

THE KEY OF
IMMEDIATE ENLIGHTENMENT
SPECIAL EDITION

THE SUPREME MASTER CHING HAI'S
1993 WORLD LECTURE TOUR
VOLUME III
HAWAII & MEXICO

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On Master Ching Hai's World Lecture Tour

In early March 1993, The Supreme Master Ching Hai, in an effort to bring the message of liberation to souls longing for their Homeland, undertook the arduous task of a worldwide tour. The lectures, discourses, interviews, and responses to innumerable questions posed by seekers around the world spanned a period of three and one-half months and included 16 countries from the Orient to the Occident and back to the Orient. People of all races, religions, and nationalities gathered to hear a living Master speak of an ancient Method by which one may escape from this world of birth, sickness, old age, and death, and describe the beauty of another world that is our true Home.

Thousands of people, yearning for deliverance from the cycle of eight-four, were initiated by our benevolent Master into Quan Yin Method and thereby secured not only their own release but also that of their five generations. These six volumes consist of literal transcriptions of interviews and discourses presented by Master Ching Hai at venues that included university campuses, public auditoriums, outdoor gatherings, historical sites and hotel conference facilities, in cities around the globe. Most of the lectures were given in the English language, but in Germany, Austria, and France, Master Ching Hai spoke in the native languages of those countries.

A small group of practitioners accompanied Her on the tour to assist with the multitude of tasks that are required to deliver lectures to thousands of people in cities around the world. To those of us who privileged to be a part of this tour, we could only regard Master with amazement, as city after city, country after country, with no respite between the crowded lecture venues, She attended to the spiritual needs of thousands of people. This petite Person with a delicate physical body, yet possessing incredible energy and stamina, maintained such an extraordinary pace that we had difficulty in keeping up. There is no doubt that only someone connected to the Universal Powerhouse could possibly have endured the physical hardships and successfully overcome the obstacles that a tour of this magnitude generates. Master has said, "When I teach the Method, it is not my body that speaks, but it is the Buddha (God or the Master power) within."

This report is presented by the News Group that accompanied Master Ching Hai during the sixteen weeks and hundreds of thousands of miles. She traveled in 1993 to bring a message of hope to the masses of people who were praying for liberation. It was in response to those anguished pleas and the repeated requests of longing disciples around the world that Master Ching Hai undertook this lecture tour, because in Her eyes, as She has so often said, there is no need to teach anyone anything. Everything is perfect the way it is. The lectures presented herein and spoken by Her were recorded, transcribed, and sometimes translated from other languages and then edited for publication. We recommend that you listen to or watch the original audio or videotapes. You will get a much richer experience of Her presence from these sources than from the written words. Of course, the most complete experience is to see Her in person.

First Stop on Master Ching Hai's 1993 World Lecture Tour

News Group Report Surabaya, Indonesia

Indonesia, the first stop on Master Ching Hai's World Lecture Tour, is located in southeastern Asia and comprises more than 3,000 islands that stretch along the equator from the Malaysian mainland to New Guinea. Master's destination was Surabaya, capital of the East Java province. Surabaya, the country's second largest city with an estimated population of around 2.5 million persons, is a commercial and industrial center, as well as a major naval base.

More than 4,000 believers assembled at the lecture venue several hours before Master's arrival. The admiring crowd, having swarmed around the hall and book kiosks, was anxiously awaiting the appearance of Heaven's perfect Being. Upon first catching sight of our beautiful Master, many people, unable to restrain themselves, rushed forward to shake Her hands or simply to get a closer look. The atmosphere was brimming with excitement and goodwill as Master made Her way through the crowded assembly, silently blessing everyone with Her presence.

Unique Method to Impart Dharma

Due to bureaucratic obstacles that included masses of paper work, we were unable to obtain official permits to use the microphone system. Consequently, Master was unable to speak to the audience. With cancellation of the lecture part of the program, it

appeared that the negative power had succeeded in thwarting Her plans for bringing word of the Truth to the people of Indonesia – but She was not to be beaten so easily.

Master's resourcefulness turned this "speechless dharma gathering" into a tremendous success. Lacking the use of microphones, Master distributed blessed food, and as the people came forward to receive it, they were also rewarded with blessing from Her eyes. Master's smiling countenance and elegant manner even transformed the terse and stern demeanor of the uniformed, military police to one of friendliness. Indeed, it was a strange sight to see these men with distinguished medals adorning their formal uniforms helping our lovely Master distribute cookies and candy to the people of Surabaya. This "silent dharma gathering" created a local sensation and made Master almost a household personality in Indonesia.

The local press, very attentive to Master's second visit to Indonesia, competed with each other by printing long columns reporting news of Her activities. The "Surya Morning News" ran daily articles describing Master's philosophy of vegetarianism, Her love for all beings, as well as the Quan Yin Method of meditation. A particularly interesting article revealed that Master is regarded by many of the Indonesian practitioners as "Mei Shin." Mei Shin is a very beautiful Mongolian female swordsman who is known for having a noble character and helping other beings.

During an interview, a magazine reporter asked, "After yesterday's incidents when the program had to be canceled, do You still want to come to Indonesia? Or maybe You are depressed and would never come to Indonesia again?" Master serenely replied, "I do not know this feeling. My lifestyle and activities are decided by Divine Will. If I have to come here again, I would not decline the

assignment of God." Many people expressed the hope that Master would return to give a lecture, while others prepared to travel to Formosa to learn the Quan Yin Method of practice. Still others made plans to attend a lecture at one of the upcoming World Tour stops. The success of Master's visit in Surabaya makes it evident that no matter how adverse the conditions may be, our Master deftly transforms them to Her advantage. Through this unparalleled dharma gathering, Master broadly and deeply sowed the seeds of Truth in Indonesia.

Fearless Spirit, Courageous Lesson

At the group meditation for initiated practitioners, held later that evening, Master told us that this special form of teaching was God's arrangement. In order to judge real success or failure, one must see use the wisdom eye to see it properly. When sharing the message of Truth, it is not always necessary to speak verbally that which one wants to convey. Looking into the eyes of a fully enlightened Master has the same kind of blessing effect and can impart the same lesson. In addition, everyone had obtained a sample booklet that contains the names, addresses, and telephone numbers of the Contact Persons. Those seekers who are sincerely looking for a method of spiritual practice will come to us naturally. Master pointed out that the occurrence of pressure conditions is God's way of helping us to develop a fearless spirit and to learn lessons of courage. Only with an optimistic outlook and positive love can we conquer the negative force.

Master also humorously commented that the large troop of military police assigned to protect Her was lined up in the fashion of a welcoming guard formation appropriate for the arrival of a head of state. Although very regal, it was a bit too formal for our

Master's humble tastes. While in Indonesia, Master also met with the American and Japanese Consul Generals. Everyone enjoyed the very lighthearted conversation during a delicious vegetarian meal. News of the meeting was reported in all the major newspapers of Surabaya.

Second Stop on Master Ching Hai's 1993 World Lecture Tour

News Group Report Singapore

From Surabaya, Master's itinerary led Her northward to Singapore. Officially known as the Republic of Singapore, it is located in southeastern Asia and has a standard of living that is one of the highest in Asia. The entire island is densely populated and almost completely urbanized. With its tropical climate and delicious vegetarian ice-cream, the members of the touring group very much looked forward to the stop in Singapore.

Miracles Abound Before The Lecture

Master Ching Hai's visit to Singapore in March 1993 must have been, at least partially, in response to the most ardent wishes of the Singaporean initiates. For more than a year, they had been requesting that She visit their country. On the night preceding the announcement of Her intended visit, a local initiate dreamed that Master appeared in a bright yellow light, and said, "I will come." She did not understand the meaning of the dream until the following evening when a call from Formosa announced that Singapore

was to be the second stopover on Master's 1993 World Tour. Upon hearing the news, she, along with the other Singapore initiates, was overcome with joy.

Since notification was received only a few weeks prior to the visit, there was precious little time for preparation. Local initiates quickly organized into teams, each with a specific task, including publications, transportation, purchasing, administration, etc. In addition to the efforts of the local initiates, a score of Formosan disciples arrived to assist in a variety of tasks that included distribution of pamphlets and putting announcement posters. The rush to finish everything in time was incredible, and would not have been possible without Master's grace. For example, many thousands of free sample booklets and leaflets that normally would have taken several months to print were done in only a few weeks. In addition, the cost of printing was less than half the normal printing costs. In Singapore, official permits for all public talks are required and usually take many weeks for final approval. In this instance, a permit was obtained almost immediately and without the "usual bureaucratic turtle delay" as Master phrased it. In fact, the permit was obtained only hours before the start of the lecture.

Master Gives Illuminating Talk At The Airport

On the day of Master's arrival in Singapore, a large gathering of initiates greeted Her at the airport. Graciously, She gave an impromptu talk that was brimming with praises for the airline, the cleanliness of Singapore, and the economic progress of its government. Master remarked that this progress is indicative of the spiritual level of the local population. After Her talk, as Master was bestowing blessing on the assembled initiates, She suddenly addressed a

little girl by name that had not personally met Master before. Although the parents of the child were both initiates, they were literally awestruck at this overt demonstration of Master's omniscience.

Thousands Listen to Dharma Talk

In addition to Master's public talks, She kindly met with initiates whenever She had the opportunity. In group meditations held the days prior to and following the public discourses, Master read Chapters from the "Tao Te Ching," and then carefully interpreted the ancient teachings so that we could learn to apply them today in our spiritual practice. She taught that through selfless action we would find fulfillment because when we serve others, we are in touch with our Inner wisdom. Master graciously answered our queries, and even gave special permission for some children of initiates to undergo half-initiation following the public lecture.

The public discourses were very well received and thousands of people crowded into the Singapore Conference Hall for each of the lectures. Master primarily spoke English, so a simultaneous Mandarin translation was provided. The audiences were very responsive and plied Master with numerous questions, including some very personal ones. Master answered all manner of questions clearly and concisely and frequently interjected her responses with humor and good-natured joking. Following both lectures, Master held initiation sessions for the Convenient and Quan Yin Methods of meditation.

Many inexplicable incidents that were nothing short of the miraculous occurred during Master's stay in Singapore. For example, although the M.C. had an extremely sore throat, he somehow found his voice for the lecture sessions, but lost it again immediately

after the talks were concluded. In another incident, a boat was chartered to take Master and some initiates for a cruise around the southern islands. With no prior planning, initiates who were immediately available were asked to join the cruise. After our randomly chosen group had boarded the boat, it was found that the boat had restrictions as to the number of passengers allowed. But it turned out that the boat was actually licensed to carry the exact number of passengers that were in our group!

The following two discourses are the dharma teachings that Supreme Master Ching Hai presented to the people of Singapore on March 8 and March 9, 1993. These inspired and beautifully delivered discourses brought the message of Truth to the thousands of seekers who filled the Singapore Conference Hall.

A Little Message

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

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

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

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

Walk the Way of Love

Footsteps of a Living Enlightened Master

We will search high and low
For a little love,
For a little love,
To share with all beings
In all corners of the world.

Supreme Master Ching Hai is a world-renowned humanitarian, environmentalist, author, artist, designer, musician, film director and spiritual teacher, whose love and care for humanity extend beyond all racial and national boundaries. Since the early 1980s she has also been one of our planet's most dedicated ecological pioneers, promoting environmental protection, biodiversity preservation, reforestation, sustainable living and most importantly, the organic vegan diet, the quickest, most effective way to solve the climate crisis.

With unwavering determination, she devotes her time and resources to awakening the world to the disastrous impact of climate change and to the vegan solution. From 2006 to 2008 she launched the Alternative Living and SOS global-warming-awareness campaigns. She also publishes a news magazine, writes books, produced the 2005 vegetarian documentary *The Real Heroes* and the TV series *The King & Co.*, broadcast on Supreme Master Television, a 24/7, global satellite channel offering news on climate change, the vegan diet and other uplifting topics. Since 2007 Master

Ching Hai has also shared her knowledge with environmental experts, government leaders, VIPs and concerned citizens through over 27 climate-change conferences in 13 countries broadcast live on satellite TV and radio.

As a result of these efforts, her motto “Be Veg, Go Green 2 Save the Planet” and “Be Vegan, Make Peace” has spread around the globe, inspiring humankind to embrace the healthy, sustainable vegan lifestyle and thus evolve into a higher state of peace and harmony. Through her kind example, Supreme Master Ching Hai also reminds us of our inner goodness and love for all of God’s creations. The profound insights she gained through her spiritual attainment allowed her to identify the root cause of human suffering, social discord and environmental degradation: the violence we inflict on other beings, including our innocent animal friends. Out of compassion for the weak and voiceless, Supreme Master Ching Hai thus wrote the #1 international bestsellers *The Birds in My Life*, *The Dogs in My Life*, and *The Noble Wilds*. These literary gems, available in various languages, reveal the deep thoughts and feelings of our treasured animal co-inhabitants, highlighting their divine nature and unconditional love.

Her Early Years

Born in central Au Lac (Vietnam), Supreme Master Ching Hai studied in Europe and worked for the Red Cross. She soon realized that suffering exists in all corners of the world. In 2008, she received the 2010 President’s Volunteer Service Award from US President Barack Obama.

In addition, October 25 and February 22 were proclaimed “Supreme Master Ching Hai Day” in the US by government officials in Hawaii and Illinois. Congratulatory messages were sent to her during the Illinois proclamation ceremony by former US Presidents Clinton, Bush and Reagan. And to commend virtuous individuals and encourage others to be inspired by their examples, Supreme Master Ching Hai has also created the Shining World Awards series, recognizing deserving humans and animals for exceptional heroism, compassion, leadership, bravery or intelligence.

Master’s Dream

Supreme Master Ching Hai thus selflessly dedicates her life to creating a beautiful future for our beloved planet and its precious co-inhabitants. Throughout history great visionaries have had dreams, and Supreme Master Ching Hai expresses hers as follows:

“I dream that the whole world will become peaceful.

I dream that all the killing will stop.

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

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

I dream that our beautiful planet will not be destroyed.

It takes billion, billion and trillions of years to produce this planet and it’s so beautiful, so wonderful.

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

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

~ The Supreme Master Ching Hai

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

~ The Supreme Master Ching Hai

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

~ The Supreme Master Ching Hai

Third Stop on Master Ching Hai's

1993 World Lecture Tour

News Group Report Australia

From Singapore, Master made the trek down-under to Australia, the only continent completely occupied by a single nation, the commonwealth of Australia. The nation is subdivided into five states and two territories. When we arrived in March 1993, it was summertime and our first stop was Melbourne. The capital city of the state of Victoria, Melbourne is on the southeastern tip of Australia on Port Phillip Bay.

Preparations in Melbourne

When the news of Master's forthcoming lecture in Australia reached the Melbourne initiates, they were both surprised and elated and could hardly believe their good fortune. In preparation for the event, initiates vied for the privilege of offering Master the use of their houses and cars during Her stay, and the atmosphere became charged with the intensity of the discussions. The seriousness and stamina of the Touring group that came to Melbourne a week prior to Master's arrival won the admiration of the local initiates. This was the first time that the Melbourne initiates had worked unce-

asingly day and night to accomplish a unified objective, but with Master's blessing, they did not feel at all tired.

Master's arrival at the airport was a festive occasion. It was their first meeting for most of the Melbourne initiates, and whole families, young and old alike, dressed in their best clothes and hoping to make a favorable impression, eagerly greeted their most Beloved. Small children presented their drawings as Master happily admired and analyzed their contents. With intimate talks and shared laughter, happiness filled the air, and the gathering of Master and disciples resembled the joyful reunion of a family long separated.

Amazing Experiences In Melbourne

The night of the lecture, Dallas Brooks Hall was overflowing with Truth-seekers, most of whom were local Australians. Not a single seat remained empty. One man, who later became an initiate, said that when Master walked past him that evening, he felt that She was Light and so very pure, like the fairy who never ate any human food. One person saw golden light radiating from Master's whole body while another saw light flowing from Her palms.

A man described his experiences in the weeks

preceding the lecture when he had received a sample booklet. He had placed it on his desk with no intention of reading it. Several days later, he tried to place a phone call to a friend, but dialing a wrong number, he heard a voice on the line tell him, "You should get initiation from this Master whom you have now met."

At that very moment, he happened to be holding Master's sample booklet. He studied the teachings and later attended the program and received initiation.

In Her lecture, Master sagely pointed out that the origin of all our desires, anxieties, and frustrations is ignorance of our inner God Power, and when we are in contact with that inner Wisdom, all happiness will just naturally be drawn to us. During the Questions and Answer session, Master replied with simple explanations, often substantiating Her teaching with scientific facts and quotations from the scriptures. The Melbourne congregation enthusiastically received these teachings and that evening many lonely souls found the answers for which they had been so desperately searching.

*Fourth Stop on Master Ching Hai's
1993 World Lecture Tour*

News Group Report From the Hawaiian Island

The longing of sentient beings hastened Master's steps and bidding farewell to Australia, we soon landed in the New World. Awakening souls were calling earnestly for their spiritual Mother and as the Light of Truth emerged from the clouds over Hawaii, the darkness that had prevailed for centuries would soon disappear.

Hawaii, admitted into statehood of the United States in 1959, consists of eight major islands and many small islets located in the Pacific Ocean, about 2,000 miles southeast of San Francisco, California. Called the "Aloha" state, the beautiful beaches and tropical weather attract many tourists from around the world to these small Pacific islands. Those tourists who had the good fortune to be vacationing in Hawaii during the time of Master's visit were blessed with a rare opportunity to meet a perfect living Master and to hear Her speak of the ancient wisdom.

Honolulu

It was an unforgettable moment, 10:30 PM, March 24, 1993. A crowd of hundreds surrounded the exits of the Honolulu International Airport. As soon as Master came into sight, the crowd cheered with delight and well wishes and the atmosphere came alive with the thrill of seeing their beloved Teacher. The next morning, the National Republican Asian

Assembly who had invited Master to speak to their council, in conjunction with other Hawaii notables, held a reception “Fa Hwa” vegetarian banquet for Master as the guest of honor. Distinguished guests attending the reception included the Mayor of Honolulu, Mr. Frank Fasi, Secretary of State, Chen Hung Kwang, members of the state Senate and city councils, along with many Hawaiian celebrities, and eminent guests from diverse walks of life.

The Chinese Radio Station in Honolulu interviewed Master at the luncheon while the “Washington Chinese News” reported full-length details of the gala. The luncheon was a festive occasion and thoroughly enjoyed by all. A reporter wrote, “Master Ching Hai spoke to the gathering sincerely and humorously with quick wit and unsurpassed wisdom. Her cordial and witty words were often interrupted by spontaneous applause from the appreciative onlookers.” She was, as always, the epitome of grace and loveliness – truly our ideal.

Every weekend for the few months preceding and also during Master’s visit, Hawaii television channel 22 broadcasted videotapes of Master’s lecture. Because of the television exposure, many people, who had become acquainted with Master and Her teachings, attended the lecture and subsequently received initiation. A noted Hawaiian singer who saw Master’s lecture on Channel 22 was longing very much to be initiated into the Quan Yin Method. Unfortunately, he was performing in Los Angeles when Master visited Hawaii, but Master always takes care of those who are sincere. Eventually, he met Master in Los Angeles and received initiation there.

An amazing incident occurred on the first day of Master's lecture series. En route to the Hawaii Cultural Plaza, Master suddenly told the driver to go faster. Everyone was wondering about the reason since we had ample time before the scheduled lecture and there seemed to be no cause for hurry. It happened that a man in the audience, who could not stay for the lecture because he had to catch a ship, longed and prayed to see Master just one. Hearing his plea, Master responded by telling the driver to speed to the venue. As a result of this blessed encounter, the man was later initiated by Master in Korea.

On March 27 and March 28, 1993, Master delivered consecutive lectures in Honolulu. The venues were filled to overflowing with Truth seekers from all walks of life and all religions: libertines, devoted Christians, refined ladies and gentlemen, bearded hippies, new age seekers, rock singers, prominent politicians, senior citizens, and children. About half of the audience was American and the other half consisted of Chinese and Taiwanese. Master began Her lecture with a few humorous remarks, then spoke about the way to lead a happy life through enlightenment. Master's natural and easy style brought frequent laughter and applause, and her profound wisdom captivated the Hawaiian audience.

Some Hawaiian were so enraptured by Master's discourses that they flew to the next destination on the lecture tour to attend additional sessions. A man from Australia who missed the opportunity for initiation in Hawaii and instead learned the convenient Method, observed the spiritual spheres and heard the inner sound continuously, even when walking,

sitting, or lying down. Later, he flew to Hong Kong and there he received full initiation. Many disciples followed Master to the remainder of the stops on Her world tour so that they could continue to attend Her lectures and be in her holy company. To be in the presence of an enlightened Master is quite elevating, for the atmosphere is charged with love, and by radiation one who is receptive absorbs this love and feels blissful.

Be Practical and Spiritual

Spoken by The Supreme Master Ching Hai

March 27, 1993

Hawaii Cultural Plaza

Honolulu, Hawaii

(Originally in English)

Aloha! [Audience: Aloha!] I love Hawaii. Everyone loves Hawaii, especially when they can afford to have a nice and quiet room on a private beach. My disciples, in keeping with the latest trend of recession, rented a room for me next to the highway, so I love Hawaii even more. [Laughter] It costs double if you rent a room across the other side of the beach, they told me. It's good that I have known about all this before I was born, or Buddha has known, so He reduced my size to fit in this small room and also with the environment. So I hope that you, the other tourists, got a better room, more quiet. After the first day, I have tried to recess the voice of the highway and blend it into the waves at the front door. Anyhow, I make a change between both of them. When I'm fed up with the cars, the traffic noise, I go to the front door and hear the noise of the waves and see the flashlights from the fishermen. They are not supposed to do it, but they do.

How is everyone? This room is a little bit small because our honorable Mr. Chen intended to have this room only for the Chinese audience. I don't know where you came from — the white ones. [Master and audience laugh.] I apologize for the inconvenience, but tomorrow I have heard that we'll have a bigger room. I have heard. I have not seen it yet. I didn't see this room either until now. I heard that there are only three hundred, and now it looks like double or more, and more downstairs watching the video.

The Chinese from overseas have been well looked after materially by the government of Hawaii. We have a good government here. You can see that by the cleanliness of the environment and by the happiness and relaxed atmosphere of the people here. Therefore, I guess, materially, we lack nothing or not very much in Hawaii. The same is true for the Au Lac community, who are very happily settled here. And on their behalf, the Chinese and the Au Lac people, we thank the government of Hawaii. Also, we thank the Mayor of Honolulu for giving us such a big honor yesterday by being with us in a vegetarian restaurant. Maybe it was the first vegetarian meal of his life but he ate it so joyfully. And he had two or three plates of it, big ones, so I guess it must have been very tasty for him.

In that case you may also try it yourselves. We

have some good vegetarian/veang restaurants here in Hawaii. One or how many? That's the only one? Then we have to introduce some. [MC: It was just opened for Master.] Opened for me? I don't eat that much. Today I ate only one sandwich. That was my only meal today, and most of the time, it is similar in this direction. Recession, you see. [Laughter] I have to be in the trend.

The Buddha says that if you want to save sentient beings, if you want to talk to them, you have to integrate with them. So I integrate in all ways, even with a sandwich. I don't eat that much. It's not that I don't want to go to a restaurant. I do not feel it's very necessary to go to crowded places. Very seldom, except when I have to serve you in this way, do I go out. Even if I have nothing to do or nowhere to go, I just stay in my room. I didn't even walk out of my room today. All day long and night, I stay in my room and meditate or read books, holy books of the different religions. I'm studying hard just like you.

Even though this room is very small, we feel the unity of all races. And this is very good; this is a typical atmosphere in Hawaii. No one minds the neighbor, what he looks like, and what color his skin is, or what kind of job he has. Each one minds his own business and lives with each other, happily and in harmony,

and this is very good. But I feel especially so much warmth and love for the Chinese. Everywhere I go it is the Chinese that have given me a lot of honor and welcome, even when they don't know me at all. Sometimes we have no time to look for a room or hotel, or our initiate's house is too small to accommodate the people who come to see me privately sometimes, then the Chinese just pack their belongings, go to a hotel themselves, and leave the whole house for us. Many places, it is like this.

Therefore, I intended today to speak Chinese. I was invited here by the Chinese community, and I felt very obliged to talk in Chinese. I feel like speaking Chinese, not an obligation, but then it was reported to me that there are too many white faces here. You are not angry with me, no? Or, you can call me "yellow face" in return. [Laughter] We have to have some humor; otherwise you will get too sleepy when I speak something very boring to you. So they said to me, "So many English speaking." They didn't say, "white faces," actually, but sometimes they talk like this. The Chinese people don't speak much English. They cannot say sometimes "American," they say "Amelican," so they have to say, "white face" so that I understand who is who. And there are so many English-speaking people here that we do not have enough earphones for the English language, so we have to arrange it for the Chi-

nese. I said, “Okay, but then give the Chinese people priority with the earphones and let them sit next to me, and the Aulacese can sit elsewhere.”

Ancient Teachers and Ethical Traditions

I will be finished with the Chinese very soon, don't worry, and then we go to Heaven. It's just that I feel it's very fair to introduce to you a very fine race of people. The Asian people, or most of them, are very fine anyhow, but because the Chinese are all over the place, we just have to know them better. Everywhere they go they bring business prosperity and also high moral standards, family love, and royalty to that country, or to the environment where they live, because they have a very age-old, ancient, ethical tradition.

And because since long ago they have been used to Lao Tzu, Confucius, and Chuang Tzu, and all the ancient teachings of the old Masters, so at least in their subconscious, or in their way of life, they have kept to a very good line of tradition. Therefore, God has blessed them with high intelligence and diligence that makes them successful in every place they go, and which makes them a target of envy for everyone else,

to our regret. Anyhow, everywhere I see that if a nation treats the Chinese immigrants well, then that country is well. And the Aulacese, also.

They are very beautiful inside; therefore, they dress beautifully outside. In the Ching dynasty and the old traditions, they dressed like in a fairy tale. Why is that? Because in ancient times, their people practiced the meditation method and they could get in touch with Heaven. They saw all the fairies in Heaven and they described them in paintings, in art works, etc., and so they imitated these people and dressed themselves just like them. Even the Chinese Quan Yin Bodhisattva dressed beautifully with ornaments here and there, glittering and all that. Even the Chinese Buddhas have to be beautiful, not just a very ascetic Buddha. They prefer a beautiful Buddha. Probably that's why the Quan Yin Bodhisattva descended to Earth fully ornamented, beautifully dressed, and elegant; otherwise, the Chinese probably would not have accepted her. [Master & audience laugh.]

They love beauty, precious stones, and things like that. Their handicrafts are very beautiful, so much so that they are famous throughout the whole world. Why do I introduce you so much about these things? It is to let us compare, to let us know why the Chinese people are successful, intelligent, and diligent. It is because

they are a little bit highly developed inside. (I'm not saying outside.) I don't know, maybe outside, also.

You ask me why the Chinese in Mainland China or the Aulacese have had to suffer in the past. It is because of their mission. They have to bring light and beauty into the world, therefore, the negative force has been trying to control them, but it won't be for long. As you know already, the light has dawned in their land and it won't be very long before they're free to express again what they're supposed to do. And the Au Lac people also love beauty. Every Au Lac person can sing, even though they sing not very well sometimes, but they can sing. All of them love singing and they love beauty. The way they dress is beautiful. The Chinese and Aulacese are beautifully dressed. It is because those who love artistic things and beauty have something artistic and beautiful inside them. It's a little bit higher consciousness. That's why they had to suffer for a while, because the positive and the negative always struggle to have the upper hand.

Wherever they go, these two nationalities will bring beauty and goodness into the land that they live in. That I have seen with my own eyes while traveling around the world and by being in communication with the Chinese or Aulacese community. Of course, when they go into different lands, then they wear just the same as

other people to be integrated. But deep down in their being, they have this appreciation for beauty, for everything that is of higher taste and good quality. You know their china. The whole world loves their china, and the whole world loves their silk and handicrafts, earrings, and all that. Even though we have all the precious gems in different countries, the handicrafts, the way they handle the gems and make them into beautiful objects are different, very different. And the way a Chinese lady dressed in, for example, the Ching dynasty, in the royal or the aristocratic dress, is even so different from in, perhaps, the Occidental countries. Everything they do is more refined and more elegant. It is because they have some inheritance in them. It is something inside that they have derived from their ancestors.

Many of our disciples, if they are Chinese, then they would practice very fast and their level goes very high. And Aulacese, also. But if it should be some other nationality, it may be a little bit more difficult than with the Chinese or the Aulacese. And that is from my experience; please don't be offended. Maybe you have to prove it to me today that you are better. But many of our disciples are from different countries also, but perhaps they're not so used to the so-called "oriental," way of meditation. But actually, this is not oriental. This is continental; this is international.

A Balance of Orient and Occident is Needed

Our life, if it should be fulfilled, then it must be two-sided. There are some things in the Chinese that are lacking; there is something that we have in the Occident that the Orient doesn't have - the practical side. Therefore, the Occidental people have progressed more in mechanical and electronic ways, and have many other civilized instruments or inventions. And also their way of life is more hygienic, more organized, and more in order. Therefore, if both of them, the Occident and the Orient mixed together and learned from each other, it would be fantastic. The Chinese should learn the practical side of the European and American people, etc., and vice versa. That is why God has placed the Chinese all over the Earth, and the Aulacese as well. They are both very similar in their way of life, taste of beauty, and everything else.

If we are too spiritual and not practical, then we seem to lack some color in life. For example, in India, many people practice meditation and they are very holy, but the practical side of India is very much lacking. And that is, I guess, one of the many reasons why the Occidental people stepped back a little bit when they saw this outward manifestation of an impractical side of a so-called holy life. But we don't have to be impractical to be holy.

Holy actually should mean “whole,” to be “wholesome,” a “whole” being; then we must have everything. We should develop all sides, all the way round. Then we should, as well, take care of our business, be successful in life, but be wise and holy inside at the same time. Only then, I think, do we truly fulfill the purpose of a human being — that is, to know ourselves and to beautify the world that we are residing in, however short. Otherwise, if we just take care of the spiritual side, then we may be too out of touch with the world, and we may not care so much for the beauty of this wonderful planet which took billions, trillions of billions of years to come into existence. And it took trillions more years to become peopled and as beautiful as it is today. Despite all the damage that has been caused by wars, by natural catastrophes, our world is still very beautiful, especially Hawaii. I have not forgotten your land.

It would be a pity if we neglect this, even though ephemeral or illusionary, environment, but as long as we live in it, and our children will continue to live in it, I think we should beautify it. Therefore the women are putting on makeup, sticking some flowers into their hair, and wearing their best clothes whenever they can or whenever they're out with other people. That is because of the natural tendency of love for Truth, beauty, and goodness in us. And men also love beauty in their

way and express their beauty in their own way. But because men don't need to makeup to look beautiful, therefore they don't do it. [Laughter]

People say women are the beautiful sex, but I think men are more beautiful because they never need any make up. And all the women run after them - since ancient time. It was Eve, who seduced Adam, not the other way around, according to what I understand. I may be wrong, correct me please. [Laughter] Yes, and even then she succeeded only in half of it. He swallowed only half of the apple, or maybe he only swallowed halfway, and it got stuck there. [Laughter] That's why I think many women are restless and worry about their husband's faithfulness. She feels somehow she can't control him or possess him completely - 50 percent, only. That is the instinct in us, I guess.

The Two Duties of Human Beings

In order to be complete within ourselves, we have two ways of doing things. First, we take care of our worldly duty, and that we all do. Perhaps we have not done so wholeheartedly, or we have not realized that work is also a blessing and that we could do away with our give and take with the karmic relations between us and other people in this world. And it also helps us to

be strong in body and mind, since we have to use them for work. It's an excuse for us to let this machine run constantly. Just like a car, if we put it in a garage too long, it will be in trouble. We have to run it now and again even if we don't use it. So the first duty, all of us more or less do already, maybe not very willingly at first, but after we finish the second duty, the enlightenment, we will do the first duty even better.

Enlightenment is not a duty or a privilege of Himalayan saints or Indian sadhus alone. It is everyone's privilege. And it is available even to children from six years old. Our fellow practitioners range from six to sixty, and sometimes over that. Sometimes children of five and a half, or five and nine months, or eleven months and a half, five years old and 11 months and a half came and bargained with me. They said, "Please Master, I have only half a month more and I become six years old. Can I be initiated?" Now, who taught them all these things? It is their own inner God nature that wants to find rest in its own resource. And many of the senior citizens sometimes are over the age of initiation (because of maybe having difficulty taking a vegan diet, or not knowing if they can sit for so long, etc., so we have a limited age for people), but then some of them come also and bargain with me and tell me all kinds of excuses to kind of force us to give them initiation. Sometimes we make exceptions for different people.

What is it that makes a difference between a so-called enlightened person and a not-enlightened person? An enlightened person sees life in a different way. He's more relaxed, happy, and he knows what is in him. He knows what is the great power that makes all things move, that makes one love the other, that makes the Earth so lively, and makes life happier for him. That is the supreme Master power within each one of us, and when we awaken That and use That only, then all other negative, depressing traces of our habits, or collective memory from the past, will fade away. Just like a garden when we plant so many flowers and useful things, then the weeds will become less and less, and also we pluck out the unwanted weeds.

Take a Free Vacation Every Day

If we only are active and center our life in only activities, then we miss one important part; that is the wonderful inactivities, which make the activities more wonderful. It's just like when we have to go once a year for a long vacation. It is because our spirit, our body, our mind needs a rest in order that when we come back to our job, we are more efficient and more willing to do it. Similarly, if we take a rest every day after our work, then of course, logically, we can work more efficiently the next day. That's what makes us happy. No need to

talk about Heaven or anything else. Logically speaking, we do not need to wait one year to take a one-month vacation. Our body will already be too exhausted, and our mind will be too tired to enjoy even that period of rest. And we rush out to Hawaii, rent a room, maybe next to the highway, like me, [Laughter] and enjoy all the traffic noise, the gas smell and all that. And then we rush in, book the airplane ticket, and sometimes we don't get it, and then we rush here, rush there, just to be on the beach and get a quick tan, otherwise people don't know we're on holiday.

That used to be the trend in Europe sometimes, when I was there about twenty or so years ago. The people that come into the office with the brownish skin, we know they have money. We know they can afford to go to Costa Brava - Costa a lot of money to get there. Then when we go back to work, sometimes we are not even recuperated from so much rushing. The husband has to drive long hours to take the wife and children to the beach and take them back, and take them to the coffeehouse and teahouse, and what not. And then after the holiday, he is more exhausted than before he left — some of them, not all, but most cases are like that. The poor husband goes on holiday. Maybe you know better than I do.

We do not need to wait until our body is exhausted,

our mind is already abused, very worked-out, in order to go on vacation. We could do it every day by sitting in meditation. And we don't need to do that in one go, two and one-half hours, even. We can do it half an hour here, half an hour there. We can do it at lunch break, on the bus, while we are sitting on a train, an airplane, on the beach while we are enjoying the sea, in the park while our dog is running around or the children are seesawing.

Meditation is not a mystical way of life that we have to dig a cave in our cellar and make a Himalayas out of it. We could sit anywhere, any time, in a quiet room, even in a bathroom if we don't have any other quiet room. Yes, we do that in some places, or sit in a clothes closet. I did that sometimes before when I was with a crowd of people, or in a big temple with gongs and bells all the time, or in a very busy city. It doesn't matter; wherever we are, we can meditate. It's very, very easy; that's why children can do it.

And we don't need to even cross legs like this. (I'm supposed to sit cross-legged, otherwise, you will think, "What kind of Master is that? Couldn't even cross her legs!") [Laughter] Well, I don't have to. Most of the time when I meditate, I don't need to cross my legs. But it is a tradition from ancient times because in ancient times we didn't have tables or chairs. And most

of the Indian people cross their legs even when they do business transactions. Most of the meditations came from India and China where people sit on the floor and that is a habit, but we don't need to do that. We could just sit like you sit now and if you know how to meditate, just close your eyes and do your thing. Do your meditation anywhere at all and no one will even suspect that you are a holy person. And that's the best part about it. If people know that we are holy, sometimes we get into trouble. I get into trouble all the time. After I have been discovered that I can do some meditation then everyone wants to learn.

The activities of life can go on without any question at all, and they must go on, but if we have only activities and no stillness, then logically speaking, we are not in balance. That's why most of us experience a so-called unhappy feeling in life, unsatisfied. We don't give ourselves the time to rest. We think we sleep and that is resting. That's fine. That's also resting, but it's not enough because we are unconscious, like dead; whereby if we meditate, we are consciously aware of our greatness, of our communion with the greatest Source of the universe. We are a part of it and we're connected together with the whole universal power. That's why we will be strong, patient, and wise. Then we can do many wonders, and people will look at us and think, "Wow! He can work miracles." But it is not

true. It is the universal power that is at work while connecting us with it. It's just like a radio or television network. If we tune in, if we have an apparatus, and we are connected with the whole television network, we can see the program from thousands of miles away. It's not our TV set that has this program. It is the program from the main station.

Ignorance of Our Real Self is the Only Sin

Similarly, when we join in the saintly order, the universal circle, we are one of them. We're strong, we are united with the whole, and then we are no longer lonely. We no longer have to use our individual limited power to do our daily work. Even our daily work will be taken care of and watched over, helped, and blessed by this universal power. And if we don't use it, it is a very great loss to our life. It is the greatest mistake that we ever can commit. That is a very unpardonable thing that we have done or are doing unto ourselves. No other enemies, however cruel, however vicious, could be more cruel to us than if we don't know our greatest power which lies within us, all the time waiting to be awakened, waiting to be of service.

What makes a sage different from us? It is because he knows how to use that power. What makes Jesus

and Buddha objects of worship for thousands of years? It is because They knew what They have, and They made use of this treasure, of this greatest power within Themselves. That is the power that makes all the kings even renounce their kingdoms, made the Buddha walk out from His throne and never want to go back. That is what made Jesus able to raise the dead, heal the blind, etc. We all can do that, no problem. If I can do it, you can. You're bigger than I am. You can do bigger things.

A room is valuable not only because it has beautiful walls and a secure roof, but because of its emptiness inside. That's why we can sit here, we can put flowers, we can put valuable objects inside, choice things for our pleasure. Similarly, we have to make our room empty. We have to know the great emptiness inside, and then we can have our choice ideas, choice wishes. Everything will come true if we sit and rest for a period of our busy daily life to discover the greatest treasure within, which makes the richest person in this world look like a poor beggar. We will have the whole universe at hand and we desire nothing at all anymore. Even though we still work, we still earn money, but then just to share it with the world, or just to complete our duty as a worldly citizen while we're in this world. We do without any desire for reward or any attachment to the success or failure that we already try our best in our enterprises to achieve.

There was a great master that you know, Paramahansa Yogananda, he said, when we sleep, we are like God, like an angel. We do nothing; we're so pure and so innocent. That is because in sleep we are in touch with our supreme power within. We are, at that time, one with the Supreme Master inside. We do that unconsciously, but even then, after we wake up, we feel better. We work all day long, and if we could rest for a few hours even, five hours, we feel already much better. Why? It is because we rest in the Source of all happiness and healing power, of wisdom; therefore, we are innocent like a baby. Everyone sleeps innocently. And when he sleeps, he looks just like a child. Even when he has just been murdering someone or making some very tragic mistakes like that in his life, when he sleeps, he just looks like a baby because he's back again to his loving wise Source.

Now can you imagine if we do that consciously every day, then we are more conscious of that greatest Master power which is inside of us. We can accomplish more in life with less effort, and of course naturally we will be happier. When we sleep, we have desire for nothing and we hate no one, because we are at the Source of all wish-fulfilling power. Similarly, if we consciously, while awake, get in touch with this power, then of course we are more conscious while awake, while doing things in this world, and we have less and

less desire, less and less hatred, should we even have hatred subtly residing in our heart. That is only very logical, and nothing mystical, nothing difficult, nothing that we should argue about it. If we do something, of course we have to know the logic of it. We can't just blindly follow someone, or some method, or some theory, and then worship the guru or whatever. No need to worship anyone as a guru, as a Supreme Master. We have this Supreme Master inside, and we have to know it, and that is the only thing to do.

If we only work and work and have no rest, of course, then we become more restless and we become less efficient in our work, because we get fed up, bored with one-sided life. But if we work and rest at the same time, like most of our fellow practitioners do, of course we will be happier. Two or three hours of meditation are equal to many months of rest. In that time of communion with God or that Supreme Master power, which is our original Self, we recharge all the energy that has been lost during the daytime. It's more than when we sleep, because when we sleep we don't know anything. Of course, when we sleep, we don't need to be meditating or anything because we're already God-like, angel-like. The trouble is that when we awaken, then everything starts. All the hatred comes back to us or comes toward us. Every interrelationship between us and other people starts to breed troubles or unhappi-

ness, and then, because we are not sleeping at that time, we experience fully the consequences, the effects, of all these happenings around us. The only solution to deal with this is that we are consciously aware of that God presence, God power, which we're unconsciously aware of while we are sleeping. Therefore, we meditate.

Meditation is the answer; meditation is sleeping while we are awake. Sleep without sleeping. Then we will find all the answers that we need to know about life and death, and how to deal with our daily life, our family relationships, our financial business, and we do not fear even the end of the world. We do not fear recession, we do not fear having no job, because at that time we will know how to work according to situations without standing there stamping our feet, or waiting for something that is not in our share. We will be happy, and we can have a resolution to every problem that faces us every day, and we will be happy in all circumstances. Many sicknesses, many sorrows, will just leave us and all the worldly desires will also gradually say "good-bye." This is the only solution to every problem.

The problem does not lie only in having unemployment or having a subway not yet built in Hawaii, but the problem lies within our own discontentment

because we do not know what to do next in the new circumstances. And every day sometimes new circumstances come without asking, without our welcome. So we have to be always prepared. And how to deal with them, how to be prepared - that we know with the meditation. We know every day, consciously or subconsciously, how to deal with every situation in life, and that's why it is the key to happiness.

That is why we will be happy and surefooted, and we will never feel disturbed or wanting. In the Bible, it says, *The Lord is my shepherd; I shall not want.* [Ps 23:1] That means we have no desire whatsoever once we know the Lord, once we have the Lord as our shepherd. But do we know the Lord? We do not. That is why we have want.

We would like to offer you a technique to know the Lord and the offer is from a very simple and pure motive. We do that with our own finances, our own time, and our own willingness and love for you and for the world. We want to prevent the end of the world. We want to prevent wars and hatred between nations, between brothers and sisters. We want us, including myself, to live a heavenly life while we are here. That is the only motive that motivates us to come here, apart from the invitation from the Chinese community here, and the longing of the Aulacese disciples.

I think I will leave some time for your questions, and I will talk further. Thank you for your undivided attention and love. [Applause]

Questions & Answers

Q: Would the practice of Tai Chi Chuan be dangerous in mixing with the Quan Yin Method? Some people consider Tai Chi a breathing technique.

M: No, it's okay. It's a kind of exercise.

Q: Where in Honolulu can one learn vegan cooking?

M: You can go to the restaurant that I have been to yesterday. What's the name of that Buddhist Vegan Restaurant? You can look it up in the newspapers or the yellow pages. I do not know about the roads in Hawaii. Also, you can come to our Meditation Center and our disciples will try to "cook" you well.

Q: How do you deal with hatred in your dreams?

M: In the dream, you do not need to deal with it. It is only a dream. The problem is when we have hatred

in this big dream, the real dream that we have every day, then we should deal with it. Every time we have this hatred for someone, we immediately realize it and withdraw it; that is very simple. We can't avoid hatred feelings sometimes. It is due to the so-called karmic consequences of last life or everyday life, but we root it out immediately the moment it appears. That is the only thing to do.

The Purpose of Life

Q: What is my divine purpose in this life?

M: It is to know that you are God, to know that you are one with the Father, and use that to bless the world, and bless yourself with happiness. That is your divine purpose, and it is the divine purpose of every human being in our world.

Q: How can I receive enlightenment and be like You?

M: Like me? What do I have that you have to imitate? It is very easy. Whatever I can do, you can do better. Just get initiation and we'll show you how. You may be even better than I. I am just nothing.

Q: How can I achieve joy and peace in my heart?

M: Get enlightenment. Get initiation.

Q: Master Ching Hai, should we supplement our vegan diet with vitamins if we feel the need, minus the gelatin capsule, of course?

M: This is too extreme. It is okay if, now and again, you swallow one milligram of gelatin. Don't be too extreme. The point of being vegan is first to rekindle our compassion for all beings and minimize our violent nature which is inherent within us from life after life battling and struggling with nature and the environment for survival. If we can't help it on some occasion, it is fine; meditate more just to clean whatever little guilt you have inside, and that's okay. But there are many capsules made with fruit gelatin; it is not irreplaceable.

Q: Do you take vitamin supplements?

M: Yes, sometimes when I'm so tired, I don't eat much, and I have to go on tour, one place after another,

seeing different people all the time, I have to do some repairing to this car so that it goes. [Laughter]

Q: How can you meditate without your mind wandering?

M: It takes some practice. Just like at first you learn English and you babble some Chinese inside [Laughter] or Aloha language, but after a while you just select what you want to speak. When you want to speak Aloha language, then you do it, and when you want to deliberately speak English, you just flow English out. That's a matter of practice. We practice meditation and after some time we're so used to it - the effortless tendency to let go, we become ego-less, and the grace of God will pull us up. And we have to do nothing, just become very easy, just like when we're so tired that we just sleep without any intervention of our mind or action at all.

Q: How do we know about the Lord?

M: The Lord is within us. There is a way to know

the Lord. I told you already. We will show it to you. I have seen the Lord. I can show you how to see Hirm. At the time of initiation you will see Hirm.

Q: You mentioned that there is still much beauty left in this world. What do You perceive will be the fate of this beauty with the current increases in population and environmental degradation?

M: You can't say that Hawaii is very ugly, can you? It is still beautiful and clean, therefore many people pay a lot of money to come here and run around on the streets and on the beach, just to enjoy the beauty that exists in Hawaii. There are many other places in the world still preserved in their beauty similar to Hawaii. So we cannot say that the whole is completely in disorder.

Of course, the more we preserve it, the more we beautify it, the better. The root problem is that many of us are not enlightened. We do things blindly, sometimes even with good intentions, but blind; therefore, we destroy many of our beautiful parts of the world. We should sit still for some part of our life and think over, reorganize, our way of life. We can only do that with enlightenment; otherwise, it is very difficult to

rescue our world from the surface.

Q: How can I overcome my inner anxiety so that I can concentrate? Anxiety keeps me from focusing with a single mind and my thoughts are scattered.

M: The inner anxiety comes also from the outer environment. We have fear because of recession, because of the unemployment rate, and because of the insecure atmosphere of our world. Also, we have anxiety because of the seed of worry we planted within us many lives ago, and in order to root that out, we must clear it from the time immemorial. That seed, we have to burn out, and that we can only do by the Light of God at the time of enlightenment. That is why enlightenment is necessary for everything - for the past, the present, and the future.

That is why our fellow practitioners have no fear just like this gentleman, he says he fears no death. Death is the most dreadful thing for most of us. Still, we practitioners no more fear death because we die daily. We can experience going out of the body and coming back, going to different heavens and coming back. Therefore, we fear death no more because we know dying is just coming and going, just like we step

out of the door and come back in the room again.

Q: Regardless of religious “labels” is there a universal Truth to know?

M: Yes, that’s why I do not tell you to change your religious beliefs, occupation, or way of life. I tell you just to know the Truth. The Truth is inherent in all underlying religious principles.

Q: Is there a destination we should arrive at?

M: That is the Kingdom of God, nirvana. But there is no such thing as a stagnant station that if you jump up, then you can get caught under the roof or something. Our human language is very limited and powerless to express the powerful and limitless.

Q: Is existence serious?

M: What is all this “existence serious”? If you slap yourself and it hurts, you know it’s serious. [Laughter]

Q: Am I in danger of not continuing to survive?

M: Why should you not continue to survive? I didn't tell you to die immediately after initiation! [Laughter] I am still here, sorry, and all my disciples are still here. We don't go anywhere. We stay here and get liberated from all of our desires, our hatreds, and our unwanted bad habits. You are liberated already while living.

Q: Will I survive spiritually if I do not follow a specific course toward enlightenment?

M: It depends. If you keep a very virtuous life, then of course, your spirit is uplifted somewhat, to some degree. But if you would like complete knowledge of this Supreme Master power within yourself, then it is better to take an experienced friend to help you. It is faster, less adventurous, and more successful. Just like in every walk of life, every business or new study, you need an experienced friend or teacher to teach you.

God is Light and Sound

Q: Please speak of the Light and Sound of God.

M: The Light and Sound of God come when we are in deep communion with Hirm, when we sincerely want to be back to where we came from. It comes like a flashing, like lightning, like thousands of suns, like colorful rainbows, like beautiful electric shocks. It thrills your whole body; it thrills every nerve, every cell in your body, and renews your body, spirit, and mind. It makes you become like a newborn baby. You are innocent, but intelligent; you are patient, but very wise, very active, very fast reacting.

And the sound is just a kind of condensed light, more concentrated, more powerful. If you sit in meditation after initiation, or sometimes when you are in very deep prayer, it can happen that the sound vibration comes like thousands of musical instruments at one time, but it does not deafen your ears at all. It does not hurt your eyes when you see thousands of suns inside. It does not hurt your ears when you hear a thousand kinds of violins or a great orchestra from Heaven playing a tune. That uplifts you to the heavenly abodes and lets you experience different dimensions of the universe. It lets you know a different power, which is beginning to

emerge within your own being.

That's just about all I can simply explain to you, otherwise, these things are not related to human experience at all. We have never experienced such things in human terms or human existence; therefore, it's difficult to tell you in words. I can just only invite you to experience it. That's why all of our disciples are so happy and so faithful, not to me, but to the teaching that I have brought to them, to the guidance that I have provided to them. If they look very devoted to me, it is because my teaching helps them. It truly awakens their own power; therefore, they are grateful to me, not to this person at all.

Q: Does the negative force get stronger as you get closer to your Lord?

M: No, it's not true. The closer we get, the less negativity, just like the higher we go, we are further from the gravity.

Q: Should I or anyone pray to You when enlightenment is inside us always?

M: All right, you don't have to. Find your own enlightenment; I will be happy and congratulate you

if you can find it. If you see the light of God, experience your own power of wisdom, and hear the sound of heavenly music that lifts you to the sky, to the different civilizations, to the different levels of consciousness, then it is okay; you do not have to come to me at all. I am just speaking to those who don't have them and who do not know how to have them. So we freely help you - no condition, no charge, no binding.

Q: What is Your method of meditation?

M: I'll tell you at the time of initiation. It takes some time.

Q: Jesus Himself said, *I am the Truth, the light, and the way. No man can come to the Father except by me.* He also said that He was the son of God. What are Your views about His statement?

M: He stated the truth, while He was alive. He said, *I am the light, the Truth, and the way.* [John 14:6] Also, He added, *as long as I am in the world.* [John 9:5] Don't cut His tongue in half and just take a half for your convenience. As long as I am in the world, I am the light, the Truth, and the only way; every living Master says that. The Buddha said the same thing.

We Offer Two Methods of Meditation

Q: How do we learn how to meditate?

M: We'll show you. There are two kinds of meditation. The first one is complete, what we call the initiation process; we take full responsibility to help you until you reach your highest destination — visibly and invisibly, until the end of the world.

The initiation, you must take more seriously. You must truly want to go back to the Kingdom of God and to get to know it in this lifetime, get to know it completely, and be liberated from everything. It takes two and a half hours a day for meditation, at least, but then you can meditate five minutes here, ten minutes there - anywhere you can anytime you have free time. Or when you do some laboring work, you can always meditate. When you just sit there on a coffee break, you meditate. When you sit in a restaurant while you're waiting for your meal, you meditate. Everywhere.

The initiated people throw away the beefsteak and they put the tofu in its place. That's all.

At the initiation, we will immediately give you the taste of the sound of Heaven. It lifts you up, and

also you will see the light accordingly — according to your sincerity, you see dimmer light or greater light. Immediately, at the time of initiation, after we've told you how to sit and just relax yourself, etc., then you'll get that. But after the initiation — tofu instead of beefsteak, and many other kinds of vegan hams, etc., or soy cheese. You can eat nuts; you can drink soy milk.

In Hawaii, it is very easy to meditate. There are beautiful nuts here. Nuts are very wholesome, very nutritious. Some yogis in India only eat nuts and milk, but in our practice it's not dangerous and does not require a very strict diet. It's just vegan because of compassion, also for health, so that your body will be more able to withstand the greatest force when you tap inside. It also minimizes the side effects while meditating because it is a long road.

Q: This is a long question. Many Christian ministers describe this period in our life, 1993 through the year of 2000 . . .

M: Give it to me, I will read it. [Laughter] Wow! It's truly a long question. He wrote a book here! [Laughter]

Many Christian ministers describe this period in our life, 1993 to 2000, as being full of troubles such as earthquakes, volcanic eruptions, droughts, famine, storms, and hurricanes, worse than we have had, also, children killing children and their parents or their other family members, an increase in criminal behavior, wars and rebellions. What is your insight about these predictions and events?

Do I need insight for these events? We can have it outside in the newspapers. Newspapers, radios, televisions, and all these often broadcast this news. This is, of course, a very sad event. But this is the last warning from the Heavenly Hierarchy so that the children from the Earth will turn backward into their own safety, into the heavenly security that God has already attached with us before sending us down. This is our “life-preserver” already attached within our being to save us in any catastrophe, any circumstances, bringing us back immediately to life. If we do not rely on this lifesaving power that is within us, then no one, not even God, can help us. That’s why we are running around the world and we keep telling you the message of how to save yourselves - at our own cost, our own time, and our own inconvenience, in the hope that our brothers and sisters will believe in our sincerity, and at least try it and help themselves.

Q: What do You recommend for healing cancer, specifically breast cancer?

M: Please ask the doctors, I am not professed in medical research. But nowadays, many inventions have helped in this field and many people are cured. Also, people say that a wholesome diet, like raw fruits and raw vegetables for some period of time, cures cancer physically, in the physical level. And also some people recommend that sesame seed and whole meal brown rice, chewed 100 times every mouthful, could cure cancer. Many people have tried them and many people have succeeded. Many of our disciples get initiation, practice the Quan Yin Method, and cure themselves without sesame or raw vegan food, even. It's up to you to choose, or ask the doctors for the alternatives.

Q: With all the gurus and spiritual teachings available in this modern age, including other past teachings and also the light and sound, how does one recognize with absolute certainty a perfect master?

M: That's your personal preference, just like when you see which girl you like best. [Laughter] It's your own choice. You must know instantly which one you like best. I can't help you. I am not advertising for my-

self either. If there are so many Masters, so much better for us - you can shop around. But be certain to buy something quickly before all the shops close. [Laughter]

Q: If one has severe food allergies, for example, unable to tolerate beans, tofu, dairy products, and can eat only grains, vegetables, fruits, fish, how can one maintain a strict vegan diet? Is this a karmic problem?

M: There is no need for tofu. I am just saying it because they feed me tofu every day in Formosa. I am fed up with it, so I want to transfer some of my karmic debt. Otherwise, I tell you the truth, I was in India for several years and even in the Himalayas, we don't have any tofu. They just eat whatever is there. They cook lentils and mung beans, which are staple foods in India, and just eat mung bean soup with rice every day. And they are okay; you know the Indian people are healthy. No tofu is found in India, very rare. Tofu is a delicacy in India. Tofu is a product of China.

Q: Is it really possible to clean up our karma for liberation in one lifetime, even with very heavy, bad karma?

M: Yes, it's possible. That's what we're here for. If you're not weary and burdened with so much karma, then you don't even need us. If you are already an angel, if you are already free of everything, then what is the path for? What's the method for? Don't worry about your karma; it's the past.

This room has been dark before we came. Maybe all day long, or many days it's dark, and many nights it's dark. When we turn on the light, immediately there is no more darkness. The light of Heaven will cleanse all the darkness for eons, billions, trillions of years within our souls, so don't worry. That's why Jesus said, *Come to me, all you who are heavy laden and weary, and I will quicken you.* [Matt 11:28] I will help you.

Q: What is the universally used name for God?

M: [Master spells] G-O-D. [Laughter]

Q: Can Jesus forgive sins?

M: He can while He was here, just like any doctor can cure our disease while he's alive - that's his job.

Q: Does the sin of the father follow the son?

M: To some degree, yes. We call that collective karma, meaning the collective retribution within the family. But on top of that, each one has his or her individual collection of bad deeds or good results from good deeds. Karma means both good and bad actions and bad and good results - not only bad ones; most people use it in the negative sense.

Q: Will initiation help me to keep the five guidelines? At first, sometimes it is difficult; what if I fail?

M: It will help you if you are sincere. If you fail, then try again. We can't just immediately walk when we are born, but at least we try. And we try, and we try many times, and now you are walking all over Hawaii, [Laughter] from these first failing steps.

Q: Is there a life beyond death?

M: What do you think? What do you think I am babbling all these hours for? [Laughter] If there is no life after death, I would be swimming on the beach every day, [Laughter] sitting pretty in my tent at home, and saving all my money and buying three or four private airplanes by now. If there is no life after death,

what for am I working so hard?

Q: Tell us about reincarnation.

M: This I have told many times, but of course I have to start from scratch because many of you are new. Reincarnation is just like retarded children who can't catch up with the ordinary class, or an advanced class, and have to stay behind or go to an even lower class for retarded children.

If we get enlightenment in this lifetime, then we have upgraded ourselves to the saintly class, the Buddha [fully enlightened being] class, so we don't have to be reborn again as human beings. If we want to, and then we become a teacher, just like we already passed the exams and we come back to be the teacher of high school. We are also in the high school with every student, but we are the teacher.

Q: Do you believe in Jesus Christ?

M: Do I believe in Him - what do you think, yes or no? [Audience: Yes] Yes, of course. He wants a silly answer. [Laughter]

Q: What are the similarities between Buddhism and other religions, and what are the differences?

M: There are no differences. The differences are that the Buddhist canons are plentiful — thousands of them, due to good collection and the long life of the Buddha. And the Bible, there is only one because Jesus lived only three and half years to do His mission, for example. Other religions, it depends on how people collect the teachings of the old Masters that they become long or short, big or small volumes.

But all and all, the underlying principle is that there are two ways to life. First, the ordinary life on the physical level, we have to fulfill our duty wherever we are, whatever job we take, and do it wholeheartedly — loving our family, etc. On the higher level, we have to know our highest ability, which is lying dormant inside. Knowing that power, we can live in Heaven while journeying on this Earth simultaneously. Also, knowing this power, we can do our jobs better on Earth; we can be good guests on Earth and live a richer life while we are here. All religions teach us that — nothing more.

Q: How many levels of consciousness are there? How can you find out which level you are on?

M: Before we reach the highest level of Truth, we have to go through five levels of consciousness. We can know that by recognizing the intensity of light that we see inside. And also by the scenery, the heavenly abodes that we see inside, we can recognize which level. Another way of recognizing it is through the sound. Each level of consciousness vibrates at a different oscillation, and then by knowing which sound is corresponding to which level, we can more or less testify to our own achievement.

After some time you become an expert; you don't even bother about that. A person just opens his mouth and you can judge him, even from his talk or from his way of doing things, of his work even, you can judge that person. Not to criticize or to do anything, it is just that if we should want to know that person's level, we know it immediately, without having to look inside to search for his light or his sound inside his being. And we can judge our level of achievement inside by our own outward actions, like we become more loving, more tolerant, more dedicated to the course of human beings at large; we become more patient, just more enjoying. This we can know by daily observing.

Desirelessness Comes From Contact with Our Source

Q: You say meditation will lessen your desires of want, but no matter how happy my mind may be I still have many wants. Can You explain why?

M: Do you meditate — the person who writes? Maybe you don't meditate the way to meditate. I can't be responsible for that. [Laughter]

When I say, meditate, I mean the Quan Yin Method of meditation because we are in contact directly with our own Source of all happiness, of all wish-fulfilling power. Then and there you will be happier and have no want. Ask my disciples. But of course, some of them get it slower because their level is different, but some get it quicker. Eventually all desires will just go. We don't reject things; desirelessness doesn't mean detesting everything in this life. It's not true! We like things; we love things. We take care of things, but we are not attached to things. Should things not be there at our request, we're not bothered. That is the desirelessness state.

But it doesn't mean you don't want to go and make

money — no, no, no! Go and make it! [Laughter] Be as successful as you want to be; work for it. Use your wisdom inside to be more successful even. Earn as much money as you deserve and want; if you can't use all of it give it to me. I can make use of it. [Laughter] I'll give it to the Philippine volcanic victims. I'll give it to the Au Lac refugees who have no clothes, no bedding, no mosquito nets. I'll give to the poor in Formosa, or in many other places.

We have many uses for the money, so don't be a failure! Work for the money if you want it. Buy everything you need; whatever is left over, give it to the Vatican, to the temple, to me, or to the poor. No, don't give it to me. I will not accept your money. I am just kidding. But should you not know what to do with it, I'll tell you what to do. That's all. But you use your money yourself. I don't accept any donations.

Q: Why must one become a strict vegan to experience enlightenment?

M: No, you don't have to. You can experience enlightenment without a vegan diet, but to be completely enlightened and to keep the state of happiness at all times, we should grant happiness to all beings as well

in a complete way. Give them no fear, give them no threatening atmosphere wherever you walk, and then you'll experience free feelings and a very, very loving atmosphere always around you. That is the more complete enlightenment.

Being vegan alone doesn't bring you enlightenment, and doesn't make you become a Buddha. All the cows, the buffaloes, and the horses — they're all vegetarian. [Laughter] But that is the great way to help us to achieve complete enlightenment. Because a Buddha without complete compassion is lacking. That's all.

Q: Is there another living Master now who teaches the same method?

M: Why are you so interested in other Masters? Am I not good looking enough for you? You hurt my feelings, you know? You don't know how to be good to a woman? [Laughter]

Okay, there will be plenty, go and look for yourself. Go to the Himalayas. It's fine with me. The bird has already come into your house, you don't catch it, and you keep looking for the bird in the sky. What for? [Laughter] Yes, laugh. Have a good laugh at yourself.

Q: Would You tell us more about the true teachings of Jesus compared to the Christian teachings today?

M: The two are right. The Christ's teachings in His time and the Christian teachings at this time are right. Both are right. Maybe the present teaching of Christianity is missing or has been censored in some part, but this I dare not say, in case I'll be in trouble. The other teachings of Jesus while He was alive may be more and recorded. According to the Dead Sea Scrolls that I have read, (supposed to be very ancient, recorded even while Jesus was alive) some things are missing in the Bible.

But on the whole, the teaching of Christianity today is okay. The only missing part is that Jesus is not there. That's the greatest missing part. Now we replace it with a direct line to Jesus. Should you want to see Him, you can see Him; you can talk to Him; you can learn directly from Him because He never died. If the church or any other organization in the Christian body can help you to get in touch with Jesus and get a direct line to God's telephone number, then it's more correct, more fulfilling, more complete. If not, then we can supply this missing part for you. That's all.