk
To keep safety and peace
For your co-citizens
And for the ones you don't know even:
Like me eh! "Just a tourist..."

But I am also the public
Who is inspired to write you this poem.
For it is Noël
And this shall be our modest gift:
A feedback ribboned with something positive
Packeted with Love and sealed with Respect that's due to you.
So that someday, when you feel: you are through
Dealing with darkness!

You may remember this letter somehow
Knowing the public loves you!
It's just that society still breeds defects, so inexplicable!
But we'll all try different ways to mend...

Now it is a special season
And I am not sure what to send!
(You know... to a police!)
So just sincerely wish you a nice Christmas
As the old year rolls to an end:
May we all start a happy life afresh
May our days bear pleasant events.

Hopefully they will all vanish, "the bads"
But even then
It's always nice to see a police around
Walking tall, looking good, talking proud
In the uniform that represents protectiveness.
Strong but fair, humble but fearless
You are the Quiet Hero
Who "love what we do" (*)
And the people love you •

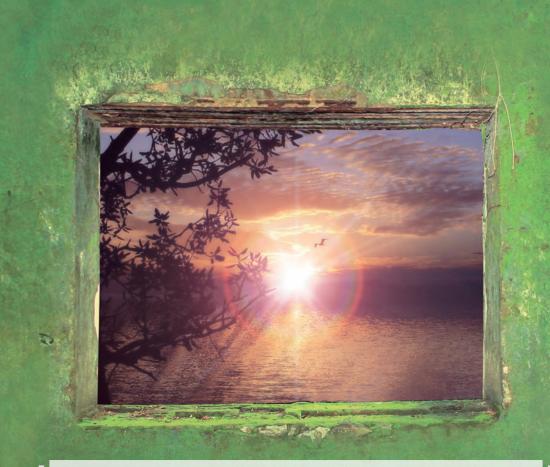


(*) Quote from a policeman, met on the street in Monaco.









Please Wake Un!

Originally in Aulacese: "Hãy Bừng Tỉnh!"

O world, wake up and behold Rivers and mountains are in tumult Burnt forests, eroded hills, desiccated streams Whither do the poor souls go in the end of all dreams? O great Earth, lessened be your agony
For these tears to wane with the persistent night
O seas and lakes, cease not your melodies
Allowing hope for a morrow among humanity...

O sentient beings, have respite in the realm beyond Though you departed without the last utterance Let the throbbing of my heart abate While I await Earthlings' timely repentance.

O deep forests, preserve your true essence Protect the human race in their moments of erring Please accept my heartfelt thousand teardrops To nurture your majestic trees, leaves and roots.

O heart, relent your sobbing
For my soul to rest in long nights
Tears dried up and I'm wordless
Weeping in pain for the tormented!

O night, please kindle your source of light Shine the way for those human souls in darkness Be serene for my mind to still And enter emptiness with the miraculous celestial melody.

O day, stir not sudden unrests For peace to repose in our very hearts For humankind's struggles to subside For the true Self to gloriously shine.

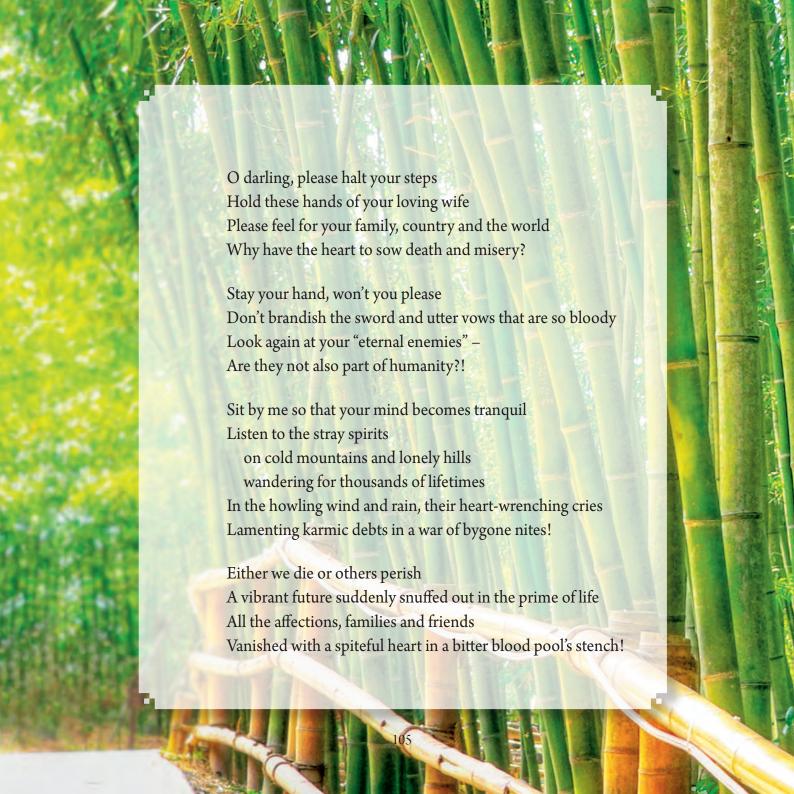
O heart of mine, lament no longer
Like an insect writhing in the chilling winter.
Calmly wait for a perfect tomorrow
And the day the world be adorned with Heavenly Halo.

O, I cry, I plead, I beseech
O, infinite Buddhas, the Gods, the angels
Deliver souls straying from the True Path
Wandering in the endless cycle of suffering hell!













A Word with the Buddha Stone-Statue

(Written by Supreme Master Ching Hai in Her late 30s) Originally in Aulacese: "Nói Với Bụt"

Please weep no more, O Buddha So full of misery is this worldly samsara! The heart is a tempestuous forest And our tears a turbulent ocean!

Let us return Home, O Buddha Wherefore do we remain on this shore A mundane realm where vicissitudes overwhelm Languish not in agony, beloved Holy Saint.



Day by day, rain or shine All beings in hardship mired! Joy and sorrow go hand in hand Who is crying, who is caring!

Loving Buddha, please despair no more Pleasures of this world are few in store The sun rises, then night descends Beloved Buddha, please be no more despondent. O Buddha, let us take our leave
Farewell to this place of illusion
Mortals linger still
Returning to this suffering existence
they forever will...



Talking to a Stone Buddha

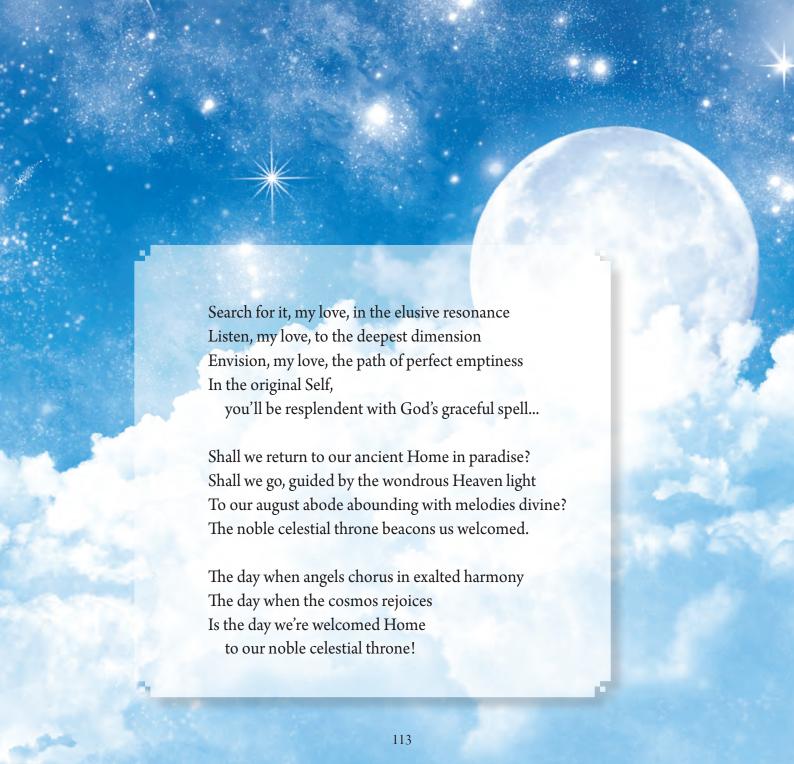
Hallo, Buddha, why do you cry? In your stone heart, any desire? Because the world is suffering? Or it's the pain of all beings?

Oh dear Buddha, why do you cry?
I see your heart has no desire!
I see your tears stream down the sea
Carrying your love to the corals!

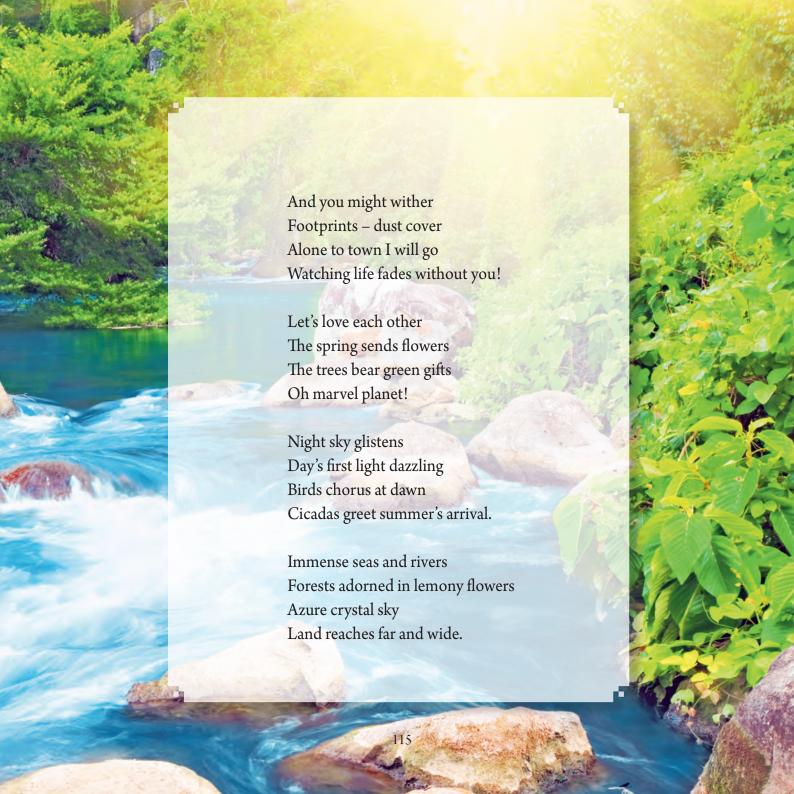
Oh Buddha
Why have you
Left Nirvana?
Oh Buddha
What is here to see
The human or the drama
Of life in the shadow!
Of life in the sorrow?
Oh Buddha
Oh Buddha
Oh Buddha
Oh Buddha
Have you to leave Nirvana?

Hallo, Buddha, can you still cry?
And your stone heart
Has melted with time?
I see your tears flow down the stream
Sprinkling your love to the sandy realm!









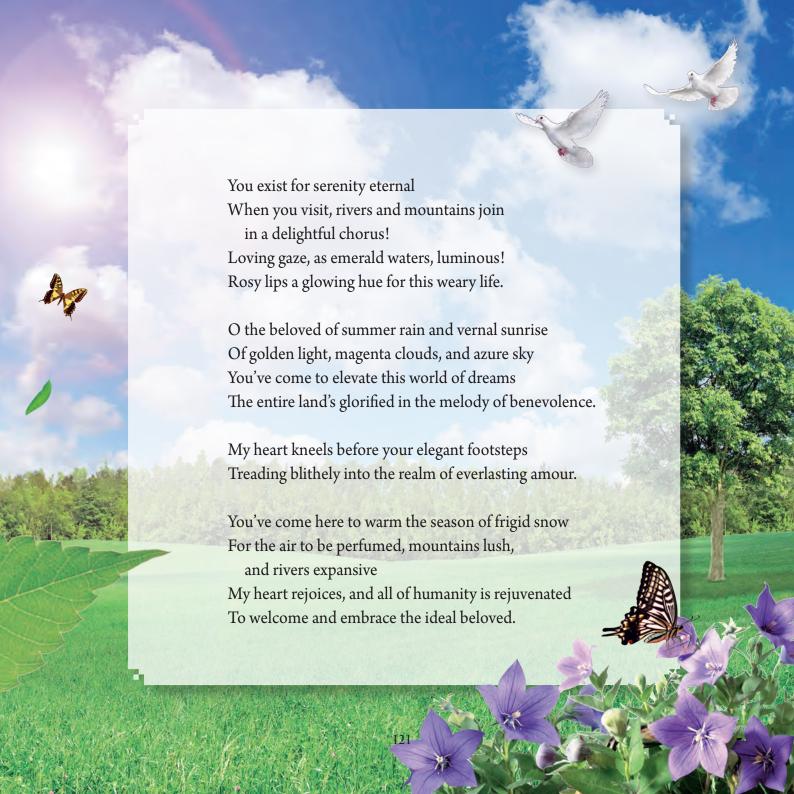














This exquisite poem was set to music by the Oscar and Emmy Award-winning composer Bill Conti and performed by Tony Award winner Karen Ziemba in the Supreme Master Television's 4th Anniversary concert, "Gifting Peace".

When you said you love me
All sorrows go away
On the cloud I soar high
Like a swan on the mountain I fly – I fly – I fly
And you hold my hands tight
My heart sings through the night
All the stars shine brightly
And the moon dances within me.

Can we keep
This magic moment!
Can we keep
This magic moment!
Can we go
Where time stands still
Where love is forever new
Where our feelings will never end?

And love is a beautiful song For the world to sing along And our love is forever young!

Never say you'll leave me Never let me be lonely Together we will share The dream that never fades away Never, ever...



Bird of Paradise

Oh, Glorious Bird of Paradise!
Where hither doth Thou go?
On a span of wind that never blows...
To the nameless regions 'bove the rainbow?

The sunless sun doth Thou acquaint
The sandless shore Thy feet shall land
Thy thirst Thou quench
Thy thirst Thou quench
Of the sweetest ambrosia 'til Thy heart's content.

Oh, Bird of Paradise!
Fly Home! Fly!
On a spread of purple cloud
Dost Thou arise...

Lightest wing
Softest heart
Follow the stringless harp
Thou doth arrive!
At the land of endless time
To bathe in the river of ever calm
To play in the fields of ever young
And spoken to by the Lord in melodious tone.

Oh, Bird of Paradise!
Thou knowest the most loved One
Thou knowest the Benevolent.

Take me on Thy empowr'd wings
For I also must come
Must come Home...
I must come Home...
Far away sweet Home!
Home, Heaven Home!

Song 4 the Sun

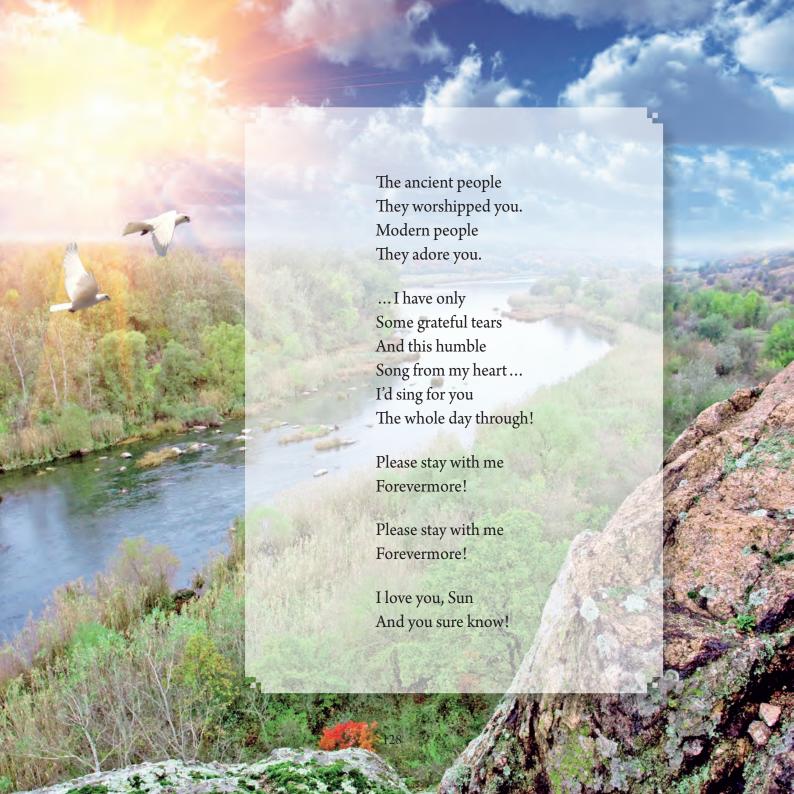
Glorious Jewel
In the vast sky!
How I'm awed
Feeling your might!

The sight of you
Bursts morning dew,
Brightens the world,
Warms up the Earth!
When you arrive
All is glorified.

I feel so blessed
To have you here
Thanks for being a friend
In time of laughter
In time of tears!

You are the best
In this physical realm
Giving warmth and nourishment,
Happiness and pleasure!
You are the comfort
For countless beings
None is denied
Your love and blessing!

I don't know how
To say thank you.
Words are empty
In your greatness.
Words are empty
In your glory!
God must have known
I need you so!
Can't imagine
This world without you!







And when I'd sung
You stayed still and hung
Above the mountains
You listened and danced
Till my heart's content...
Endearing and lovely
You are the beauty
Of the galaxy.

You share the pain And the joy, with me! You are the loyal Friend of eternity.

You shine my path In the dark mountain You soothe my heart When I'm in pain.

Can any one See any thing More beautiful than you! I wait for you In time of waning In cloudy nights In stormy skies.

You have to be In my existence. What's life without My moon?!

I will not exchange The world's treasure For just half of you Shining beauty Stay forever and ever In the vast sky...

The world loves you And I love you Thank you for being The best of friends!

I love you, Moon. I love you, Moon! I love you forever My Moon.





You're so shining
You're so enchanting
Why did God make you
Soo special, soo... beautiful!

From far away
I feel your love
Spreading from the sky
To this planet of mine.

You bear witness To all pleasures To all splendor And all upheavals.

Yet you remain
Forever brightened
Forever loving
Forever unchanged
Forever giving!

We the humans
Frail and humble
But love and cherish you
More than jewels
Forever we try
To go near you
To visit you
To embrace you.

Oh divine jewels
Of the cosmos
Far, far away
You love us ..., true?





Praised Be the Providence

This exquisite poem was set to music by the Oscar and Emmy Award-winning composer Bill Conti and performed by international soprano Giorgia Fumanti in the Supreme Master Television's 3rd Anniversary concert, "Rejoicing in Our Green Planet and Peaceful Life".

Praised be the Providence!
Thanks to Earth and Heavens
To invisible and visible beings
For the grace bestowed 'pon Supreme Master Television.
May this forever be blessed
To serve the world for peace and happiness.

Thank you all the circle of friends Of brave staffs, whose love and dedication Have brought joys to countless beings In this life and maybe the next! Thanks to all who share the bliss And support this positive program From the depth of my heart May God bless you!

And congratulations:
Multitude of wondrous viewers!
Thanks for your loyalty
Thanks for your faith
Wishing you all the best
On Earth as well as from Heaven
With all my love – enjoy!

God Loves You So!

This lullaby has been spontaneously sung by Supreme Master Ching Hai for Her pets as well as Her disciples, and recorded on the spot to remind all beings always to remember God. Please refer to the CD-M037-Good Night, Baby to enjoy this beautiful song through Her melodious voice.

Good night, beauty, good night, glory You are divine, remember well! Have a sweet dream, wonderful friends Beauty of mine, love of Heaven!

God loves you so, I love you more You are divine, you are God's love. Good night, dear friends, love of Heaven Glory of life, wonder of mine!

You are so loved, you are so dear Heaven shields you, and God loves you And I love you, you know it's true Forevermore, you are my love. Sweetheart of mine, you are divine Never forget, you are God's child! You are the one, that I so love You are the one, that God so loves!

Remember well, you are divine You are glory, you're Heaven! We love us so, no matter how No matter where, always together. We are best friends, life after life Never apart, 'cause we are one. 'Cause I love you, and you love me 'Cause God loves you, eternally.

We're from Heaven, please don't forget
One day we will all go back Home
Where we belong, where no sorrow
Where no sorrow, only beauty
And love and peace and bliss and glory
No more, no more, no tears no more!
No more sorrow, never, nevermore
'Cause you're God's love, 'cause you're my love!

Maybe you forget, but you'll remember 'Cause you're divine, 'cause you are wonder!

You are the best, no one better You are the ones, God loves the most! I love you so, every day more Nothing will change my love for you!

Have a sweet dream, wonderful vision Go to Heaven, visit your Home That's where we'll be, that's where we belong Not this terrifying and fearsome realm.

One day we'll leave all this behind Only you and I, with love in Heaven! No more worry, no separation No more sorrow, no more trouble!

Everything here, just comes and goes
Have peace in your wonderful heart!
Remember dear, that day long ago
You were carefree, you were in Heaven
Remember dear, you are that one
Full of happiness, full of wonder.
Remember dear, you are that one
Full of glory, full of beauty!

You are that one, I know you are Please remember and be happy!
No matter what happens in the world You are in safety, forever and ever.
Because you are not human, dear
We are not the body
You've just forgotten
Remember please!
Then you'll be well
Then you'll be happy
Never forget, you are divine!

You are God's love, you are my love Remember well, you are God's love! You are beautiful, you are wonderful If only I know, I wish you know!

Do not forget, you are the best I tell the truth, believe it's so. It's the ego that makes trouble It's not your Self, you're wonder! You're so pure, you're so pure You are so kind, you are such a love! I wish you know who you really are Then you'll be happy, never sorry! Because I know, I know you well Just wish you know the way I do.

Then you'll be free from all trouble Then you'll be free from all sorrow. I love you so, only I know I wish you do, just like I know!

One day you will... know what you are That you are love, that you are pure That you're divine, that you're God's child The only love of the whole Heavens!

I wish you know just like I know I wish you know God loves you so!

And if you feel that you're lonely It is not so, dear love of mine! God's always there, looking after you Looking at you, with all Hiers love! Just wish you know, the way I know God loves you so, every day more! Just wish you know just like I know Then you'll be free from all sorrow!

One day you will, one day you'll know
No one, no one, can make you fear!
No one, no one, can hurt you more!
The day will come, you will all know
Peace in your heart will be forever!
You will remember who you really are
Then you'll be free, forever and ever!
Just wish you know the way I know
The day will come, you'll know God's love!

Have a sweet dream, remember God! Have a sweet dream, remember God! You are divine, you are God's love Remember well, you are my love...(!)

SUPREME MASTER CHING HAI St. Martin Center, France

JULY 18, 2009

Good Nite Baby

This lullaby has been spontaneously sung by Supreme Master Ching Hai for Her pets as well as Her disciples. Master jotted it down later from memory to remind all beings always to remember God. Please refer to the CD-M037-Good Night, Baby to enjoy this beautiful song through Her melodious voice.

Goodnight, baby Wonderful dream Heaven loves you And I love you.

Remember God Hes loves you true You are divine You are Hiers child.

Goodnight, beauty Remember Hirm Remember Light – remember Love.

Together we make life better Together we love one 'nother. Nite nite, sweety, shall see you soon In realms beyond sorrow and pain Heaven is here in you and me In all of the entire creation.

Goodnight, Rainbow, sleep in God's love In Angel's arms, in clouds tender In melody of thousands songs. In blessed Light of worlds beyond.

I love you so every day more Angels shield you and God bless you You are divine, you are God's child You are divine, you are God's love –

Nite nite, darlings You are divine Sleep in God's love Dream of Heaven.

Nite nite, beauty Wonderful friends Sleep in my love Dream of Heaven. We are divine Remember dears We are holy We are God's love!

Nite nite, babies, beautiful ones Wonderful ones of God's creation. Thanks for your love, your company Thanks for your heart, your loyalty. My love for you, every day true My love for you, every day true.

Remember God and your great Self Heaven loves you and I love you Nite nite, beauties, wonderful friends See you in dreams, glorious visions. The sun will rise for you and I Have a sweet dream. Have a sweet nite! Nite nite, baby You're safe with me The rain won't come Thunder is away.

Heaven blesses you Angels stand by You'll be unharmed And safe always.

I am right here
To soothe the night
No fear lightning
No fear gunfire.

Nothing'll happen To my good boys And my good girls You are God's love. Above the cloud Above the sky Dance with stars Sing with angels.

I love you so
Every day more
Heaven shields you
And God bless you
Angels praise you
Fairies adore you
You bring a smile
To those near you
You made my day
Through your melody.

Nite nite nite nite Treasures of mine Have a sweet dream Rainbow vision.

Thank you, baby For your great love Your loyalty Beautiful heart. Lovely baby
Thanks for your love
Understanding
And forgiving.

Thank you, sweetheart For what you are Ever loving Ever loyal.

You are Godsent To human world Are reflection Of Heaven's love.

Thanks for the smile That lights my face Thanks for your heart's Undying love.

You are angel 'n protecting friend Fearless hero Righteous being. I am honored To be your friend My heart rejoices To have your love.

Goodnight, baby Heaven shields you God protects you And I love you.

Thanks for your love Your loyalty Your warm presence Your precious heart.

You're my treasure
You're my jewelry
You're my comfort
You're rare beauty.

You give me love You give me strength You give me hope. Please do stay long Dearest of friends Bright as the sun Sweet as the moon.

Nite nite, baby
Beauty of mine
Wonderful friends
Love of Heaven
Have a sweet dream
Dearest of mine
You are divine
You are God's love.

Nite nite, baby You are divine You are God's love You are my love Heaven loves you And God bless you. Good night, good night
Beauty of mine
Though I'm away
You're in my heart
Though I'm away
We'll meet again
Loyal to you
Our love is true
Forever new!





O Beloved in a faraway realm
Long you still for a day of reunion by the Milky Way?
Ardent heart, beseeching the sun and moon
While soul adrift in a world of ephemeral dust.

Half of that soul is part of me, everlasting
Like empyrean stars in the vast celestial firmament
Like the great sea of eternal, azure waves
Like the planet glorious in her quintessential radiance.

O Beloved, still I yearn for a time of togetherness As our passion waves spread in four directions. The heart nurtures hope regardless of destiny, Gospel songs bloom evermore on the lips.

Though night arrives, dawn ever advances
After a deep slumber, awakened from wandering dreams
To the luminous land of bliss, we shall return
Heavenly winds echoing ubiquitous ocean sounds.



List of Performed Poems D

number of poems in *The Love of Centuries* anthology have been adapted to music by acclaimed composers, as well as broadcast on A Journey through Aesthetic Realms: Music & Poetry program and Anniversary concerts on Supreme Master Television. Please refer to the following links to enjoy the poems and songs performed by Supreme Master Ching Hai and celebrated artists:

- HAY BUNG TINH! (PLEASE WAKE UP!): http://www.suprememastertv.com/mp/?wr id=129&page=1#v
- Hãy Dừng Lại! (Please Don't!): http://www.suprememastertv.com/mp/?wr_id=129&page=1#v
- NHÀ TÔI (MY HOME): http://suprememastertv.com/mp/?wr id=138&page=1#v
- Gởi Lê Uyên Phương (For Lê Uyên Phương): http://www.suprememastertv.com/mp/?wr_id=106&page=3#v
- Không Đâu Em (It Is Not So, My Love): http://www.suprememastertv.com/mp/?wr_id=141&page=1#v
- Gởi Thái Hằng (For Thái Hằng): http://www.suprememastertv.com/mp/?wr id=113&page=3#v
- Cho Phạm Duy (To Phạm Duy): http://www.suprememastertv.com/mp/?wr id=113&page=3#v
- Lời Lợn Con (Words of a Piglet): http://www.suprememastertv.com/mp/?wr_id=131&page=1#v
- SAYONARA: http://www.suprememastertv.com/mp/?wr_id=120&page=2#v
- Đóa Sen Vàng (The Golden Lotus): http://www.suprememastertv.com/mp/?wr_id=120&page=2#v
- Praised Be the Providence (Ngợi Ca và Chức Mừng): http://www.suprememastertv.com/3year
- Dream in the Night (Mơ Đêm), Let's Love (Thương Nhau Đi), and When You Said You Love Me (Khi Người Nói Yêu Ta): http://www.suprememastertv.com/4year

number of poems in the anthology have been recited and performed in the latest released CDs and DVDs such as An Ancient Love, Dream in the Night, Shade of Time, The Golden Lotus, and Good Night Baby. Please visit the Contact Us page to purchase these CDs and DVDs to enjoy Supreme Master Ching Hai's sweetly expressive voice and emotive reciting.

- CD-M036, DVD 801 An Ancient Love: The Ideal Beloved; To Thu Hô; My Home; An Ancient Love; For Lê Uyên Phương; Let's Love; It Is Not So, My Love; A Word with the Buddha Stone-Statue; And One Day; For Thái Hằng; To Phạm Duy; Nostalgic Summer.
- CD-M030, DVD 764 DREAM IN THE NIGHT: Dream in the Night
- CD-M031, DVD 765 SHADE OF TIME: Shade of Time
- CD-M035, DVD 770 THE GOLDEN LOTUS: Sayonara, The Golden Lotus
- CD M037 GOOD NIGHT BABY: Good Nite Baby, God Loves You So!



The Supreme Master Ching Hai's Publications



THE SUPREME MASTER CHING HAI'S POETRY COLLECTIONS



THAT AND THIS DAY (poetry recital in Aulacese): CD-M027 A Touch of Fragrance (song performance in Aulacese by celebrated singers): CD-M029





PLEASE KEEP FOREVER (poetry recital in Aulacese): CD-M028



• T-L-C, PLEASE (song performance in Aulacese): CD-M032

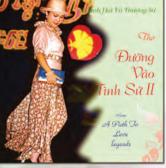




 GOOD NIGHT BABY (songs performance in English): CD-M037







 A PATH TO LOVE LEGENDS (poems by distinguished Aulacese poets, recital in Aulacese): CDs 1, 2 & 3







• TRACES OF PREVIOUS LIVES (poetry recital in Aulacese): CDs 1, 2 & 3 DVD 531 (with 19 choices of subtitles) DVD 532 (with 17 choices of subtitles)



• SHADE OF TIME
(BEYOND THE REALM OF TIME)
(song performance in
Aulacese): CD-M031 & DVD 765



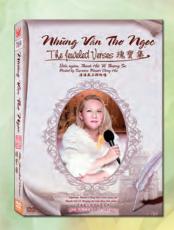
• An Ancient Love (song performance in Aulacese): CD-M036 & DVD 801



• DREAM IN THE NIGHT (song performance in Aulacese): CD-M030 & DVD 764



• THE GOLDEN LOTUS
(poetry recital in Aulacese):
CD-M035 & DVD 770
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".



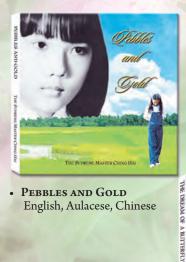
• THE JEWELED VERSES (poems by distinguished Aulacese poets, recital in Aulacese): CD-M034 1, 2 & DVD 769 1, 2



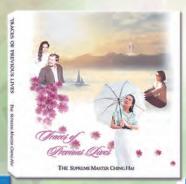
• SONGS & COMPOSITIONS OF SUPREME MASTER CHING HAI (song performance in English, Aulacese and Chinese): CD & DVD 389



• THE SONG OF LOVE (song performance in English and Aulacese): DVD 761



• Pebbles and Gold English, Aulacese, Chinese



• Traces of Previous Lives English, Aulacese, Chinese



• THE DREAM OF A BUTTERFLY English, Aulacese, Chinese



• The Lost Memories English, Aulacese, Chinese



• THE OLD TIME English, Aulacese, Chinese



• SILENT TEARS English, Chinese, Aulacese, Filipino, Korean, Portuguese, Spanish,

English/German/French



• THE LOVE OF CENTURIES English, Aulacese, Chinese, French, Korean, German, Mongolian, Spanish



DVD-1010

Inspired by Supreme Master Ching Hai's profound poetry collection *Silent Tears*, this spectacular musical takes us on a magical train ride to 16 countries across 6 continents. We accompany Joy, a bitter, bereaved mother, and Pete, a worldly coming-of-age youth. Guided by a jovial and mysterious conductor, they're in for the journey of their lives – each to find a new kind of peace. At every destination, enjoy breathtaking musical numbers by Academy, Grammy, Tony and Emmy Award-winning composers, performed by Broadway and pop music stars, top international singers, 48 top-notch dancers, and a live orchestra!

Directed by Tony nominee Vincent Paterson (Michael Jackson's and Madonna's world tours) with choreography by Emmy winner Bonnie Story (*High School Musical 1, 2, 3*), this extraordinary world premiere involved the expertise of a 217-person technical crew and was captured by 21 cameras and 96 digital audio channels on October 27, 2012 at the grand Shrine Auditorium in Los Angeles, California, USA.

The show commemorated the 19th Anniversary of Supreme Master Ching Hai Day, which honors the spirit of peace and giving as exemplified by the world-renowned spiritual teacher, humanitarian, poet and artist.

This four-disc set includes a video greeting from the poet, a charity gift presentation, artist interviews and amazing bonus features.

LOVING THE SILENT TEARS is sure to inspire us all to find our inner peace!



DVD-999

The Real Love: The Musical DVD

This 3-disc edition has special features such as Supreme Master Ching Hai's fascinating stories of the Himalayas, behind-the-scenes interviews, media reports, the celebrity red carpet, and rehearsal scenes.

THE REAL LOVE book reaches #1 on Amazon.com

Inspired by the true life story of Supreme Master Ching Hai, *The Real Love: The Musical* is a moving experience, as we journey together with the lovely Thanh in her search for the key to enlightenment. Now, the book that further brings to life the words, images, and songs, *The Real Love: The Complete Book, Lyrics and Sheet Music of the Musical*, has reached #1 on Amazon.com's Best Sellers lists in both the Books and Poetry categories.

"Love is the most precious thing in this physical realm. So we must protect love.... If we have love, all good will come our way.

... Be vegan, make peace. That's all we have to do, and love."

— Supreme Master Ching Hai, August 27, 2011 – Pasadena, California, USA Supreme Master Television's 5th Anniversary: The Real Love



THE SUPREME MASTER CHING HAI'S SPIRITUAL TEACHINGS

BOOKS

- The Key of Immediate Enlightenment
 - Aulacese (1-15), Chinese (1-10), English (1-5), French (1-2), Finnish (1), German (1-2), Hungarian (1), Indonesian (1-5), Japanese (1-4), Korean (1-11), Mongolian (1,6), Portuguese (1-2), Polish (1-2), Spanish (1-3), Swedish (1), Thai (1-6) and Tibetan (1).
- The Key of Immediate Enlightenment Questions and Answers
 - Aulacese (1-4), Chinese (1-3), Bulgarian, Czech, English (1-2), French, German, Hungarian, Indonesian (1-3), Japanese, Korean (1-4), Portuguese, Polish and Russian (1).
- The Key of Immediate Enlightenment Special Edition/Seven-Day Retreat in 1992 English and Aulacese.
- The Key of Immediate Enlightenment Special Edition/1993 World Lecture Tour English (1-6) and Chinese (1-6).
- Letters Between Master and Spiritual Practitioners English (1), Chinese (1-3), Aulacese (1-2) and Spanish (1).
- My Wondrous Experiences with Master Aulacese (1-2) and Chinese (1-2).
- Master Tells Stories
 - English, Chinese, Spanish, Aulacese, Korean, Japanese and Thai.
- Of God and Humans Insights from Bible Stories English and Chinese.
- God Takes Care of Everything Illustrated Tales of Wisdom from The Supreme Master Ching Hai Aulacese, Chinese, English, French, Japanese and Korean.
- The Supreme Master Ching Hai's Enlightening Humor Your Halo Is Too Tight! Chinese and English.
- Coloring Our Lives
- Chinese, English and Aulacese.
- Secrets to Effortless Spiritual Practice Chinese, English and Aulacese.
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- 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.
- The Real Love Chinese and English.
- One World... of Peace through Music Combined volume of English/ Aulacese/ Chinese.
- Celestial Art
 Aulacese, English and Chinese.
- A Collection of Art Creation by Supreme Master Ching Hai Painting Series Chinese and English.
- The Supreme Kitchen (1) International Vegetarian Cuisine Combined volume of English/ Chinese, Aulacese and Japanese.
- The Supreme Kitchen (2) Home Taste Selections Combined volume of English/ Chinese.

MP3s, MP4s 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, Filipino, Finnish, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Malay, Mandarin, Mongolian, Nepali, Norwegian, Persian, Polish, Portuguese, Romanian, 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 Supreme Master Ching Hai's latest publication: http://www.smchbooks.com/ (in English and Chinese)

To order Supreme Master Ching Hai's publications online, please visit:

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• THE NOBLE WILDS

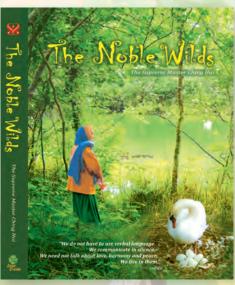
To usher in the promising Golden Year 5 (2008), Supreme Master Ching Hai bestowed *The Noble Wilds* as a New Year gift to the world. This illustrated journal of Master's lakeside exploration, containing pages She personally composed and photographed, is a wondrous combination of poetic expression and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

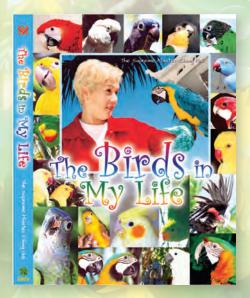
AVAILABLE ONLINE AT AMAZON.COM:

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, following 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 (1-2)

"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/
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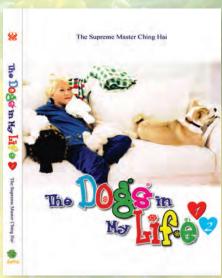
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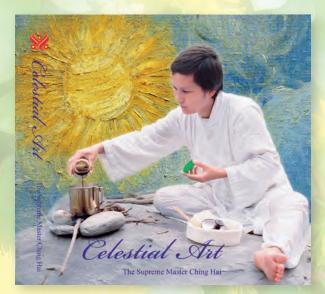
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THE DOGS AND THE BIRDS IN MY LIFE DVD #780 (In English with 28 choices of subtitles)







CELESTIAL ART

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

Available online at Amazon.com:

http://www.amazon.com/Celestial-Art-Supreme-Master-Ching/dp/9866895378

THE KEY OF IMMEDIATE ENLIGHTENMENT - FREE SAMPLE BOOKLET

The Key of Immediate Enlightenment Sample Booklet presents an introduction to the teachings of Supreme Master Ching Hai. Readers around the world can download the Booklet in electronic format from the internet free of charge or read it online. This gem of wisdom has been translated into 80 languages, from Afrikaans to Zulu, from Bengali to Urdu, Macedonian, Malay and many others.

In the Booklet, Supreme Master Ching Hai not only emphasizes the importance of meditation in daily life and reveals the mysteries of the higher spiritual dimensions, She also explains to people the benefits of the vegan diet. In addition, readers learn why one must get initiation to practice the Quan Yin Method of meditation, the ultimate and highest path. Supreme Master Ching Hai's insights presented in *The Key of Immediate Enlightenment* Sample Booklet elevate the consciousness of humankind, as well as offer a bright ray of hope for those who are in quest of the Truth.

As Supreme Master Ching Hai said, "Once we attain the inner peace, we will attain everything else. Only when we find our Kingdom of God within and realize the eternal wisdom, the eternal harmony and our almighty power within, can we satisfy all of our worldly desires and our longing for our heavenly abode. This is because everything comes from the Kingdom of God. If we do not get these, we will never be satisfied no matter how much money or power, or how high a position we have."

If you have your own website or blog, you are welcome to post on your website or blog the following link, http://sb.Godsdirectcontact.net which contains Supreme Master Ching Hai's *The Key of Immediate Enlightenment* Sample Booklet in many different languages. Join us in bringing the best gift to the world through sharing God's message and elevating human's consciousness.

If you find that the Sample Booklet is not available in your native language and you would like to help translate the Booklet, you are welcome to contact us at: divine@Godsdirectcontact.org.

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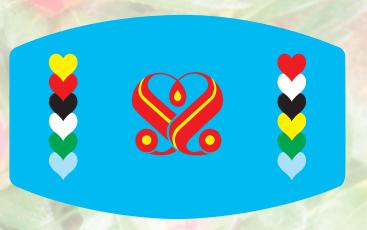
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Yellow: Yellow skin race of people Red: Red skin race of people Black: Black skin race of people White: White skin race of people Green: Nature, animals, birds, etc... Blue: Water and aquatic beings Shape: Earth Background: Sky



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.

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 AS ABOVE.



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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

Change Your Life ▼ Change Your Heart ▼ Change Your Diet ▼ No more killing ▼ Be healthy and loving

Alternative Living

Examples of nutritious, life saving food:

Protein Concentration (Percentage by Weight)
16 %
70 %
13 %
8.6 %
10 - 35 %
14 - 30 %
18 - 24 %

Concentrated multi-vitamin tablets/capsules are also a good source of vitamins, minerals 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.

- To diminish the real threat of a worldwide pandemic from bird flu,

• 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 animals, marine life and feathered friends daily

Save our Lives We Love You

It's wise to change to a vegan diet for good It's Health It's Compassion It's Economy It's Peace

> Thank You for Your Compassion

We Pray for You

For more information, please refer to these websites: http://AL.Godsdirectcontact.org.tw

http://www.vegsource.com http://www.vrg.org

or email to: AL@Godsdirectcontact.org

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Vegetarian and Vegan Elite of the World:

Philosophers & Spiritual Leaders: 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.

Long Life

to You!

Writers & Artists 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.

Scientists, Inventors & Engineers Charles Darwin (*British naturalist*), Albert Einstein (*German scientist*), Thomas Edison (*US scientist/inventor*), Sir Isaac Newton (*British scientist*), Nikola Tesla (*Serbian-American scientist/inventor*), Henry Ford (*US Founder of Ford Motors*), etc.

Politicians, Statespersons & Activists 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 (2nd President of Slovenia), Dr. Manmohan Singh (Prime Minister of India), Dennis J. Kucinich (US congressman), etc.

Actors & Models Pamela Anderson (US actress), Ashley Judd (US actress), Brigitte Bardot (French actress), John Cleese (British actor), David Duchovny (US actor), Danny Devito (US actor), Daryl Hannah (US actress), Dustin Hoffman (US actor), Steve Martin (US actor), Ian McKellen (British actor), Tobey Maguire (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 supermodel), Christy Turlington (US supermodel), etc.

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

Athletes 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 list goes on... http:// AL.Godsdirectcontact.org.tw/vg-vip





THE POET

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